



Life's Rhythms

Dear Readers, Sai Ram!

Is it a sign of getting older or is time just flying by? The Summer Solstice will be with us all in a dozen or so days and the sun will have reached its northernmost zenith in our hemisphere before being drawn steadily back towards the Equator. Such cycles and rhythms are a part of this earthly life and are contributors to, and aspects and reflections of, transformation.

We all experienced the sad closing of one cycle of life in the passing of the great soul of Sai Geetha, Swami's staunchly devoted and very lovely elephant. Only dear Sai Geetha had the power to draw eyes away from Swami in the celebrations that she attended! It was an education to see her devotion and watch her yearning for Swami's attention. Her trunk always followed his direction and often she seemed to want to bow or kneel before him when he came near... it was a joy and a privilege just to watch her.

Over the past month, as usual, a lot has taken place here in the UK Sai calendar. The Youth, in preparation for their World Conference held, on 12th/13th May, 'All Night Bhajans' in Leicester and generated energy, unity and joy through their devotional singing. Some of them actually managed to go on from that and participate, on the 13th, in the much requested 'National Office Bearers Training and Refresher Day' in Milton Keynes. About 140 office bearers, including 13 of the 17 UK Central Council Members, joined together to re-energise themselves, inform themselves and also to ENJOY themselves!

SSLTP has held two meetings in the past month – one on May 20th for its facilitators and the other on June 3rd for the implementation of the first of the eight training Modules that occur over eighteen months.

One other outstanding event since the last issue of this newsletter must be the Joint Regions 1, 2, 3 and 6, Interfaith programme 'Sacred Sound, Sacred Dance' on the 19th May In Surrey. What an amazing day! What a chance to broaden one's concept of divinity's many expressions. It was a real treat for all those that attended.

Today the United Kingdom's Sathya Sai Education Strategy is further refined before finally submitting it to the International Education Committee. The Youth are also today holding their penultimate meeting leading up to attending the three days of the World Youth Conference in July.

Last weekend members of your Council met for their usual Quarterly meeting and tomorrow some of them will meet again with all the Wing representatives and these meetings will be reflected in your Regional Meetings next weekend.

**Love and Light,
Rosemary Perry, National Chair**

"Faith is not belief without proof; it is Trust without reservations."

Sathya Sai Baba

Farewell Sai Geetha...

We at 'Love and Light' honour the passing of Sai Geetha; Swami's beloved and devoted elephant, here is one tribute by **T.N. Girdhar, member of the Sai Student Alumni, United Kingdom:**

May 22nd: "Sai Geetha will, I am sure, be remembered as one of the greatest examples of total devotion and dedication to the Lord, in some ways similar to how we remember Hanuman from the days of the Rama Avatar. In those days when there were no police escort cars to announce the arrival of Bhagawan from Brindavan, Sai Geetha was our pointer to when Swami was nearing the hostel: she would start moving her trunk and get a little restless - that was our cue - so tuned was she to Bhagawan. No festival was complete without Sai Geetha running to her Lord, and the expression of love was also incomplete without Swami Himself feeding her fruits. Whether it was garlanding Swami on the festival days in the earlier years, or travelling with Him to Brindavan in a trailer, she has had a proximity to Bhagawan that most humans crave for. But Swami was only reflecting her love for Him."

And from **Satish Naik, Puttaparthi:**

23rd May: "This morning, around 7am I reached her house in order to attend her funeral and pay my last respects to the departed soul. There were hundreds of devotees lined up and our beloved Swami was actually coming to see His beloved. I thought for a while, probably this is the first time that Sai Geetha won't be on her feet after seeing Swami's car heading towards her house. Our compassionate Lord had actually come to bid farewell and look after the arrangements for the funeral. She was lying on the right side of the planetarium and Swami's car slowly drove in. There was pin drop silence in the premises. Swami was not in His usual mood this morning. He was visibly moved. He didn't look at any one of us. Neither was He curious to look at His darling lying lifeless. An Avatar was performing His duties, on a human level, bidding farewell to His favourite pet..."

No one dared to go to Swami, no one was sure as how to start a conversation or what to say to Swami. Mr Pedda Reddy, the caretaker of Sai Geetha, who was weeping, went to Swami, who joined Him, it brought tears to every one there. Sai Geetha used to listen only to two people, Swami and Pedda Reddy. Pedda Reddy loudly cried, "Choodu Swami ela padukoni undo.... Leyya mante leyyatam ledu," (look Swami at how she is sleeping, she is not getting up in spite of my request). Those words were enough for our hearts to melt and cry loudly. Swami stretched His hands and very gently caressed her trunk. She loves it when Swami touches her trunk. Swami then materialised Vibhuthi, gently applied it on her trunk. More Vibhuthi was brought and Swami kept on applying it. Swami then asked Pedda Reddy to open her eyes. As they were opened Swami gazed into her eyes for few seconds. He then gave suggestions as to how the funeral should be done. A huge pit was dug in her new house. Swami then said, lets go to her house. Sitting in His car He looked at the huge pit. His eyes were full of tears. Swami then left for the ashram after spending a good 30 minutes with her. A huge crane was brought to carry Sai Geetha to her house. The workers who were working on the new indoor stadium participated actively in shifting her. It was a huge task for the engineers and workers, and at one stage it was looking a bit impossible, as it was a rare case for anyone.

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Swami went back to His house and at 11am He came again to the premises as Sai Geetha's body was now hanging in the huge crane and was being shifted to the house. Swami's car stopped just in front of the planetarium. He was watching her lifted by the huge crane as students sang bhajans on one side and another group of students chanted Vedas on the other. It took almost two hours for the engineers to put her in the pit and Swami, ignoring the hot sun, watched His Geetha for two hours. Swami's car moved forward. He was giving suggestions from the car, to the engineers and to the students. It was very hard for Him to see His Geetha being carried and while doing so she had some wounds on her skin. Swami preferred to have her head facing east and after she was successfully put in the pit, Swami sent a word to Pedda Reddy to sprinkle turmeric, kumkum and Vibhuthi on her body. At least 3 bags of rice were brought and all of us took a fist full of rice and sprinkled it on her body. After every thing was done, Swami's car moved closer to the pit, His face and eyes were very red. The emotions, the sadness reached maximum for Swami as soon as He got a clear picture of Sai Geetha, tears rolled down from His eyes. It was unbelievable and He was seen wiping the tears of love and those assembled there just broke down. It was a very emotional moment for all of us."

Landmark Letter: 60th Anniversary

Friday, 25th May 2007 was the sixtieth anniversary of an important event. How many remembered this Golden Jubilee? For the benefit of those who might wonder what we are talking about, let us take you sixty years back to the year 1947. It was the month of May, and the British were still ruling India, independence was a few months away. God in human form had already declared Himself free from all the trappings of apparent bondage seven years earlier. (We are referring of course to Swami's declaration of His Avatarhood on 20th October 1940.) This was the time when Swami walked out of the house of His elder brother, Seshama Raju, who was then serving as a teacher in a school in Uravakonda, and under whose physical care Swami was studying. This 'walk out' devastated Seshama Raju, and he could never come to terms with the fact that his younger brother Sathya was in fact the Lord of the Universe. To be fair, achieving that recognition is not easy, even for us today when we know so many things about what Swami has done since then. The entire Raju family and Seshama in particular was pinning its hope on Sathya, who they thought would become a Government Officer, rise to the very highest position and not only do them all proud but end their seemingly eternal poverty. But all that was not to be; their dear Sathya became Sri Sathya Sai to the entire world and promptly started serving humanity. Many were attracted by the Divine Magnet - even in those far off days, and included in this crowd of devotees were Maharajahs and members of the landed gentry. Besides, the Press also began to take notice. Elder brother Seshama Raju, not yet fully aware of Baba's divinity, began to worry about the impact of the attention that his younger brother was receiving. He wrote to Swami giving expression to his apprehensions and on 25th May 1947 Swami wrote a reply. Though the letter was intended for Seshama Raju, it was in fact addressed to "all who are devoted to me". That letter is a powerful declaration of the purpose of the Sai **Avatar**. In that letter, Bhagavan Baba wrote:

My dear One! I received all the communications that you sent. I found in it the surging floods of your devotion and affection, with the undercurrents of doubts and anxiety. Let Me tell you that it is impossible to plumb the hearts and discover the nature of Jnanis, Yogis, ascetics, saints, sages, and the like. People are endowed with a variety of characteristics and mental attitudes; so, each one judges according his own angle, talks and argues in the light of his own nature. As the proverb says, it is only the fruit-

laden tree that receives the shower of stone from the passers by. The good always provoke the bad into calumny; the bad always provoke the good into doing more good; this is the nature of the world. One must be surprised if such things do not happen. People too have to be pitied rather than condemned. They do not know. They have no patience to judge right. They are too full of lust, anger, and conceit to see clearly and know fully. So, they write all sorts of things. If only they know, they would refrain from writing or talking like that. We too should not attach any value to such comments and take them to heart, as you seem to do. Truth will certainly triumph some day. Untruth can never win.

Untruth might appear to over-power Truth, but its victory would fade away and Truth would establish itself.

I have a Task: To foster all mankind, and ensure for all people lives full of Ananda. I have a Vow: To lead all who stray away from the straight path, again into goodness and save them. I am attached to a Work that I love: To remove the suffering of the poor and grant them what they lack.

When I am thus engaged in My beneficial task, how can My Name be ever tarnished, as you apprehend? I would advise you not to heed to such absurd talk. Mahatmas do not acquire greatness through someone calling them so; they do not become small just because some calls them small. Authenticity will soon win. No one can comprehend My Glory, whosoever it may be, whatever be the method of enquiry, and no matter how long the attempt. You will yourself see the full Glory unfolding in the coming years. Devotees must have patience and forbearance. I am not concerned, nor am I anxious that these facts should be made known. I have no need to write these words. I wrote them because I felt that you will be pained if I do not reply.

Thus, yours, Baba.

Taken from 'Sai Devotees World Net'

Arthur and Poppy Hillcoat Give a Series of Talks During June/July 2007

It is a great honour and pleasure to have Arthur and Poppy Hillcoat visit us in the UK and take time out to make their visit official and offer a series of talks to various lucky Centres.

Both Arthur and Poppy give talks and they speak all around the world including their homeland of Australia. They are a couple whose lives have been rich with mystical experiences and proximity to Swami and their talks are very rich and wise. Those who remember their talks at a Crewe Retreat will want to attend! Contact the Centre Chair first for details. Their itinerary is outlined in the Diary Dates table on the back page.

Region 3

Easwamma Day Celebrations:

'On the Wing of a Prayer...'

"We cannot teach people anything, we can only help them discover it within themselves"

Galileo

This year marked the 35th anniversary of the death of Easwamma (Sathya Sai Baba's Mother) and as such we wanted to do something different for our SSE children to commemorate this special day. So our journey began with a prayer for inspiration...

The answer to that prayer was a '**United Easwamma Day Celebration: Art and Crafts Morning**' for the SSE children of Mill Hill, Milton Keynes and Luton Sai Centres. Luton very kindly acted as host and Milton Keynes centre led the project.

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Approximately 90 children attended the event. The day began with an energetic assembly and the story of a pencil told by Anita Devi. This was followed by four dynamic workshops on: 'The art of making puppets and mini theatre sets', 'Designing dream catchers', 'Creating an animated film', and a session for the older ones on, 'Bart Simpson meets God!'. After a quick refreshment break the children were off again, this time teachers had prepared workshops on: 'Drama', 'Electronics', 'Origami' and 'Making creative cards'.

Meanwhile parents were having their own 'Mothers and Fathers' parenting workshops, which turned out to be a very interesting and supportive network.

Everyone came together at the end to share what they had each produced. Children confidently spoke about what they had learned and how they had enjoyed working with children from other Sai Centres. One of the main highlights of the day was the showing of the four animation clips made by the children from scratch - in less than an hour! They were fabulous! All the children and facilitators received certificates for their participation and their inner creative connection.

The day ended with a shared picnic out in the sun in a nearby park. It truly had been an amazing day and despite poor weather forecasts, the sun shone brightly and so did the children too. As we began, so we ended - with a prayer of gratitude to the Lord and to all those involved in taking the time and trouble to bring a smile to our children's faces and a drop of joy to their hearts.

**Nirmala Maa, SSE Co-ordinator, Milton Keynes
(via Sunthar Uthayanan, Region 3 Chair)**

Youth Wing All-Night Bhajans

On May 12th/13th around 400 Sai brothers and sisters from all around the United Kingdom gathered together at a school in Leicester, Region 4, England to celebrate an 'All-Night Bhajan Satsang' as part of their Sadhana Plan leading up to the Sri Sathya Sai World Youth Conference in July.

The school where the event was held is one where a unique Human Values programme is running, and that energy of purity and love was very much in evidence in the manner in which the school hall was transformed into a temple of devotion, with beautiful drapes in the 'Bhajan hall'. Swami's smiling face provided joy to all His children and His presiding presence was felt from His beautiful picture and chair.

The Satsang began with inspirational speeches telling the youth about the auspiciousness of the World Youth Conference and the fact that this is truly the opportunity of many lifetimes - the type of which may never be seen again. When The One who transcends time walks amongst humanity calling His children, the opportunity to experience the love of a thousand mothers should not be missed. The youth were also told about the divine love and unity that underpinned the planning of the Exhibitions for the Conference by the Sai youth.

The night was filled with soul-stirring songs from 9pm until 6am. The melodies were such that even the Devas and Sage Narada himself would have had to come to join in. Swami's students from the Institutes participated too and raised the vibrations to a magnificent level. The whole night was inspirational and uplifting and stirred the heart to the very depths of the soul and the mind was stilled by the uplifting energy of the expressions of devotion to our Beloved Bhagawan.

Many youth left the session filled with holy vibrations and still singing the songs in their minds for weeks to come.

Mathan Arulvel, National Youth Co-ordinator

World Youth Conference Exhibition

The Sri Sathya Sai World Youth Conference takes place at Prashanti Nilayam from 26th to 28th July 2007. This

incredibly auspicious event takes place in the sacred Telegu almanac year of 'Sarvajit', which as Swami says, is a year very significant in which to realise divinity. Who knows when such a conference for the youth in the divine presence of Sai Baba will take place again?

As part of the Conference, an Exhibition is being created which will show how the nine spiritual disciplines are being practised uniformly by youth across the globe. The disciplines are the practice of 'Namasmarana' (chanting any divine name); 'Reading Swami's Discourses/Books and Conducting Weekly Youth Study Circles'; 'Engaging in Selfless Service Activity as a Group'; 'The Practice of Dietary Discipline'; 'Learning to speak softly and speaking less'; 'Taking part in Sai Centres'; 'Improving communication and interacting respectfully with parents'; 'Practising the Ceiling on Desires Programme by not wasting food, money, energy and time' and 'Practising Daily Meditation and Prayer'.

The Exhibition will show through beautiful artistic creations how all of the foregoing have been practiced by the youth and what these spiritual practices mean to their journey towards realising innate divinity and expressing this through selflessly serving society. All across the world, from South America to Russia, the United States to Australia, youth have been offering their artistic contributions to this Exhibition that will be held in Prashanti during the conference. It will be seen by youth and elders from all over the world, and if it is his will, by Swami Himself.

If you are a member of the Youth Wing and would like to offer your artistic contribution to this Exhibition please can you, either individually or collectively, in your Sai Centres, create a short poem or picture inspired by Swami's teachings on the human values of truth, right conduct, peace, love and non-violence. Alternatively, you can send your photographs of youths conducting study circles or engaging selflessly in Sai Service activities.

If you are not able to attend the Conference, this can be your way of contributing to this sacred event. You do not have to be a Picasso, just be willing to open your heart, share your love and be inspired by our divine parent, Baba.

Please email regarding contributions:

neilbisarya@gmail.com / neilbisarya@hotmail.com

Neil Bisarya, Region 5 Youth Co-ordinator

'Being ...and ...Doing' 'National Training and Refresher Day' for SSSO UK Office Bearers Sunday May 13th 2007, Milton Keynes

Following the appointment of new office bearers in February 2007, the SSSO UK Central Council began to organise a 'Training and Refresher Day' for them. The theme designated for this training day was '*Being ...and ...Doing*', which essentially represented 'being' an office bearer (in the fullest sense of 'being' at one with our inner divinity in all we do) and 'doing' (in the true 'dharmaic' or right conduct way) our duty.

The first Training and Refresher Day for nearly three years took place on Sunday 13th May 2007 in the forty-year old Buckinghamshire city of Milton Keynes. Through their sheer dedication and commitment, Milton Keynes Sai Centre (not particularly large) volunteered to host this important event for the Organisation on behalf of Region 3. The wonderful venue of Meadfurong School was booked for the Training Day. Milton Keynes Sai Centre also made arrangements for presentation equipment to be made available, as well as organising the catering, setting up of the altar and conducting the devotional singing. The UK Central Council offer their warmest gratitude to Milton Keynes Sai Centre and to Region 3, for providing an excellent setting for this important milestone event for the Organisation.

During the early stages of receiving registrations, it was evident that this was going to be a popular event. There were in the order of 140 office bearers that arrived on

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the day for the training. A tremendous response, which clearly reflected the keen interest of office bearers to learn, explore and increase their knowledge in becoming effective in all they do.

The day started with devotional singing, this was immediately followed by a very significant exercise devised and facilitated by Rosemary Perry, UK National Chair, on 'Healing Water, Healing Ourselves and Healing the World'. The concept was being echoed at a conference that was taking place on the same day in San Francisco, where the theories of Dr Masaru Emoto, author of many amazing books on how the crystalline pattern of water changes according to the thoughts projected on to it, were being explored. In a project called 'H2OM' they will be co-ordinating a global 'OM' into the major rivers of the world on September 15th 2007. Each office bearer delegate was asked to bring along 15ml of his or her local tap water, which was collected into a single container. Everyone was then invited to join in continuous OMs over the collected water, thereby changing the crystalline pattern. The water was then taken at the end of the day and ceremoniously poured into a lake beside the Peace Pagoda in Milton Keynes. Then Rosemary offered a warm welcome to everyone with her opening address, highlighting the importance of such training for office bearers, in order to effectively function within the Organisation and be seen as role models for the future and peacemakers in the present. She spoke about breaking down paradigms and being open to fresh thinking.

Our intention towards any activity, she said – not just devotional singing, prayers, and meditation – should be performed in a state of sacred intent. There should be a sacred intent based upon prayer and silence woven into the inception of any project and any meeting and maintained throughout the execution of the project.

Ishver Patel (Central Coordinator for the United Kingdom) guided the office bearers through 'Spirituality and Rules of the Organisation DO go Together!' Referring to many aspects of the UK Organisation Manual, which defines the rules the Organisation functions by, but within the concepts of Spirituality.

The following session presented by Bob Alderman covered a range of legalities that affect our daily operations at Centres, Groups and Regions. He spoke about the importance of insurance cover for events and outlined how we can ensure appropriate cover is available to protect ourselves.

Sri Kandiah then gave an enlightening presentation on 'Protocol is Just Good Manners and Good Communication'. He provided an awesome insight into the types of communication we undertake on a daily basis but never stop to think why people do what they do. Body language, facial expressions are all signals in our process of communication.

Next, an inspiring workshop was facilitated, by Jamie Raju, on 'Divinity and Diversity'. This young man who undertakes diversity workshops for his employer on a professional basis, related the idea of diversity to the way we behave as office bearers in our Organisation. He provided an understanding on the impact of our behaviour, the benefits of diversity for all people in our lives, balancing our individual and cultural diversity in building relationships and understanding appropriate responses to conflict. All very real and very key aspects in being an office bearer. After lunch Sri Kandiah (a facilitator on and founding member of SSLTP) assisted in facilitating a workshop on 'How We subliminally View our Organisation'.

Mukund Patel, ex-Chair Region 4, originally put this workshop item and format forward but sadly could not attend on the day. The delegates were split into twelve groups, and each group was given a different set of two pictures and requested to relate these to our Organisation. The results of the workshop were without doubt fascinating as well as humorous. Office bearers

were intrigued at the differing views of people and their relationship with the Organisation.

Kishor Kumar (UK National Secretary) spoke on 'Continuity for our Stability'. This talk highlighted key aspects of office bearers' responsibilities for ensuring that Centres and Groups continue to function smoothly and efficiently, irrespective of periodic changes in those holding post. He then spoke on the new 'Handbook for Office Bearers', which is currently in the process of being produced. This is being put together as a valuable tool for Office Bearers; and contains a whole series of questions (currently around 200) and appropriate answers that office bearers pose or are confronted with on a regular basis. The Handbook will provide office bearers with a key source of information that will help support them in their roles.

National Vice Chair Shitu Chudasama covered the many facets of 'Managing Media Matters'. With this evolving and competitive world of media, how do we as Office Bearers manage an approach from members of the media industry? How do we try and understand their intentions and what should be our response? All very important questions which Shitu covered eloquently.

At the end, Rosemary closed the very informative and thought provoking day - which had been designed not only to provide valuable training but also to be in a relaxed and informal environment - with her thanks to everyone present for coming and for making the day such a success.

Kishor Kumar, National Secretary

Youth Exploring the Merits and Demerits of the Senses

The fourth session of the Region 5 'Inner Divinity Class' took place on Sunday 13th May 2007 at Luther King House, Manchester. As at previous sessions there were eight Youth present - plus Swami - making nine in total! This session's theme looked at the senses and how what we absorb through them makes us who we are. Swami always reminds us that what we take in through our five senses of sight, taste, touch, smell and hearing determine our character. It is not enough simply to be vegetarian if we go on to watch violent films or play violent video games.

As you think, so you become. Not only this, but if we take anything negative in through any of the senses, this is reflected, reacted and resounded in creation. Thus if you like watching violent horror films, you will be helping to manifest such violence in society. Conversely, when you take in only sacred sights and sounds, this is manifested in creation, and Rama Raja and the Golden Age of peace and love will occur more quickly.

For the first exercise, we were all divided into pairs and one of the pairs closed their eyes whilst the other 'fed' their senses with various objects. This ranged from smelling incense, to tasting fruit to hearing strange electronic noises. What we realised was that when we shut our eyes, we really do focus on what the particular sense is being exposed to. The senses are more sensitive and the mind is stilled. You become more aware of how certain objects have a natural lighter energy (such as fruit and incense) whilst others have an unnatural denser energy (such as electronics and mechanical noises). When we take in natural and pure objects through our senses and into our body (such as becoming more aware of nature with all of our senses), we are feeding our minds positive energy.

On the other hand, if we feed our senses negative food (such as reading prurient literature, watching mindless television, listening to loud sensual music) then we are feeding our minds negative energy. As are our minds, so become our character and so becomes the world.

The next exercise was a visualisation in which we raised the ties to our positive symbols to our Higher Self or Swami. It is through symbols that we can communicate

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to the subconscious, which is like a child and only understands in the language of pictures and symbols. To change our character and put Swami's teachings into practice for real transformation we must communicate to our subconscious and not simply to our conscious mind. This helps us to bring forth into our lives that which we are hoping to manifest (our divinity, our selflessness and courage).

We then did a wonderful and deep meditation where we invited our 'inner child' to come into our inner scene and meet our Higher Self or Swami. The child was then able to feel and experience the unconditional and divine love of our Mother Sai in a way that healed any hurts that we had previously felt. This was an amazing experience as it allowed our subconscious to feel that which it had not previously felt at such a deep level and to really awaken and feel the love of our Higher Consciousness, which is none other than that which Swami perfectly embodies.

We finally brought this newly discovered divine love into a positive manifestation by creating with children's 'play dough', a mini Prashanti Nilayam, complete with Swami! This process allowed us to really bring into our conscious awareness the feeling of being aware of Swami as our Higher Consciousness. When you do good ...you become God. The lesson from this week's session was that to change and transform ourselves into 'Ideal Sai Youth: Messengers of Sai Love', we need to subdue our minds and raise our consciousness to the highest level. This is no easy task, but with the help of the subconscious, the old negative thought patterns are removed much quicker and easier, making way for Swami's direction to help us realise the truth of who we really are - Sat Chit Ananda - Being, Awareness, Bliss Absolute (BABA).

Neil Bisarya, Region 5 Youth Co-ordinator

Joint Regions 1,2, 3 and 6 Interfaith Event

'Sacred Sound, Sacred Dance'

Saturday May 19th saw around 80 or more devotees converging on a lovely Village Hall near Guildford in Surrey for a day of exploration into the realms of sound and dance in a sacred context.

Rosemary Perry, National Chair, gave the welcome and spoke about the common thread of music, singing and dance in the major faiths and spiritual traditions with quotations from various scriptures and texts. She quoted Aboriginal culture and the importance attributed to song and sound in relationship to the landscape and 'dreamtime'.

There were four significant aspects to the day:

Firstly, flamboyant Flamenco from Spain, with a male and female dancer who each demonstrated the crisp, haughty steps and swirls of the proud dance whilst a Flamenco guitarist and special Flamenco singer created the rhythm and above all, the distinctive soul-stirring mood that is 'Flamenco'. The male dancer and the singer both came especially from Granada and Barcelona for this occasion. Beneath the panache of the dance lies a sense of heartfelt lament in the singing. The audience was spellbound and feet could be seen drumming the floor under nearly every chair! When the Flamenco Workshop took place after lunch there was an opportunity to understand the staccato rhythms by clapping along with them and try out the very concentrated footwork for ourselves. We soon realised the discipline and learning required to master the fast and precise steps. We all found Flamenco an extremely heart-centred and heart-opening dance and sound experience.

Secondly, there was another rare opportunity offered to us. The Whirling Dervishes of the Sufi Sheikh Ahmed Dede gave us a real sense of the way that dance can create a mystical connection with the divine and become meditative and transcendent. These particular Sufi affiliates are deemed a very pure tradition and have been

highlighted on television in programmes such as the spiritual magazine show 'Heaven and Earth'. The rose is a distinct Sufi symbol for the divine and the Sheikh wore one in his characteristically tall headdress. After a very profound and picturesque demonstration on the stage we later had the opportunity to attend the workshop. The Sheikh steadily talked and walked round the room seeming to wind up and build up the energy as a powerful rose oil perfume that he wore filled the air. The Dervishes, to the accompaniment of wonderful guitar music, played by one of their group, slowly unfurled their black cloaks, spiralled into the centre of the hall like white tulip buds and with great inner concentration began to turn like tops as their crisp white, full-skirted robes unfurled and circled steadily around them. We were invited to join in - and what a fabulous sight to see everyone gently spinning in the afternoon sunlight - one arm uplifted and held out and the other held out and pointing down, whilst the music gently flowed. The Sheikh came from the Netherlands especially for our day. Thirdly, there was an opportunity to experience Circle Dancing and the joy of being in step, in unison and weaving patterns all the while.

The fourth component of the experiential day was the Light Meditation led by 'Chun'.

People who attended those last two items of the day were equally uplifted and divinely connected when we all came together at the end for some Devotional Singing which was thankfully very multi faith and exquisite in its beauty. The Sheikh was visibly moved when a song that included the name of 'Allah' was sung. Finally there was a vote of thanks from Raj Selvakumar, our National Spiritual Co-ordinator and from Philippa Malcomson, Chair of Region 6, to all concerned.

A full supporting team created and served a wonderful lunch based upon food from different cultures and all served on banana leaves (made of paper!) at beautifully decorated tables. It was a truly uplifting day.

Editor, Love and Light

Sathya Sai Leadership Training Programme (SSLTP) Module 1

On Sunday 20th May the facilitators and Co-ordinating Committee members of the Sathya Sai Leadership Training Programme came together to work creatively alongside each other to formulate and finalise a road map for the forthcoming programme. They brought like minds, a wealth of wisdom and thoughtful hearts.

The meeting ensured that the programme (comprising eight modules and is delivered over 18 months) is structured well, has a firm foundation of not only spiritual knowledge but also the most up-to-date cutting edge information. This guaranteed that a world-class programme was ready to be rolled out at the first Module on June 3rd 2007.

The SSLTP Cohort 2007-2008 came on board on the 29th April 2007, at the Induction Day, to embark on their collective journey of transformation through self-awareness, self-development and leadership.

Sunday, June 3rd, a bright and sunny day, marked the first docking at Chapel Hall in Reading, Berkshire. Candidates, facilitators, guests and the SSLTP Co-ordinating Committee all attended this first Module Day entitled 'The Vision, Mission and Teachings of Sri Sathya Sai Baba' which was facilitated by Ishver Patel (former National Chair and now Central Co-ordinator for the UK & Ireland). Former National Chair, Shobhna Patel was there along with current National Chair, Rosemary Perry.

This Module forms the foundation upon which the SSLTP builds. Candidates learnt about the Sri Sathya Sai Service Organisation (SSSSO) and how it is the vehicle that assists devotees to reach their goal: self-

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transformation, using the teachings of Sri Sathya Sai Baba. A clear distinction was made depicting that Sri Sathya Sai Baba is not the Organisation, but he has lent his name to the Organisation. Candidates were enthusiastic and presented the facilitator with many questions regarding the SSSSO.

Candidates were requested to develop their own organisational 'Mission Statement', mapping out their own Vision and Mission for SSSSO UK. They were also encouraged to explore how they themselves fit into Sri Sathya Sai Baba's Mission.

Priya Balaraman

SSLTP Co-ordinating Committee

Cosmic Symbols for Man and Divinity in a Day Celebrating Global Harmony

Sunday 3rd June

Joe Ennis-Cole and the Youth of Region 5 presented an inspirational workshop for children and adults alike, on how to put Swami's teachings into practice in order to understand and appreciate our relationship with the environment, earth and God.

This workshop was conceived by Joe, who is only 14 years of age, as part of his school project. Joe was learning about global warming and how it is an outer manifestation of our inner conflict and pain. The research and preparation required to present the workshop meant that he went through an amazing transformation within himself. The workshop began with 3 Aums and then the Phyllis Krystal 'Maypole Meditation' whereby we all (there were about 20 people including children) connected to Swami (or divinity) within ...in other words to our Higher Consciousness. There was then an explanation of what is happening in relation to global warming and the science behind how the sun's heat is being trapped in the earth by our polluted atmosphere, leading to increasingly serious climatic consequences. So how do we become part of the solution rather than part of the problem?

We first must begin by understanding who we are and what is the relationship between the earth and ourselves. All of us were invited to draw on a blank piece of paper which parts of ourselves are symbolic representations of the earth, the atmosphere, and the sun. The main group was divided, by divine intervention, into three: 'male', 'female' and 'children'. We learnt that our bodies represent the earth, the sun is our mind and the atmosphere is our energy body (aura). The irony was that most people thought that the sun was the heart, or even God. This reflected the reality of how we believe the mind to be more powerful than God, or the heart. In fact the heart in this system is actually symbolised by the moon and God is symbolised by space. In terms of what is spoken about global warming, both the moon and space are left out. We don't seem to value them as being important enough to mention. Thus we are allowing all our impure/negative thoughts and feelings (toxic gases) to be sent into space and pollute it. Thus we are sending our negative energy to God and basically allowing God to carry the burden of what we have created. We now need to take responsibility for our own actions and reduce our toxic thoughts and feelings.

Thus if we pollute our body, heart and mind with impure thoughts, words and deeds we are actually manifesting this pollution in creation. As Swami says, creation is a reaction, reflection and resound of our own thoughts, feelings and actions. So, angry, jealous, greedy thoughts and feelings in our heart and mind are manifested in creation as a polluted atmosphere and environment. Anger is manifested in storms and Tsunamis.

Conversely, if we feed our body, heart and mind with pure and sacred thoughts, feelings words and deeds, we will manifest this in a pure and sacred atmosphere and environment. Love, Peace and Joy are manifested in the four stable seasons.

We then did a beautiful deep meditation where we all visualised ourselves as the Earth and saw the harm we are doing to it with our greed, anger, excessive desire and selfishness which become manifested as the pollution of the rivers, the deforestation of the trees and the extinction of many species. We then visualised how we would like the Earth to look with everything in balance and enough to go around for everyone. We then drew pictures of how we would like the earth to look with this sacred vision. By doing this we were helping communicate to our subconscious how important it is to feel blissful every moment, every day and every hour of our lives to ensure we are manifesting this goodness in creation. The subconscious only understands through the language of pictures and symbols, so if we want to transform our character and habits, working with the conscious mind is not enough. We must communicate with our subconscious to bring about our own transformation and through this, that of the Earth.

We next did an exercise, which looked at the masculine and feminine parts of our nature. The mind is masculine whereas the heart is feminine. If we try to solve the environmental problems with our minds alone, it leads to many different ego-dominated points of view and a lack of unity that results in confusion and anger. Whereas if we look to our heart and to God and act full of compassion and open heartedness, then by just being and putting a ceiling on our desires, we raise our consciousness and purify the environment. Thus when we remember constantly God and put into practice His teachings, the environment automatically gets purified. God is not in any particular form; God is manifest as the creation all around us. We need to act with the understanding that the man in front of us is God; the tree in front of us is God as is the river and the birds. Most important of all is the need to love ourselves - our real Self - which is our God Self. When we love and recognise the God that we are then we are able to love and respect the same God in each other.

We then learned about the 3 'R's - 'Reduce', 'Recycle' and 'Reuse'. We must reduce our desires through Swami's 'Ceiling on Desires' programme. This is not simply about not wasting time, money, energy and food but is also about reducing our negative thoughts and feelings of anger, fear and jealousy. We do this by recycling the negative in exchange for the positive. Thus we should recycle into good thoughts, good deeds, good sights and good behaviour through all the five senses - this is the way to realise the Divine through recycling the negative. On a personal level, by breathing deeply from our heart rather than from our mind when we encounter negative thoughts such as anger, we are able to recycle and transform anger into love. Finally, reusing is the ability to constantly find contentment in the basic necessities of life: friendship with God and the love of God. This exchange of love between God and us is the happiness that our desires really seek.

The science revealing how our thoughts and feelings affect our environment was demonstrated in an exercise with water. One jug of water was placed with each of two different groups. One group shouted negative thoughts and feelings to one jug whereas the other group sang positive thoughts and feelings to the other jug. We then all saw how the colour of the water, which had been exposed to negative vibrations, was dirtier than that which had been exposed to positive vibrations. But the real surprise was that the taste of the same water was so different. The negative water tasted caustic and rough whereas the positive water was sweet, pure and cool to taste! Since we are over 70% water (even more for children) it made us realise in stark terms what we are doing to not only our own bodies and hearts by our negative thoughts (which include fear and anxiety) - but also to each other.

Finally we sang a beautiful song together as to how, with our own two hands, we can selflessly serve society by

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transforming our negativity into positivity through unconditional love for each other, our environment and ourselves. When we love God by loving and serving all, then we can bring about Global Harmony on a societal and environmental level. We must make use of our two hands by serving God in every being. Through the sacrifice of selflessly serving each other, through loving our divinity and each other and by adhering to the truth of our conscience, we make real the divinity at the heart of creation - which is our own heart - and we can heal the world. When we develop the brotherhood of man and the fatherhood of God, then heaven on earth becomes a reality.

All those who attended the event would like to offer their sincere thanks to Joe Ennis Cole, who is a shining example of how to be an Ideal Sai Youth in practice. His character and his purity of heart is an inspiration to all, both young and old.

Neil Bisarya, Region 5 Youth Co-ordinator

Region 6

The 23rd Annual Ellen's Green Satsang

On Bank Holiday Monday, May 28th, at Ellen's Green, near Horsham, West Sussex the annual institution of the Ellen's Green Open Meeting and Satsang was held on a day when the temperature dropped and the skies opened. About 80 attended the day. The day opened with songs led by Ian Maclean who also did the introductions. Raj Selvakumar, the National Spiritual Co-ordinator posed questions to the audience and wove wonderful meanings into responses and elaborated Swami's teachings into them. The latter part of his talk was filled with his entertaining personal experiences that are packed with 'coincidences' and miracles! The altar was beautiful and had a large elephant each side carrying vivid flowers. Just before lunch a speaker was announced but no one responded and had obviously not been able to come. So Margaret Bull, the Chair of Horsham Group, spontaneously stood up and read the first part of the message about Sai Geetha's recent and sad passing, many there had not heard this news and were quite shocked. Then Maurice Allen who just 'happened' to have brought along the next part of the story relating to Sai Geetha's burial and describing Swami's tears read that out. We were all very moved and understood why the missing speaker had not arrived leaving a gap in the programme for everyone to pay their respects to Sai Geetha.

Although the day was very cold and rainy, this 23rd Ellen's Green Satsang once again worked its magic. To inspire us before lunch was Kumar Kathiramalai (the founder of the charity 'Something Beautiful for God'). More joyful singing after lunch was followed by a talk by Rosemary Perry, National Chair then sublime music to soothe and let the soul soar was performed by Stephen and Renate Ash along with Stephen's brother David. Of course, Swami's magic was there throughout to weave us all together with the threads of love and affection. An open forum at the end yielded some interesting personal experiences with Swami.

Every year shoeboxes filled with dried and tinned foods and toiletries are collected at this Satsang. Tony Buddel then distributes these useful parcels as humanitarian aid to those in need in Eastern European countries.

Thanks go to the Horsham Group for consistently providing simple, universal and beautiful annual Satsangs for 23 years!

Philippa Malcomson Chair Region 6

Service

High Hopes for Health

An all-day free walk-in health awareness clinic - 'FWHAC' - is being organised by the Service Wing of the SSSSO UK in partnership with Hillingdon HOPE (Health Opportunities Promotion & Education) Project in Region 2 on Sunday 17th June 2007. The HOPE project is an

initiative of 'Healthy Hillingdon' and Hillingdon Primary Care Trust. The 'British Heart Foundation', the 'National Blood Service' and the 'Stroke Association' support this day and will be represented at it.

The venue for this is: Uxbridge College, Hayes Community Campus, Coldharbour Lane, Hayes, Middlesex UB3 3BB (Time: 10.00am to 3.00pm) More similar days are planned for other Regions; watch this space in the forthcoming issues of Love & Light.

Sharing 'Liquid Love'

The Sri Sathya Sai Service Organisation (SSSSO) has been in the forefront of promoting the 'Sharing of Liquid Love' project (blood donation) in the UK. SSSSO has been working in conjunction with the National Blood Service (NBS) in England & Wales and Scotland with a view to promoting the project in all communities.

Region 1 organised two Blood Donation days with the NBS in Merton on 13th May and 3rd June. The NBS will also be coming on 17th June 2007 to the FWHAC above at the Hayes venue. More such days are planned in coming months.

I would highly recommend you to visit the National Blood Service website:

<http://www.blood.co.uk/pages/a1where.html>

And I request you also to visit the local 'Donor NBS Clinic' in your area. Alternatively if you attend a Sai Centre or Group, why not join others and donate blood together? Please contact your Centre/Group Chair and/or Centre Service Co-ordinator.

You can also register yourself as a Bone Marrow Donor on the NBS register. Don't forget to write on the form and inform the clinician that you are a member of the SSSSO UK. They will flag it up on their computer system.

With everyone's support we will surely fulfil our target offering of 1,008 pints at the Lotus Feet of Swami before 23rd November 2007.

Printer Cartridges & Mobile Phones

We have now registered under a collection scheme that recycles old printer cartridges and old mobile phones and passes a denoted amount to our preferred charity. The beneficiary charity we have chosen is the Sathya Sai School Leicester. Please pass any cartridges and mobile phones to your service co-ordinator.

For more information contact: Tel: 01895 257027

Bharat Handa, National Service Co-ordinator

Sai Spiritual Education

Sathya Sai Family Values Day 2007

Swami provides much emphasis on the family that prays together. Sai Spiritual Education has over the last academic year provided many an opportunity for parents, children and teachers to work together. Bringing the academic year to a close, children take internal assessments, national examinations, complete projects and so on. Teachers assess students in various ways and write reports home. Many of the parents finish attending Sathya Sai Parenting Study Circles. Sai Spiritual Education provides the sustenance of the Organisation, together with the Youth Wing. Remember, an event takes place every week where classes are held. There is hard work and organisation that arises, ranging from setting up venues, planning and delivery of classes, administration, ensuring that our children are safe and inspired. So it seems a fitting time to say a BIG thank you to all the SSE teachers and Coordinators around United Kingdom for all their love in holding the hands and hearts of our dear children.

To celebrate the last week of the Sai Spiritual Education Calendar, this year we have planned Sathya Sai Family Values Day 2007. Taking place in ALL regions during the weekend of 7th & 8th of July (And 14th July for Region 7). Full details can be obtained from Regional Chairmen/women. Vigorous planning is currently

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underway and there are many aspects that YOU can all help with. Please do get involved. It is envisaged that EVERY centre/group will participate with this wonderful event/opportunity.

The day promises to be a day filled with fun, activity, enthusiasm and laughter for all our children young and old! The perfect opportunity to strengthen the family bond, bring together the Sai family as a whole. A special invitation is here by given to ALL our Ex-SSE Students to come and share in the activities. There will be an opportunity to participate in physical/spiritual activities. Please don't miss out!

Sharmila Parikh, SSE National Co-ordinator

Sathya Sai Schools

What Sai Service!

The Sathya Sai School in Leicester was fortunate enough to receive a donation of ten new computers from the UK Central Trust in May 2007. This donation just happens to coincide with the commencement of Year 7 (Secondary education) next September, so yet again our Lord in His mercy has arranged a timely 'ICT Suite for them. What cooperation and management! With the gift of the computers we also will receive assistance from four skilled Sai volunteers prepared to travel up from London, provide for the specific requirements of the school and set it all up in July 2007! This really is 'Sai Service'.

An Invitation to the Sathya Sai School Leicester

All Centres, groups and supporters are invited to a function at Sathya Sai School, Leicester, on Saturday 14th July 2007, from 5.30pm to 7.30pm and ending the evening with a dinner. So please keep this date free in your diaries. The venue will be just two streets away from the school. For more information contact: Usha Lim, Head Teacher of the Sathya Sai School Leicester, by writing to her at SSS Leicester, Shree Sanathan Centre, Belper Street, Leicester, LE4 6ED or:
Email: sailimuk@yahoo.co.uk
Mobile: 07929 660098.

Thank you for the supermarket vouchers!

Many large parcels of the vouchers have been received from almost all of the Regions in England. Both Sainsbury's and Tesco supermarkets have now stopped issuing them and we need to submit them by 15 June 2007. So, if you still have them please send them direct to: SSS Leicester, Shree Sanathan Centre, Belper Street, Leicester, LE4 6ED.

**Prabodh Mistry,
Sathya Sai Schools Representative**

Sathya Sai Bookshop

The bookshop has a regularly updated website
Please find it at:

www.srisathyasaibookcentre.org.uk

The SSSSO UK Website

is to be found on:

www.srisathyasai.org.uk

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Love and Light SSSSO UK
Significant Diary Dates 2007 please ask your
Centre or Regional Chair for details

Month	Date	Event
June	9 th	WYC 2 nd Meeting
June	24 th	R7: Arthur & Poppy Hillcoat talk at Swindon SSE School
June	28 th	R2: Arthur & Poppy Hillcoat talk at Wembley Centre
June	30 th	R3: Arthur & Poppy Hillcoat talk at SSE School Ilford
June July	30 th - 1 st	SSE National Examinations
June July	30 th - 7 th	International Medical Camp Malawi
July	1 st	R2: Arthur & Poppy Hillcoat talk at Harrow East Centre (morning)
July	1 st	R2: Arthur & Poppy Hillcoat talk at Harrow West Centre (evening)
July	7 th or 8 th	'Family Values' Day in all Regions
July	14 th	WYC 3 rd Meeting
July	26 th - 28 th	World Youth Conference at Prashanti Nilayam
July	29 th	Guru Purnima
August	17 th - 19 th	National Sai Retreat NB Now Cancelled
September	1 st	UKCC Quarterly Meeting
September	2 nd	National Sathya Sai Education Day in Pinner (Region 2)
September	9 th	NCC Wings Meeting
September	15 th	September
September	23 rd	SSLTP Alumni Reunion
September	29 th	Isle of Wight National Satsang East Cowes, (11 am to 4pm)
October	7 th	SSLTP Module 3: 'Thought Leadership'
October	13 th	Carousel SSE Training Day
October	28 th	National Spiritual Day
November	23 rd	Sai Baba's birthday
December	2 nd	UKCC Quarterly Meeting
December	8 th	SSLTP Module 4: 'People Leadership Communication'
December	9 th	NCC Wings Meeting
December	15 th	Regional Meetings

"It is quite possible to do work and at the same time be the highest *bhakta* (devotee).

It is the feeling that is important, not the work."

Sathya Sai Baba