

"Good character is the precious jewel of human life. Human birth itself is the consequence of countless good deeds and it should not be frittered away. This chance must be utilised to the fullest extent. With deep yearning and steadfast discipline, you must endeavor to experience Divinity and redeem yourself." - Sri Sathya Sai Baba

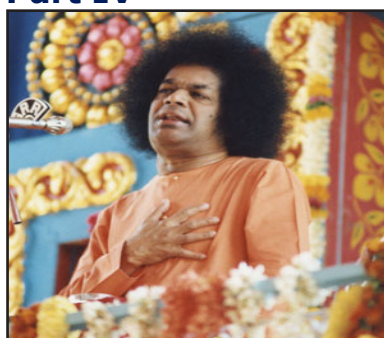
Pre-World Conference July 2010 - Update



Sai Ideal
"God Is",
"I Am I",
"Love All
Serve All"

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

Advent of Sathya Sai Part IV



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

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

Haiti Relief Update



Progress on work being done to date in Haiti

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

Leicester Building

"Sri Sathya Sai Centre For Human Excellence"



Swami blesses name for Leicester Building

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

Malawi Medical Camp April 2010



Fascinating medical camp that took place in Malawi and the great service to society.....

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

Other Stories This Issue

- **Articles by Sai Students**
- **Eashwaramma Day Celebrations**
- **Study to be Steady - National Spiritual Day Report**
- **Sathya Sai School - Student Council**
- **From the Head to the Heart**

Dear Love & Light Readers,
Sai Ram !

We are extremely grateful to Bhagawan for finally blessing our Leicester Building with a most appropriate and suitable name,

“Sri Sathya Sai Centre for Human Excellence”.

This month I would like to extend a warm welcome to Air Chief Marshal Suri who will be staying with us in the United Kingdom until early September. Air Chief Marshal Suri is an ardent devotee of Sri Sathya Sai Baba and is an excellent orator on the Universality of Faiths. Air Chief Marshal Suri has kindly offered to speak at our Sai gatherings up and down the country.

We are also fortunate to have visiting us Dr Swami, former Principal of the Brindavan College. Dr Swami, is a very learned and wise man who has had countless experiences with Bhagawan. Dr Swami will be speaking at various forums this month.

I told you last month that the Organisation is a hive of activity from the National Pilgrimage preparations to the Pre-World Conference next month with the visit of Dr Michael Goldstein, Dr Narendra Reddy, Dr William Harvey and our Zonal Chairman Bro. Kishin Khubchandani all eminent emissaries of Bhagawan's mission. In preparation for this Conference, Centres and Groups throughout UK are holding study circles and seminars on the Conference theme: “Sai Ideal – God is, I am I, Love All Serve All”. This theme will be discussed in more detail during the Conference workshops. We are also very fortunate to have Dana Gillespie perform for us during the evening Cultural Programme. Registration for the Pre-World Conference is still open so please make sure you have registered.

We receive many letters from devotees informing us of all their activities and special sadhana's that they are doing to commemorate Swami's 85th Birthday. Once such devotee is Rev. Leonora van Gils, Interfaith Minister who is going around the country and performing/reading the Sri Sathya Sai, Sathya Narayana Katha which is the story of Lord Vishnu. This was the worship that Mother Eashwaramma undertook on the full moon of each month prior to Swami's birth. Rev. Leonora van Gils has resolved to conduct 85 such special poojas for world peace and to mark the 85th year of Bhagawan.

We look forward to seeing you all at the July Conference and hopefully in Prashanti during the Pilgrimage.

Lovingly

Shitu Chudasama
National Chairperson



UK National Pilgrimage 2010 : July - August

Dear Fellow Pilgrims,

Sai Ram !

I trust that your preparations are going well for our forthcoming pilgrimage to Swami's holy abode, Prashanti Nilayam. From the United Kingdom we are privileged to be taking just under 1,700 devotees on this sacred trip to have the divine darshan of Bhagawan Sri Sathya Sai Baba.

A Pilgrimage is the act of making a holy journey toward a sacred place. It is a journey toward God. Historically, people have made pilgrimages for various reasons. In early Christianity, believers journeyed to the burial places of martyrs, often in Jerusalem or Rome, in the belief that the relics of their bodies held holy power. In later centuries, Christians went on pilgrimage as a penitential act. It was often a dangerous journey, and the risks forced one to trust in God and the goodness of local hosts. Whenever we travel, we encounter opportunities for growth, for transcending our limitations, and for experiencing cross-cultural union. We hope and pray that the National UK Pilgrimage to Prashanti Nilayam will help with your spiritual transformation and answer many of your un-answered questions or prayers that you have placed at His Lotus Feet. To go on a Pilgrimage requires devotion, and a leap of faith, the ability to abandon yourself to a forbiddingly foreign place and say, in effect, "Here am I; do with me what you will." It's the first step on the pilgrim's path. The more you humble yourself, the greater you become.

For every journey takes us inward as well as outward. I know from the Regional Sadhana Meetings that I have visited and from the emails and questions that I have received that many of you have been putting in a lot of effort with your spiritual sadhana and practice. My prayer to Bhagawan is that all your hopes and aspirations come to fruition after having the Glimpse of the Divine. We are very lucky to be given this opportunity to assemble as an entire Nation at his Lotus feet. This has never happened before on such a global scale.

The UK Central Council consisting of Regional Chairs and National Wing Coordinators have been working extremely hard to ensure that all the Pilgrims have an uplifting and memorable experience. We have also created a Pilgrimage support team consisting of individuals who have vast expertise in taking and

managing large groups to India. Together our sole goal is to make sure that you have everything at your disposal so that you can concentrate on His Darshan.

Some people have asked me whether we will be having any activities outside of Darshan or whether it would be "Just Darshan". We should not use the term Darshan so loosely. Do not underestimate the power of Swami's Darshan, to be in his aura, to have a glimpse of Him from afar can cure ailments, can uplift, can console and can bring you closer to your own Divinity. In years gone by, saints and sages used to do penance for years

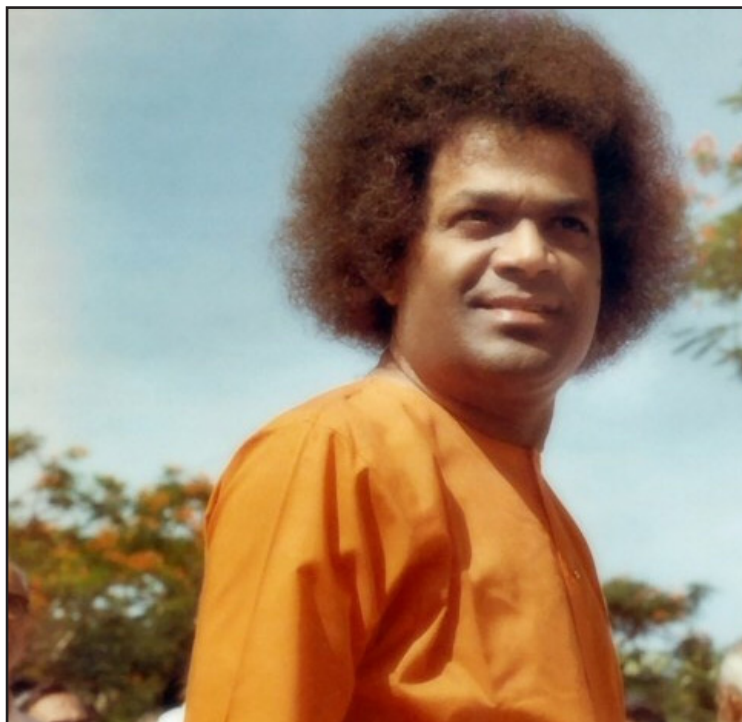
and years to have but a fleeting glimpse of the Lord and here we are being afforded his Divine darshan and blessings for 8 special days. We must grasp every opportunity as if they were our last.

The National Pilgrimage team want to make sure that you have a comfortable stay in Prashanti. In order to do so please make sure you frequently check the National Pilgrimage website for updated information, weekly Factsheets are being sent out to help you prepare for the trip ahead. Please ensure that you do not leave without taking with you 2 important things? 2

important things you ask ? Yes it is important that you always have by your side these 2 important words of "Flexibility" and "Understanding". If you have this then nothing will affect you whilst you are in Prashanti and you will be a "Feather on the breath God".

If you have any last minute questions or concerns please do not hesitate to email us. We want to make sure that you have everything you need and that you are fully aware of what to expect when you arrive in Prashanti.

Lovingly
Shitu Chudasama



Haiti Relief Update



With the Divine blessings of Bhagawan Sri Sathya Sai Baba, the Sri Sathya Sai World Foundation has undertaken an active role in the urgently needed humanitarian relief work in Haiti. Teams of physicians and volunteers from the Sri Sathya Sai International Organisation are already onsite. These teams are rotating on a weekly basis to provide service.

The earthquake relief activities continued with vigour and enthusiasm. Free and excellent healthcare was delivered with compassion and love at community clinics conducted out of the two churches. Approximately 4,000 patients were seen during this month bringing the total number of patients treated since the clinics started in January to about 25,000.

Given the rainy season and the increased incidence of water-borne diseases, preventive healthcare was an important focus in the clinics along with treatment of medical ailments. Education and discussions were conducted on safe drinking water, water-borne diseases, food hygiene, hand washing and smoking cessation.

Medical practice was tailored to the evolving needs of the people. Since it has now been 10 – 12 weeks from the major earthquake, there appeared to be a greater prevalence of post-traumatic stress disorder. Mental health professionals in our teams provided the needed counselling and medical management of this problem.



Prepared and raw foods and drinking water are being provided on a daily basis. Freshly prepared food was distributed daily. About 21,000 meals were served in the month of April. Local youths were engaged in productive activities such as street cleaning, community support and planning for the future of their lives.

A cultural program entitled "Give Me a Hand" was organised by the local Haitian youth to celebrate the country's rich heritage and as a showcase of their talents. The programme was celebrated on April 23, 2010 at one of the church clinics. The programme began with a choir consisting of children from the orphanage that is



being supported by the Sri Sathya Sai World Foundation. They sang songs extolling the Grace of God followed by instrumental music. The programme also had some individual dances.

Two Haitian youths spoke extemporaneously and passionately about living up to their highest potential and imploring everyone to give themselves to rebuilding their country. They followed this with a song that involved everyone joining hands and singing "lets walk hand in hand" for the greater good. In addition, there were short motivational speeches by Mr. Rony (the local host in Haiti), Father William from the Church and Brother Guy from the second Church urging those assembled to work together in unity and keep the faith going despite many challenges. All of them profusely thanked the Sri Sathya Sai World Foundation.

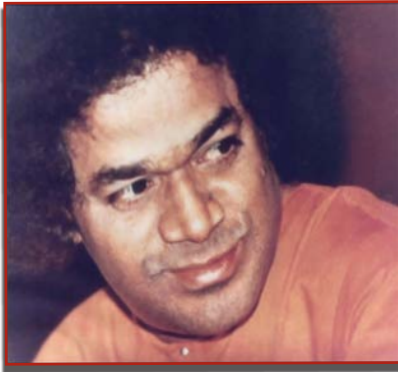
The children were the epitome of unconditional love as they left everyone spellbound with their charming smiles and talents. Everyone was touched by what had transpired that evening - as the audience waved their little Haitian flags that had been handed out. It was an evening of hope, optimism, joy and laughter, which seemed to drive away any reminder of what they had lived through. It spoke of the resiliency of the Haitian spirit, which undoubtedly seemed stronger than ever fuelled by the Unseen Hand! The last song of the evening summed it up "He has got the whole world in His hands"!

For more information please log onto www.sathyasaihumanitarianrelief.org/haiti

ADVENT OF SATHYA SAI PART IV

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.



R.K. Karanjia, Blitz Newsmagazine: At the outset, Swamiji, we would like to know something about your triple incarnation -- past, present and future -- that is, from Shirdi Sai Baba to Sathya Sai Baba and the Prema Sai Baba to come, according to your prophecy.

Baba: First of all, you must grasp the complete oneness of the three incarnations of contemporary times with those of the past like Rama and Krishna. This is a difficult task. When people cannot understand the present, how can they comprehend the past? Every incarnation is full and complete in relation to the time, environment and the task. There is no distinction between the various appearances of God as Rama, Krishna or Sai.

Rama came to feed the roots of truth and righteousness, Krishna followed to foster the plant of peace and love. Now these sacred principles are in danger of wholesale destruction by reason of human weakness under the onslaught of evil forces. They are overcoming the good, the spiritual and the divine in man. That is why the present Avatar has come invested with the totality of cosmic power to save dharma (righteousness) from anti-dharma.

Why God Takes Human Form

Q: By the present Avatar, you mean Sai Baba?

Baba: Yes, I incarnate from age to age, time to time, to save dharma from anti-dharma. Whenever strife, discord and disharmony overwhelm the world, God incarnates in human form to show mankind the way to love, harmony and peace.

Q: That is understandable. But sceptics wonder why God should assume human form?

Baba: Because that is the only way to incarnate the God within man. The Avatar takes the human form and behaves in a human way so that humanity can feel kinship with divinity. At the same time he rises to godly heights so that mankind also can aspire to reach God. The realisation of the indwelling God as the motivator of life is the task for which Avatars come in human form.

Previous Avatars like Rama and Krishna had to destroy a few individuals who could be identified as enemies of the godly way of life and thus restore the dharmic path. Today, however, wickedness has tainted so many that humanity itself stands under the threat of destruction. Therefore, in My present Avatar, I have come armed with the fullness of the power of formless God to correct mankind, raise human consciousness and put people

back on the right path of truth, righteousness, peace and Love.

Message of Triple Incarnation

Q: Why had this task to be divided into three separate incarnations of the Shirdi, Sathya and Prema Baba?

Baba: They are not separate. I have already mentioned the complete oneness of the three in the final objective of the mission. I will give you an example. Take a kilo of gur (a sweet substance). The whole of it tastes sweet. Next break it into small pieces. Each of them is sweet. Finally break them into small grains. You find the same sweetness in them. So the difference is one of quantity and not quality. It is the same with the Avatars. Their tasks and powers requisite to them differ according to the time, the situation and the environment. But they belong to, and derive from, one and the same dharma swarupa or divine body.

Let us take the example of fruit. It begins with the seed which grows into the tree and from it comes the fruit. Work can be compared to the seed, worship to the tree and wisdom to the fruit.



The previous Avatar, Shirdi Baba, laid the base for secular integration and gave mankind the message [that] duty is work. The mission of the present Avatar is to make everybody realize that the same God or divinity resides in everyone. People should respect, love and help each other irrespective

of colour or creed. Thus all work can become a way of worship. Finally, Prema Sai, the third Avatar will promote the evangel news that not only does God reside in everybody, but everybody is God. That will be the final wisdom which will enable every man and woman to go to God. The three Avatars carry the triple message of work, worship and wisdom.

Q: The existing situation driven by evil forces to destruction as you have correctly analysed it, appears to suggest the inevitability of another Mahabharata-type (an epic relating to the battle of Kurukshetra) war. Does this mean that the salvation for which you are working can be consummated only after a destructive war?

Baba: The evil must and shall be removed before such a catastrophe takes place. There will be minor wars

and skirmishes, of course: these cannot be helped in the existing state of affairs. The Mahabharata war was a different issue altogether. Lord Krishna decreed it and, in fact, led Arjuna to the battlefield in order to rid the world of evil men and ungodly forces.

Today, as I told you, the evil is so widespread that humanity itself would be destroyed in a nuclear holocaust in the event of a world war. It is to prevent such a catastrophe that this Avatar has come to raise human consciousness above the existing syndrome of anger, hate, violence and war and save the world from disaster. This can be achieved only by the reestablishment of the brotherhood of mankind though the Vedas, Shastras and all religions with their evangel of dharma to liberate the human race from the chains of karma (the cycle of birth and death). I always say: Let the different faiths exist, let them flourish, let the glory of God be sung in all the languages in a variety of tunes. That should be the ideal. Respect the differences between the faiths and recognize them as valid so far as they do not extinguish the flame of unity.

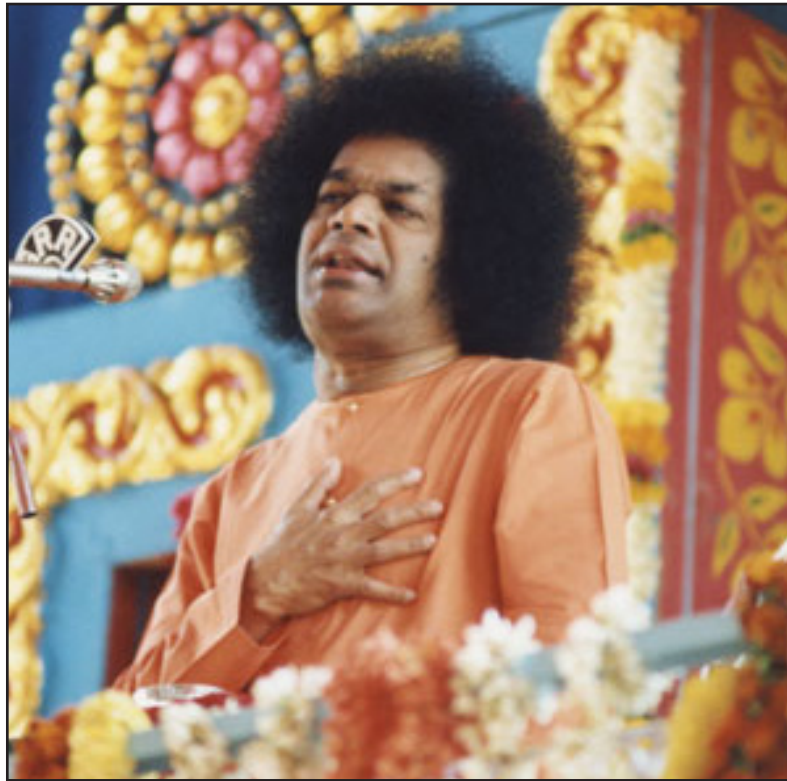
Miracles of Healing

Q: You are believed to have performed miraculous cures to the extent of resurrecting the dead. There are cases where you reportedly saved people from drowning and other accidents in distant places. Medical experts have attested to remote controlled surgical operations performed by you. How do you manage these?

Baba: By My own sankalpa -- that is, divine will and power. As an Avatar, this power is intrinsic, inherent, total and natural to My will and decision. I need no mantra (mystical formula), no sadhana (spiritual practice), no tantra (sacred writings) and no yantra (pilgrimage) to perform the so-called miracles which are natural to My state. My powers are simply the expression or assertion of the reality of goodness which merges Me with everything, everywhere, at all times and places. The miracles belong to the boundless power of God.

Now coming to the main points of your question, this healing phenomena has a dual aspect. I can cure, save, even resurrect people provided they are in a spiritually receptive condition. It is like the positive and negative currents of electricity. My capacity to heal can be compared to the positive current. Your devotion to Me is like the negative current. Once the two come together, the devotion provides what is called the miracle of healing.

It is man's mind that is really responsible for his illness



or health. He himself is the cause or motivator of either. So when it comes to healing or curing, the necessary faith has to be created within his mind for the purpose. All I do is invest him with the confidence, will and power to cure himself. It is My abounding love reciprocated by the intensity of the devotee's faith in Me that produce the desired result.

Not Siddhis or Magical Tricks

Q: So these are not siddhic powers or magical tricks, as your critics suggest?

Baba: They are neither magical tricks nor siddhic (occult) powers, which can come to everybody with the appropriate discipline and yoga exercises, but My powers to protect, heal and save people and materialise objects originate in God and can be used only by an Avatar. They are in no way designed, disciplined or developed, but flow from cosmic power.

Q: Your followers at home as well as abroad claim positive evidence of the presence of Baba in their innermost hearts. Some have written of you as their in-dwelling God. What is the explanation of this phenomenon?

The In-Dwelling God

Baba: This is the grace begotten of My love for them reciprocated by their devotion. After all, as I repeatedly say, we all belong to the same divine principle. The godliness which is present in everybody in the form of a little spark is present in Me as the full flame, and it is My mission to develop every little spark of God in everyone to the fullness of the divine flame.

The first imperative of this development is that the receiver of the grace also provides from his or her side the devotion necessary to the consummation. Those who carry the presence of Baba in their hearts like an in-dwelling God belong to these kinds of devotees. They come to Me, see Me and hear Me, experience My love for them and receive it with devotion. Thus, they become part of Me and My divinity.

To the doubting or confused ones, I give this illustration. Those who want to secure pearls from the sea have to dive deep to fetch them. It does not help them to dabble among the shallow waves near the shore and say that the sea has no pearls and all stories about them are false. Likewise, if a person wants to secure the love and grace of this Avatar, he must also dive deep and get submerged in Sai Baba. Then, only, will he become one with Me and carry Me in his innermost heart.

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"

We are fortunate that Bhagawan has blessed the Chairman of the Sathya Sai World Foundation, Dr Michael Goldstein along with the Director and Chairman of the International Medical Committee Dr Narendranath Reddy to preside over the UK Conference.

We are therefore delighted to announce that the United Kingdom Zonal 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** (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.

Malawi Medical

26-30 April 2010

The Malawi medical camp was held from 26 to 30 April 2010, 48 members participated from the SSSSO UK. The medical camp was held at the Mulanje Mission Hospital ("Hospital"). Patients would queue at a Church which was located 2-3 min walk away from the Hospital. The queues would start as early as 6.30am till late afternoon. All patients were registered inside the Church.

Camp Activities & Statistics
Medical Care

This was a multidiscipline camp incorporating the following specialities in the medical team: General Medical (including HIV, Gastroenterology), General Surgery & Anaesthesia, Cardiology, Paediatric, Immunology, Dental, Optometry, Ophthalmology, Gynaecology, Nursing, Physiotherapy & Pain Management and Pharmacy.

During the camp one of the medical volunteers from SSSSO UK found that the Hospital had almost no supply of blood, so they suggested that the SSSSO UK volunteers donate blood. A few medical and general volunteers gave liquid love, in the form of blood donation.

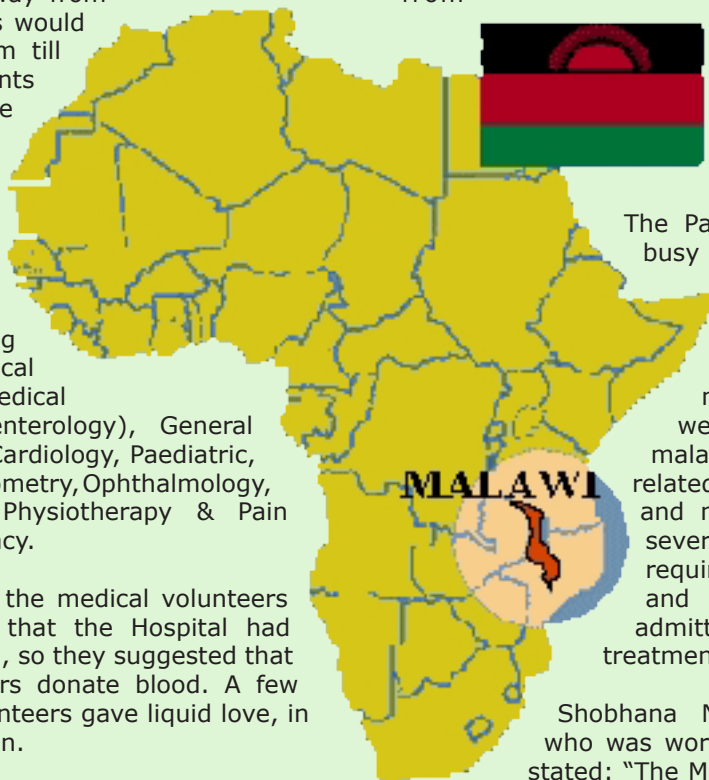
Around 4,650 patients were registered and seen by specialists (on average, seen by two specialists). Several operations were conducted, including 100 cataract

operations led by local surgeons. Several emergency cases were also attended to. A few follow up patients are being supported by SSSSO Malawi and any costs associated with this would be advised to SSSSO UK. A wheelchair is being organised for a spastic child – this will help the mother tremendously as currently she has to carry her child wherever she goes.

In the **general medical** section, several HIV-positive patients were diagnosed. As per Malawi and WHO health directives,

these patients were referred to the Hospital so that they can join the ongoing health programme by WHO. There was an influx of **gynaecology** patients – several of whom were HIV-positive patients. The **nursing** team from

UK was a blessing to the medical team – they dealt with simple dressings to most complicated dressings for patients with severe abscess / infection or cancer of the foot.



The Paediatric team was kept very busy by the constant stream of young patients, many of whom were suffering from severe illnesses requiring emergency treatment. The most common problems we encountered included malaria, chest infections, HIV-related illness, severe anaemia and malnutrition. There was one severe case of meningitis, which required admission to the hospital, and several other children were admitted to the ward for further treatment such as blood transfusions.

Shobhana Nagraj, a medical specialist who was working in the Paediatric division stated: "The Malawians have taught me a lot about how to care for children. I have observed in Malawi that children are treated as precious assets. I have never seen a Malawian mother lose her patience with

a child or scold a child. Each child is valued like a gift from God and is loved and treasured."

Kiren Lakhani, a general volunteer stated:

"My role was to work in the Paediatric Pharmacy and this gave me the opportunity to have contact with each patient. Stroking a baby's head that was



suffering from malaria, obviously very sick and was struggling with scabies and worms did not require a



second thought. At that point in time there was no difference between me and the person sat before me. Colour, religion, social status, none of it mattered. We were all gods' children and we were helping each other. Why I was there made sense, I was there being a vessel to the help god was giving."



A **pain management** specialist from UK did wonders with his modern equipment – patients walked away very happily! Our young **physiotherapist** worked with the pain management specialist and gave away a couple of walking sticks to those who needed them.

The **Cardiology** team saw a lot of patients suffering from

hypertension. Many patients complained of palpitations, though this was mainly as a secondary complaint. There was very little Coronary Artery Disease, though one or two cases were seen - probably because the main mode of transportation was by foot and the diet is low in fats and processed foods!



Ophthalmology saw a variety of cases using their modern equipment. Cases including dry eyes, recently infected corneal ulcers, corneal scarring, tumors (almost exclusively in patients with HIV+), glaucoma,

allergic eye disease, diabetic eye disease, blind unsightly eyes (two of whom had an artificial eye fitted to match the other eye).

On the **Optometry** side, 1,500 glasses were dispensed and around 100 glasses were given locally to be glazed. On the last day school children were seen and a very happy head teacher walked away with a letter of gratitude to SSSSO UK (see attached letter).

The **Dental** team provide immediate pain relief to

patients suffering for a long time, as they could not afford the cost of treatment. Local school kids were also screened by our dental team.

On the **general surgery** side, the **surgeons** and **anaesthetists** from SSSSO UK worked with the local nurses, medical officers and anaesthetists. Facilities in the theatre were fairly basic, but the NHS surgeons adapted to what was available. Hernia operations were most common in addition to having to deal with abscesses



and infected wounds. At least two emergency cases were performed on patients referred from within the Hospital. One was a young man with strangulated hernia and the other a HIV-positive man with swellings in the neck that were compromising his airway. Both could have lost their lives without surgical intervention.



Gurudatt Sisodia, a surgeon in Orthopaedic and minor surgeries stated: "Over the course of the week as I saw more and more patients, I became increasingly humbled by them. It was clear that poverty in no way diminished their dignity or humanity – in fact I felt it had the opposite effect. Probably my most lasting memory of the Malawi people is their relative contentment with life and their Love for God –so many of them said they pray for God to bless us all. I would certainly look forward to returning to Malawi in the future."



On the **Pharmacy** side, over 15,000 medicine were dispensed during the camp, including deworming tablets, antimalarials, antibiotics, pain killers, eye & ear drops, vitamins, respiratory medicine, children medicine and so on.



Vishal Pathak, a general volunteer who helped in the Pharmacy section stated: "This experience was truly unique; right from the start of our journey from the UK and until we got back. The Love that bonded each one of us could be felt right from the airport, where many of us were meeting for the first time, but still made sure we took care of each other and worked as one family. It really did feel as if we knew each other from years!"



Social Care

In addition, socio care activities were held, such as distribution of free:

- Food to all patients & families who attended the medical camp, all patients who were admitted in the Hospital (not just patients referred by SSSSO medical team – ALL patients admitted in the Hospital) & their families/guardians – Narayan Seva



- New clothes provided by Something Beautiful for God and additional ones provided by donors in Malawi
- Mosquito nets (this was requested by a medical volunteer from UK who made a contribution of £1,000 towards this. The distribution took place after the camp due to logistic issues)
- Footwear / chappals to villagers as several patients did not have any footwear despite severe infection in their feet
- Nutrition food packets to children as most children were not as healthy
- Chocolate milk drinks for children who were waiting to be seen by medical specialists
- Biscuits and sweets to children and adults who were patiently waiting to be seen by medical specialists



Vote of Thanks

Above all, the medical camp would not have been successful without the inspiration and guidance by Sri Sathya Sai Baba. We also appreciate the continued support of donors which included the volunteers itself. We would also like to thank the Sri Sathya Sai Service Organisation of UK and the UK Sathya Sai Trust for allowing this medical camp to go ahead and for financially supporting the camp expenses. On the ground in Malawi we would not have been able to execute without the SSSSO Malawi – despite a small team they completed mammoth tasks of feeding the patients & all volunteers involved in the medical camp (in addition to their excellent hospitality).

Humbly,

Urvi Widhani

Sai Students Experiences.....

His Healing Touch

I came to know of Swami from my parents who have been devotees since 1965. Growing up at home, Swami became another facet of my life. My father was an army man who got transferred every other year which resulted in my schooling being disrupted. It was decided that my brother and I would join the Sai School so as to make our learning regular and disciplined.

The 5 years I spent at the Sai School helped me immensely. During the 4th year I fell seriously ill with amoebic hepatitis. Usually a mild condition, it went ahead causing serious damage to my liver and my health deteriorated to such an extent that I became a major source of concern. I was being treated by Dr Chari and the disease showed no signs of abating. I lost a significant amount of weight and was confined to bed in the hostel sick bay. I was told that Dr Chari was providing Swami with a daily update on my condition.

One day as I dozed off, there was a sudden commotion and I woke up with a start. There was Swami standing in front of my bed. He came over to my side and gently rubbed my forehead with his Hand. He smiled at me and walked out of the room. I made rapid progress from then on. However the extent of my illness came to light when my father came to pick me up for the annual vacation. He was shocked to see my physical state. This was after more than a month into my recovery. This tough battle hardened veteran confided many years later that he nearly fainted on seeing me.

The impact of this event was massive. My belief turned into rock solid faith which has guided my life to date.

Dr Niraj Gopinath, Anaesthetist,
Alumni, Sri Sathya Sai Institute, Prasanthi Nilayam

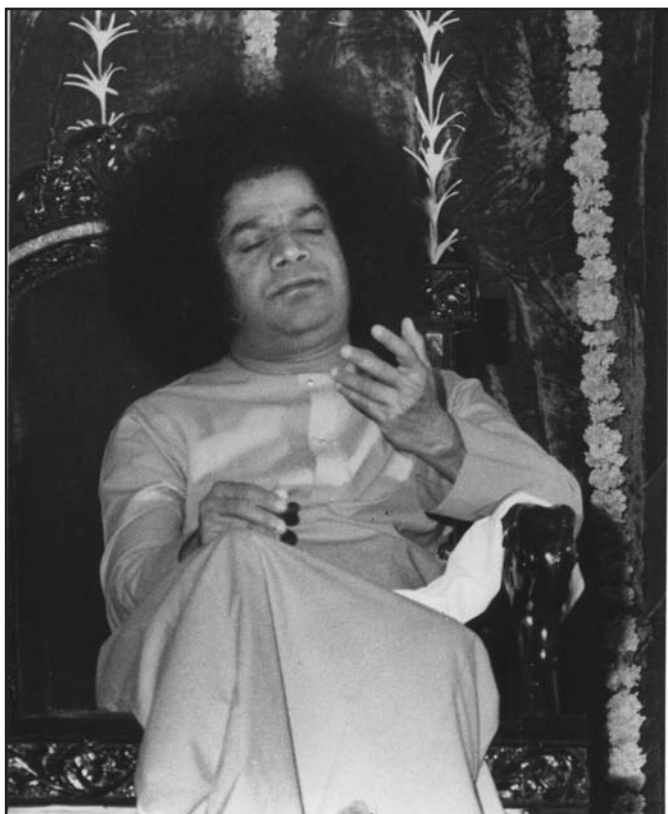


Reflections of my past years

It is now about twenty years since I left Swami's institution. I studied in the Higher Secondary School in late eighties. The facade of the ashram was different in those days. Swami was less busy with very few mega projects. Swami interacted with us a lot. I cherish reflecting those wonderful two years in the prime of my life spent in His Divine Presence.

We had Swami's darshan every day and we saw the World come to him - people from all walks of life, intellectuals, business men , politicians and common man from villages. The rich and poor saw no differences there. People were different in their colour, class, intelligence, their demands and aspirations, but they all experienced the same ananda (Divine Bliss) when Swami walked past them during darshan. Whilst sitting on the veranda, it was humbling to see the devotees' reaction during Darshan. I can recollect several experiences of Devotees. Many of them are shared and we tend to read them, but there are several which go unrecorded. Each experience is unique and is based on their one to one relationship with Swami

During one of the evenings, we saw Swami talking to two young caucasian boys. They had long hair and unshaven faces. To our surprise, we then saw them get up and walk out of the Ashram. After a while they both came back and were called for an interview. We saw the beaming joy in their faces when they came back from interview. Swami later said to us that these two boys had saved money by selling news papers to come and see Him and He had asked them to have a hair cut and come back! Swami gives a lot of importance to external cleanliness alongside the inner cleanliness.



On a later occasion, Swami came back to give a second round of darshan. He went straight to a man and a little boy and spoke to them, then blessed them and created vibhuti (holy ash) for them. This father and son had travelled a long way from a remote village in India. It transpired that the little boy had a heart condition and the family didn't have the money to get it treated. They were very poor. The operation was completed at Swami's



Super Speciality Hospital. His father was full of tears of gratitude as he thanked Swami. Swami's philosophy "free and high quality Health Care" has spread around the world. State of the art Super Speciality Hospitals in Bangalore and Puttaparthi stands up as testimony which stands as a model to the World of Medicine! It is amazing to see the commitment and dedication of the medical and surgical team serving Swami at these hospitals.

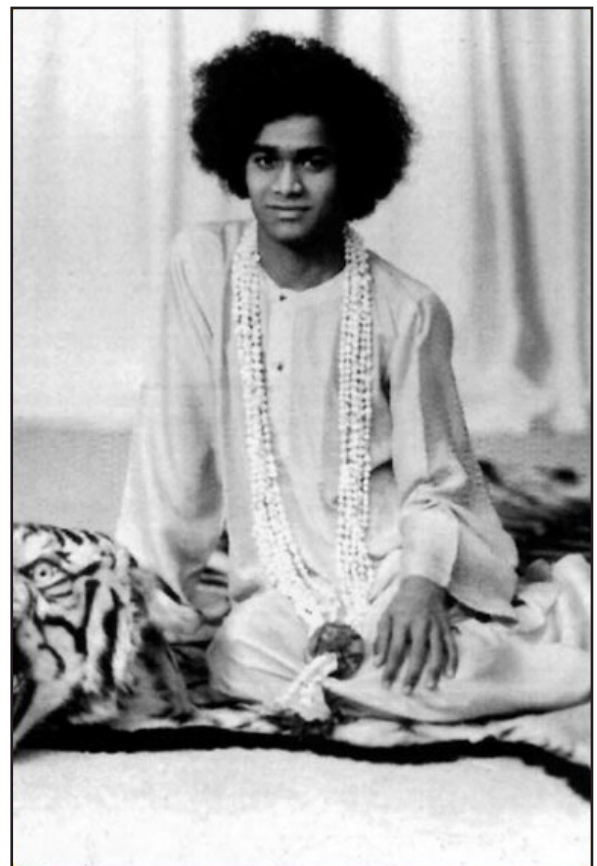
It is an eye opener to see how Swami's injunction of "love all and serve all" is practiced around the world. Swami has inspired His organisation to start various humanitarian projects around the world in the field of education, health, food and drinking water. I had the opportunity to be part of the Sathya Sai International Medical Camp which took place in a remote village in Russia. The entire process from start to finish was a memorable experience. Swami's presence was felt throughout. His Grace and Blessings saw us through immigration and the other bureaucratic challenges, without any problems. Devotees and non devotees from different parts of that

vast country had come to this remote village. They were poor and medical facilities around were significantly inadequate. The dedication of volunteers was quite exemplary and a humbling experience, lots of them had travelled from distant places, travelling for days to come and serve in the camp. Each Clinician was allocated a translator. Our work used to commence at about 8 am, but the queues of patients formed at early hours of the morning. We had to work late hours to ensure we saw everyone. The doctors, nurses and other paramedical and non medical staff, all spoke with Love. Their motivation was derived from Swami. 'Love in action is Service' was seen there. On the last day of the camp, one of the ladies I was treating came back with two big bags of berries, saying 'this is for your group'; we were informed later that the berries were her earnings from that day! After the camp was over and we bade farewell to the villagers, we experienced the same feelings as those that we felt when we left Prashanthi Nilayam away from Swami's physical presence. Somebody in our group reflected on this aspect saying 'it was as though Love was exported from Prashanthi Nilayam through the devotees'.

Swami has created this wonderful organisation. By participating in it, we can evolve, develop and transform ourselves. It is a great revelation to see that where ever you go in this world today, there is a centre bearing Swami's name somewhere where you are welcomed.

Finally, our Master does a lot of mundane things to awaken us. Unfortunately we forget this aspect and reduce our Master to an ordinary mortal. He is God come down in Human Form. I am always inspired and take strength from one of the group interviews that Swami had given us where He had said 'wherever you are, always remember Me, I will protect you and guard you'.

Dr Rakendu Suren, Psychiatrist,
Alumni of the Sri Sathya Sai Institute, Prasanthi Nilayam



"Study to be Steady": National Spiritual Wing Day, Totteridge, Sunday 16th May 2010.

Though many of us attend group devotional singing sessions, far fewer attend study circles and regularly study Sai Literature (which is a part of the 9 Point Code of Conduct of the Sai Organisation). This day was planned to help invigorate our study of Sai Teachings, to inspire us to look into the topics covered more deeply and, most importantly, to put them into practice.

Those who came to the 'Study to be Steady' day at Totteridge, attended a variety of thought-provoking and interesting morning workshops on basic Sai Teachings including topics such as "Mind is the Key", "Who am I?", "Unravelling the Code" (based on the 9 point code of conduct), "Reaction, Reflection, Resound", "Universality of the Vedas", "The Royal Road" (on the essence of group devotional singing) and "Concentration, Contemplation, Meditation".

A unique feature of the day was that there was something for everyone - you chose what you were drawn to and wanted to learn about. All the facilitators did a fantastic job and the feedback from the day was very positive.

Some of the facilitators could have talked about their subjects all day given the chance! A key message was that we should take just one teaching from the workshops and put it into practice - that's all - just one point!

We were joined in the afternoon by our keynote speaker, Mrs Phyllis Krystal, who shared her unique experiences and insights with us. The unusual feature was that Phyllis didn't really give a talk but spent the session answering people's questions and sharing her related experiences. So, again, there was something for everyone from her very interactive, interesting and insightful session. She spoke about the new generations of children and how they are bringing light and love and challenging the 'old ways' to allow space to bring in 'new ways' that are so desperately needed.

Phyllis shared how Swami has always guided her work, culminating in Phyllis talking about her work and leading the entire World Youth Conference delegation in 2007 through a meditation with Swami sat by her side in Sai Kulwant Hall. Phyllis spoke about the power of love and how only Swami has unconditional love. If we find it hard to send our personal and limited love to a situation or person, then we should ask Swami to send His pure love through us - this is what saved Phyllis and her husband from certain death when their plane was hijacked many years ago.

I personally found the day totally in line with the theme. I could see Swami smiling down on us throughout the day! Things didn't go exactly to plan, timings were moved and everyone had to be flexible. We had to learn how to be STEADY and not get agitated - again, Swami demonstrating His presence and showing us our own areas of development (depending how steady or unsteady we were!) through His divine play!

All in all, it was a very inspiring day and, as one participant commented, "I am looking forward to the next Study Day already!"

Sanjay Vaja
Region 5 Spiritual Coordinator



Dear All,

I am happy to inform you SWAMI this evening on Wednesday 12th of May 2010 at 17.40 in the evening, Indian time, Blessed the Leicester Building with the name:

"SRI SATHYA SAI CENTRE FOR HUMAN EXCELLENCE"

I approached Swami on the Veranda with the proposed name and Sri Chakravarthi kindly explained and translated the meaning. SWAMI held the proposal in his left hand and placed the right hand on it with open palm. Blessing the building and I believe all devotees of UK.

Let us all pray for his continued Love and Blessings.

Loving SAI RAMS

Kishin Khubchandani
(Zonal Chair)

Leicester SSE Easwamma Day Celebrations



We celebrated Easwamma Day at centre level on Thursday 6th May at the Sathya Sai Centre of Human Excellence. The children participated in class presentations and bhajan singing, with an exhibition of the children's work on this year's Easwamma Day theme of the 5 Mothers: Mother Earth, Motherland, Veda Mata, Mother Cow and their own mother.

To commemorate Mother Easwamma this year we conducted a special Ganesh and Lakshmi Pooja (worship) during SSE on Sunday 9th May from 10.30am to 12.30pm



to celebrate our first year in our National UK building: SSCHE in the auspicious 85th Year of Swami's advent. Each class sat together in a circle with their class guru and parents were also invited to attend. We explained the significance of the various acts of pooja and did a quiz on how all the other faiths carry out their prayer and worship to God.

All the children were given a silver idol of either Ganesha (boys) or Lakshmi (girls) to worship with abhishekam; offering of milk, water, kum kum, flowers and sacred thread, placed in steel dish engraved with SSE Easwamma Day 2010 on the back, both as a souvenir to take home and pray to every day.

We offered saffron rice grains while we chanted shlokas (prayers) and chanted the 108 names of Sri Sathya Sai Baba with the English meaning, thereafter we sang a English Ganesha bhajan with guitar and Manasa bhajore played on saxophone, finishing with Aarti and distribution of vibuthi and sweet prashadam (shiro) to all.

A group 3 child thought: "It was a lovely opportunity for all the children to take part in the puja. The atmosphere and vibrations were very peaceful. It was nice to see all the children praying and taking part." One of the parents said: "We consider ourselves very fortunate to have got this opportunity. We felt extremely blessed", and even suggested "It would be nice if this ritual is practiced

every year." A group 1 guru commented "Indeed it was an awesome experience, in fact very relaxing and great vibrations through the hall. Children loved the murti's!"

By Aarti Mistry (SSE Guru)

Mother Easwamma Day Celebrations



On the auspicious day celebrating the Divine life of Mother Easwamma, the SSE children of Coventry offered a beautiful programme with love and reverence.

They captivated our hearts by carrying us through the journey of Mother Easwamma's life. They described her Divine qualities; the faith and pure devotion that she always had in God, for which she was blessed to be the Chosen Mother. They captured the beautiful relationship between Swami and Easwamma. They went on to show us how the fully flourishing educational institutions, life-saving hospitals and life-giving water projects that we see today, were born out of Mother Easwamma's truly selfless love and compassion for humanity.

With love in their hearts, each SSE child offered a flower to Mother Easwamma, as devotees sang the beautiful Bhajan 'Janam Diya Sai Tune Ko, Hum Pe Kiya Upkar' meaning, 'O Mother Easwamma, you have given us a great blessing by giving birth to our Lord Sai; to you we offer our homage'.

The programme came to an end with uplifting Bhajans, where devotees sang with their hearts filled with gratitude for Mother Easwamma's example of selfless love and service. Above all, she has given this whole world a living Avatar, whose life is a message to all of us and the whole of humanity.

By Reena Govindji ,
Sri Sathya Sai Baba Centre of Coventry

Eashwaramma Day Celebrations Region 3



The Region 3 SSE School celebrated Eashwaramma Day on Saturday 8 May 2010 at the Christchurch School in Ilford, Essex.

Group 1 children presented three leelas from the childhood of Lord Krishna in the form of a beautiful play and presentations: The vision given to Mother Yashoda by Bal Krishna – that he is the Universe; Bal Krishna and friends stealing butter and the Gorvardhan Mountain story.

Group 3 children had put together an informative Power-Point presentation on the life of Albert Einstein and how though he had speech problems as a child, become a top school student and one of the most renowned scientist genius of our time.

Finally Group 2 students, inspired by Swami's childhood, presented a poem using the alphabet to describe facts and leelas during His childhood.

The children and audience were then treated with the beautiful experiences as shared by the guest speaker, ex-Sai student Karthik Prashanth when he was a student at Swami's college during 1998-2005.

The programme befittingly concluded with a resounding and uplifting version of 'Mother oh Mother Sai Maa' sung in harmonies by the SSE school choir.



Eashwaramma Day Celebrations Thurrock



Easwaramma day was celebrated on the 9th May 2010 at Sri Sathya Sai Group of Thurrock. The main event of the day was a play performed by the children of the centre on the life of Dhruv, a child who showed incredible strength of devotion and determination to win the Grace of Lord Vishnu.

Following the performance, a Sai Sister dressed as Mother Easwaramma presented the children with small gifts as recognition of Mother Easwaramma's love and care for children. This was followed by a study circle that included the core values of Easwaramma Day. The children performed Aarti together which was thoroughly enjoyed.





And so May was with us finally. The snow and ice having melted and with a shaky cold start the sun eventually shone warmly on us, the trees and grass are green, the flowers slowly blooming. With it, came one of the most important days in our Sai Calendar – Easwaram day - on the 7th of May.

Birmingham Centre celebrated with aplomb and gusto. The evening started with a presentation by SSE

assistants reading out on the noble and colourful life of Swami's beloved mother. This was followed by the SSE children reading what their mothers' meant to them. Of course homage was paid to the Mother of all Mothers' - our Mother Sai.

Then came puzzles and games organised by the youth team to test the knowledge of all present covering topics from the life of Easwarama to other famous mother's such as Mother Mary etc. Such was the merriment that many of the devotees were left 'in stitches' by the end of this hilarity. After some delectable bhajans, the evening wore to a close.



The Centre celebrated with love and reverence a famous day in our Sai Calendar, a day many years ago when our beloved Swami came into this mortal world by taking birth through Easwarama, and a life that is very much treasured to this day by all His devotees.

Happily the celebrations continued! Lord Buddha's day, which although was on the 27th was marked on the 28th. As usual the evening programme unwrapped to



sacred music quickly followed by a playlet thoughtfully and beautifully presented by our Youth depicting the 4 scenes Lord Buddha sees before embarking on His search for the Eternal Truth. A short reading on various aspects of Buddhism ensued.

This paved the way to robust bhajans which by the end left all and sundry drenched in love and ecstasy.

And so came to a close May's festivity, giving everyone great thought and reflection on these eternal teachings by eternal beings ...

Written and compiled by Raju P Gadher for Birmingham Sai Centre.

Walking our Talk

Baba is always reminding us of the importance of being sincere in our thoughts, words and deeds yet how many of us truly understand the meaning of this principle of right living, or 'living in integrity'; leave aside practice it?

Too often, we allow our spirituality to become compartmentalised and separate from the rest of our lives. It is just something we do once a week at the Centre or relegate to our 15-minute daily meditation; or may be even the weekly 'food run'. However we cannot do right in one area of life whilst being occupied in doing wrong in any other area!

Integrity is all about 'walking our talk'. This means that we have to begin with ourselves. We need to remember that we are divine beings who can take charge of our lives by paying attention to our thoughts, words and actions.

Only one whose thoughts and words are in accordance with his deeds can be said to have integrity. It is about doing what is right rather than what is expected or convenient. It is not what we profess but what we practice that gives us integrity. Living our lives 'in integrity' therefore means that our words match our actions which match our beliefs; and that we consistently do what our conscience tells us is correct.

If we reflect on the past events; our attitudes and behaviour, we will find that we often blamed others for things happening to us; it was never our fault....always someone or something else! When we feel emotions like anger, fear, hostility, frustration or guilt within us, how will we be able to experience or connect to our highest self? As always, ask Baba to help us and be our strength. Gradually we will begin to question any evaluations and decisions we make, in order to ensure that they are without any ego, prejudice or a false sense of power.

As we strive to become more integrated and 'complete' human beings, it will become easier to incorporate our beliefs and values into our everyday lives. We will find that all our tasks become duties. For e.g. at the workplace, we will not just 'put in time,' but cheerfully carry out our responsibilities. We will begin to learn how to avoid 'politics', gossip and other negativities in our day-to-day lives; as well as help build better relationships, harmony, confidence, teamwork, and morale amongst those around us.

We learn, we practise; we make mistakes, but eventually, if we do our best with utmost faith, perseverance and determination; we progress in our spiritual journey from the head to the heart!

by Madhvi Sai

God is in you, God is in every word of yours, every deed and thought. So think, speak and do as befits Him.

- Sathya Sai Baba

Sathya Sai School Student Council



In January 2010, the School Management Board decided that in order for the student's voice to be heard, a Student Council should be set up to ensure that the students were aware and involved in all that was going on, and their concerns and ideas were heard.

After a discussion with the secondary students, 5 members of the Secondary School (years 7, 8 and 9) were elected to represent the students of the school. These five pupils were chosen to be the voice of the students, and any child from the school with a suggestion or a concern was to approach a member of the Student Council with their ideas. The posts of the members of the council were – President, Vice President, Secretary, Home Room representative, and Treasurer.

First, a questionnaire was given out to all the secondary students, which included what suggestions and new things they would like to see in the school. Many fantastic ideas came out, such as New Playground Equipment, Bake and Sell, Teacher's car wash, etc.

The first idea that the student council decided to take up was Spelling Competition. It was evident that this was an excellent idea, as it would help to expand knowledge and grammar. The competition consisted of three rounds, and the person who got through and won received a prize.

As this went very well, it was decided that more activities should be done involving the students. Doing such activities together increased the strength and trust between the students, and the bond of friendship was made stronger. The students seemed happier and more cheerful with each other.

Another idea that seemed reasonable was BAKE AND SELL. It was agreed that as many children seemed concerned about the playground, the money raised would go towards equipment for the playground. The first time round, we started off small and decided to make 6 trays of flapjacks, and sell them to the students, teachers and parents of the school on the last day of term. These sold out very quickly, and it was very popular, so we decided to do it again, but this time we baked much more, and made Chocolate Digestive Squares as well. Again, this project went very well and the treats made were wildly popular. Over all, over £130 was collected towards the playground from the Bake and Sell.

Another contributor to the playground fund was the Lent fast. This was a project called "Ceiling on Desires." This is where the students of the school would give up something they liked (e.g. chocolates, crisps, fizzy

drinks, biscuits, ice cream, etc), during the full period of lent. The money that they would spend on buying the food would go towards the playground. The philosophy behind doing this fast, was giving up something you liked, to help someone else.

As the founder of the school, Sri Sathya Sai Baba says: "Man needs some essential commodities for his sustenance and he should not aspire for more." This means that you should have what you need, anything more than that is simply greed.

The Buddhist's have the Four Noble Truths which are:

Dukkha: Life is unsatisfactory, disjointed, suffering.

Samudaya: There is a cause of suffering, which is attachment or desire (tanha).

Nirodha: There is a cessation of suffering, which is to eliminate attachment and desire.

Marga: The path that leads out of suffering is called the Noble Eightfold Path.

Buddha taught that in order to realize enlightenment, man must free himself from his ego, and give up all desires. Buddha taught that by having so many desires (such as wanting pleasure, wealth, happiness, security, success, long life, etc.), man condemns himself to suffering, and will never escape the cycle of rebirths. Therefore Buddhism believes that suffering is self-created. To give up worldly attachment, is to receive true enlightenment.

The total amount raised from the Bake and Sell and the Ceiling on Desires fast was around £490! The Student Council helped to bring more playground equipment and things for all age groups to play with during break times (you can see some of these in the picture behind us). More importantly, it helped to bring about awareness in the students regarding the school's development and brought us close together as a family.

ASHIKI UNADKAT (Year 8)
(Sathya Sai School Student Council)

**TESCO & SAINSBURY
VOUCHERS PROJECT for
SATHYA SAI SCHOOL, UK.**
**Thank you to all of you who
have been generously send-
ing in these vouchers....**

**Please may we request that
all remaining vouchers be
sent to Sathya Sai School by
June 14th 2010.**

**The Head Teacher,
"VOUCHERS PROJECT"
Sathya Sai School
Bede Island, Narborough Road
Leicester LE3 0BT**



Diary Dates 2010

MONTH	DATE	EVENT
June	13	2nd Quarter UKCC Meeting
	18-20	Region 5 (North England) / Region 8 (Scotland) Retreat
	26	Pre-World Conference Facilitators and Recorders Briefing
	26/27	Regional Meetings
July	3/4	Regional SSE Family Values Days
	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

www.srisathyasai.org.uk	Sri Sathya Sai Service Organisation (UK)
www.srisathyasaibookcentre.org.uk	Sathya Sai Bookshop (UK)
www.BISSE.org.uk	BISSE(British Institute of Sathya Sai Education)
www.sathyasai.org	International Sai Organisation
www.sathyasaischool.org.uk	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

To freely subscribe contact:
ukccnews@hotmail.co.uk

Data Protection Act 1998

Please note that 'Love and Light' is also published on the National Website and is freely available to countries outside the EEA.

'Love and Light'

© Sri Sathya Sai Service Organisation (UK) 2010

All rights reserved

'Love and Light' is the only nationwide monthly publication of the Sri Sathya Sai Service Organisation (UK). You are free to pass it on in its entirety to any interested party. No part of this work may be reproduced or transmitted in any form or by any means without the prior written permission of the Sri Sathya Sai Service Organisation (UK) UK National Chair.