



"There can be changes in the body and the mind. But love is changeless. It is permanent. Everything has birth and death, but there is no birth or death for love. The birthless and deathless love is only one. It comes from truth. Truth is one. Truth is God. This God, in the form of love, is present everywhere, wherever you see."
 - Sri Sathya Sai Baba



National Memorial Day 2011

[Pictorial below...](#)



National Youth Pilgrimage UK 2011

[Read more below...](#)



Service Wing News Diabetes Awareness Day

[Read more below...](#)



National Youth Sathsang 2011

[Read more below...](#)

Other news and Information this edition...

[Region 3 – SSE School Exhibition](#)

[Region 5 Youth Satsang 2011](#)

[Region 5 Summer Retreat](#)

[Institute of Sathya Sai Education \(UK\) Website Launch](#)

[...and more.](#)

Dear Love & Light Readers,

Sai Ram !

Down through the ages God has spoken to His devotees in many ways, through thunder, burning bushes, angelic messengers, prophets and divine incarnations. There are even stories in the bible about God speaking to Elijah through a whisper.

Now that Swami is physically no more, we must remember that He will still continue speaking with us, guiding us and teaching us. We merely have to go within and in the stillness of our heart and mind, it is there where we will hear His voice.

You may hear a whisper while you're reading or praying or worshipping. It may come when you're driving or meditating or walking. A question, a request, a challenge may tug at your heart but be assured He will respond in His own way. We merely have to read the signs. We must never forget that the work which He has started through us will continue.

We must remember that Swami works through us in two ways, the work He does in us and the work He does through us. In Swami's inimitable style, the work He does in us always results in work He does through us. This work He does through us accomplishes one central thing. It makes us more Divine. Therefore, we must all be confident that He who began the good work in you will continue that work in you so that He may do ever more good work through you that you may become a bright shining light for His good purpose.

Therefore, the legacy of Sri Sathya Sai Baba will not only live on in His teachings but also His sublime effect on the lives of the millions that he touched and will continue to touch for many years to come.


Lovingly

**Shitu Chudasama
National Chairperson**







"Prasanthi Nilayam is not my home...my home is in your heart."
Baba 

**National Youth Pilgrimage
Prashanti Nilayam
Sunday 9th- Saturday 17th July 2011**

Dear Brothers & Sisters,

Om Sai Ram!

As a united way to express our Love, gratitude and appreciation for our Beloved Swami the National Youth Wing of UK has planned a 9 day National Youth Pilgrimage to Prashanti Nilayam this July 2011 to coincide with the World Youth Conference and Mahasamadhidarshan.

During the 9 days of the pilgrimage we are planning many activities and sathsangs, some mentioned below.

- ❖ Youth who are not part of the delegation for WYC 2011 will have an opportunity to be involved as Youth SevaDals for the WYC 2011.
- ❖ **Youth who are interested in joining the WYC 2011, 'Ideal Sai Leadership' on the 13th to 14th July, should inform Regional Chairperson or Regional Youth Coordinator. More information can be obtained from National Youth Coordinator by emailing saiyouthuk@hotmail.com.**
- ❖ Workshops & Study Circles around the World Youth Conferences theme 'Ideal Sai Leadership'.
- ❖ The trip will also coincide with the celebrations of Guru Poornima on 15th July as well as the unveiling of the Mahasamadhi, presently under construction.
- ❖ Group seating will be arranged for UK Youth Group
- ❖ Talks by prominent guests speakers and devotees from Prashanti
- ❖ Visiting significant places around Puttaparthi where Swami lived and played as a Youth (Baba's birth place, wish fulfilling tree, meditation tree, Museums, Hospital tour, Swami's school in Bukkapatnam).

Youth should complete their online registration form by the 15th June 2011.

For registration and more information please visit

<http://www.srisathyasai.org.uk/nyukp2011>

Please do not hesitate to email me if you have any further questions.

Yours Lovingly

**Jamie Raju
National Youth Coordinator**

National Youth Sathsang Saturday 2nd July 2011

Dearest Brothers and Sisters,

Jai Sai Ram!

This is a very important time for all Youth to come together and take our Beloved Lords message forward and strive to making our lives **His** message. We would like to welcome each and every one of you to this year's National Youth Sathsang with Swami's message below as our theme.

Our Beloved Lord has placed a great responsibility on our shoulders as young adults, by being part of this sacred organisation. Swami has stated that 'the future of the country depends on the skills and the sincerity of the youth,' and the future of this sacred organisation lies in our hands, with Swami as our inner guide.

**Follow the Master
Face the Devil,
Fight to the End
Finish the Game**
~ Baba

We are united by our common bond of Love for Swami and our common goal of spiritual growth. The Sathsang will create the space to meet and share our collective thoughts, thus begin to express and create our future together as Sai Youth upholding Swami's message.

The day will therefore be composed of: workshops, presentations on how Swami has transformed Youth over the years by participating in Medical/Social Camps, Homeless projects, IT projects, and many other types of Seva, and take a look at National projects you would like to do as a collective.

Now is the time to re-group and focus once again on how we, as young adults can contribute to our future and the generations to come. We pray to Our Dearest Lord that you may be active participants to pave this Golden path ahead which Swami has laid.

Date: Saturday 2nd July 2011

Time: 10.00 – 16:00

Venue: OxheyWoodPrimary School, Oxhey Drive, SouthOxhey, Watford, WD19 7SL

General:

- We would be grateful if you could **please register by 19th June 2011** via website <http://srisathyasai.org.uk/nys2011/> where also more information can be found.
- For further information please email uksaiyouth@hotmail.co.uk . or contact your respective Regional Youth Coordinators
- Breakfast will commence from 9.20am – 09:50, followed by lunch later.

With Love and in Sai Service,

National Youth Sathsang Planning Team

National Service Wing

Diabetes week 11th to 18th June 2011

The World Health Organisation (WHO) defines Diabetes as a chronic disease that occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces.

More than 220 million people worldwide have diabetes causing about 5% of all deaths globally each year. Over 80% of diabetes deaths occur in low and middle income countries and are likely to increase by more than 50% in the next 10 years without urgent action. WHO estimates that diabetes deaths will double between 2005 and 2030.

Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 Diabetes.

A Diabetes Awareness Day has been organised by the Waltham Forest Diabetes Team in collaboration with the Sri Sathya Service Organisation UK and supported by the Lions Club of Fairlop and Walthamstow on Saturday 18th June in Walthamstow Town centre (see attached flyer).

Health is an essential requisite for man; it is the very foundation of all His endeavours in the pursuit of the four objectives of life: Dharma (righteousness), Artha (wealth), Kaama (desire) and Moksha (liberation). ~ Baba

**Gayatri Bikoo,
National Service Coordinator**



WALTHAM FOREST

DIABETES AWARENESS DAY

Diabetes can affect anyone at anytime

**Town Square
Walthamstow Town Centre
High Street
Saturday 18th June 2011
10am to 4pm**

Free Blood Sugar Testing

**Free information on
Diet, Chiropodists, Dental Advice,
Retinal Screening, Smoking Cessation**

Advice from local Support Groups

Joint sponsors
Sri Sathya Sai Service Organisation
and Waltham Forest Diabetes Team

**Lions Club of Fairlop
London Walthamstow Lions**

Region 3 – SSE School Exhibition

The annual Region 3 SSE school exhibition was held on the 2nd April 2011.



All the SSE students produced high standards of work, some of which included some wonderful art work, quotes, poems and work which truly reflects teachings of Sai and all faiths. These were collated and handed over to FOSSE who worked as a team and mounted all the work for a wonderful display on the day.

It was a beautiful day and by 10.30am, the work was pinned to the exhibition display boards and ready for viewing. The exhibition was declared open with the vibrations of 3 Om's and 3 Gayatri Mantra's.

The LOTUS children looked very smart in their attire and showed the children, teachers, parents and guests around the exhibition for 2 hours at various time slots. They explained the exhibits to all which showed the school's curriculum through all the different year groups.



Everyone enjoyed the event and congratulated the school on the great quality of work produced by the children. The children and teachers were all smiles whilst viewing the work and were

very happy to see the work so professionally exhibited. Photos taken during the school's 10 year reign were also viewed and produced some laughs and nostalgic memories as some students saw some photos of themselves at the tender age of 5 and have now moved onto higher age groups and even Lotus!.



The day and indeed the term ended with a vibrant bhajan session.

Region 3 - Eswaramma Day at the SSE School 7th May 2011

The long awaited Day arrived at last. Everyone had lots to do from 9.00am. In the main hall, the altar was beautifully done up with colours of green and gold materials. Picture of our Swami was placed next to Mother Eswaramma's, beautifully painted in oil. With flowers and candles, the altar painted a picture with a thousand words. All the children were seated in their respective places according to the letter they were choosing to do their presentations. Each Letter spelled the word MOTHER. The whole school began the celebrations with 3 Aums, Multifaith prayers and bhajans. Our choir began with a lovely song dedicated to MOTHER. They sang like nightingales. It touched all our hearts.

We had brilliant compers who did all they could to set the scene.

Our tiny tots from Nursery 1 & 2 choose the letter M (for mother) and they expressed feelings and love for their mother by telling us what their mother did for them. They all placed a flower at Swami's Lotus feet which was gathered and given back to the children to be given to their mothers.



Group 2yr 2 & 3 choose the Letter O. They read verses, sayings about the quality, essence of their mothers. At the end of their presentation, they placed all their flowers at the feet of Swami.

Group 1yr 1 and group 2 yr 1 took the letter T. The children read poems and quotations to express how their mothers are TEACHERS. From birth till present their mothers are teachers to them. Each child had created cards on their own to be given to their mothers with the flowers which they placed at the feet of Swami.

Group 1 yr 1&2. This group chose the letter H. They all wrote a poem for their mothers. Each child was reading it aloud and the whole poem was in a form of a song. It touched many hearts and there was so many Oooooos and Aaaaas uttered by many. This group placed their flowers at the feet of Swami, which they collected to be given to their mothers. The next group was group 3 yr 1&2. They choose the letter E. The children stood to sing a beautiful song to praise their mothers. The title of the song was "Easwamma Priya Tanaya".



The final letter was taken by the top Group 3 yr 3. Here they choose the last letter R. where mother is a role model. The boys and girls did 2 plays to show how a mother should be a role model. The boys acted out the play where a mother fails to correct her child which led to the down fall of the boy. The girls acted out how mother of



Mahatma Gandhi corrected him which made him promise to his mother never to lie again.

By 12.00pm the choir was in the front singing their hearts out. The songs they chose were beautiful and they sang the gospel theme "Lean on me".

Everyone expressed their feelings by clapping loudly for the choir.

Then came the icing on the cake. A power Point presentation was shown. It was dedicated to Our Lord Bhagawan Sri Sathya Sai Baba. It was so powerful that it made everyone realise how precious Swami is for all of us. It really taught us to use our strength and energy for the service of humanity. The day ended with Aarti to Swami.

The whole day was beautiful and it was dedicated to Swami. We thank our beloved Swami from our hearts for allowing us to be HIS instruments of Love and Dedication, in presenting this delightful programme.

Eswamma Day
Edmonton and Finchley Centres. 8th May 2011

Region 5 Youth Satsang 2011

"To be, to do, to tell" was put into practise by the Regional youths at the Second Region 5 Youth Satsang on the 03/04/2011 in Manchester. The topic was 'Ceiling on Desires' and the youths chose one or two components of COD and put it into practise for two months from January 2011. This helped them understand the topic and the challenges in putting it into practise even before coming to the satsang. The satsang was aimed at providing insights about how the practise of COD helps us in our inward journey (spiritual aspect) towards our Real Self (Bhagawan).

The day started with inspirational Vedam and Sai Gayatri dedicated to our Beloved Sai for His speedy recovery, followed by bhajans.

"What" component of COD have we been practicing?

For the past two months, all the youth in the region have been practicing a Ceiling on Desire focussing on saving money, time, food and/or energy. There was a lively discussion on WHAT the youth had given up during the past few months, and the challenges and successes that we each faced. The important topic of what the spiritual benefits we had each experienced during the period was also shared with one another.

"Where" should the COD start?

The main workshop session was led by our respected guest speaker, Yashwantbhai Patel from Region 4. He addressed the youth regarding the origin of our desires. An interesting question and answer session helped the youth come to understand the root of their desires. He encouraged us to love ourselves first, and then we will not desire anything external, but in turn will be more able to give love.

"Why" should we practice COD?

The final session explored WHY we should practice COD and the spiritual significance of sense control. This started with understanding the relationship between the Atma, intellect, mind, body and senses. We learned what Swami teaches us about the consequences of allowing our senses to empower our lives, instead of allowing our Intellect to shine and lead us on the Godward path.

We learned that material, worldly and physical desires are temporary and therefore we should not be attached to such things. We also discussed how an aspiration is still a desire if we are attached to the result. It is only a true and good aspiration if we become detached and surrender the results of our actions to God. By doing so we are becoming aware of the Divine power within us and diminishing our ego.

There was always the question of 'what is a good desire and a bad desire and 'how to live in this world without buying or wanting anything?!' This led us onto Swami's teachings on discrimination. Swami's words helped us to come to a conclusion about how to know what is right to pursue in the world and what is a wrong desire,

"If it is good and will harm no one, go ahead. If it is not good, put it aside. If you are not sure, do nothing until you are sure" – Sri Sathya Sai (SSS v.13, ch. 9)

"How" can we utilise what we have saved?

The final aspect of the satsang placed emphasis on HOW we can continue to sustain our endeavours to practice Ceiling on Desires and HOW we can utilise the time, money, food and energy that we have saved. The Youth in the region will do service

activities. The importance of helping the Sathya Sai School in Leicester was also discussed. We pray to Swami that the service activities will utilise our time, money, food and energy in positive ways. We also pray that with His Grace, this service will provide us with good company, and will keep the mind, body and senses occupied and focussed with wholesome and Godly activities.

The satsang ended with vibrant and energising bhajans and Aarthi.

We truly thank our beloved Swami for all that we learned and pray that He continues to guide us to becoming Ideal Sai Youth.

Written by Kailash Venkat (R5 Youth Coordinator) & Nishal Govindji (Youth Coordinator, Greater Manchester Sai Centre)



Regional Satsang 2011

The regional orientation day and satsang was organised on 10th April 2011 at Indian association hall, Oldham. There was so much going through everyone's minds regarding Swami's critical illness and all the devotees gathered on this occasion were really looking forward to some soul searching and group prayers.

The Programme started with vibrant vedic chanting by the youth which was followed by a couple of spirit elevating bhajans. Harish Thampy the region 5 chair welcomed and introduced the speakers for the day. Kiran Patel, National secretary was the first to address the gathering. He gave a very moving talk with personal experiences. He emphasised the need to re-connect with swami. KiranBhai urged everyone to pray to swami to cure himself and come out of the hospital and mingle once again amongst us.

The next speaker was Dr. Mahesh Narayan from Eastbourne. He enthralled the audience with several simple yet informative anecdotes. He narrated a conversation between Emperor Akbar and Birbal to signify the importance of god coming in human form to uplift humanity. The talks were followed by highly interactive workshops conducted by Kiran Patel, Dr Mahesh Narayan, Mrs Vidyulatha Narayan and Mukund Patel. The topic was – 'Are we ready for Swami?' We discussed how one has to progress as an individual and as a family in understanding and following the teachings of the beloved lord. How as a family we can support our fellow Sai families and the Sai Centre and thus the region as a whole.

After a quick Lunch we gathered back in our groups and reiterated the points made earlier and discussed the topic in a deeper manner. After the workshops Madhavi Majumdar made a highly informative presentation about the Leicester School and the scope of SSEHV and opportunities in teaching and leadership.

The next speaker was Mansukh Kukadia, the service co-ordinator for region 5. Mansukh Bhai narrated wonderful miracles from his daily life where Swami took care of even their minute needs. He went on to talk about the different service activities which were undertaken and successfully completed.

I was the last speaker and I spoke about how Swami entered my life and enriched it with everlasting love. Swami connects to us at a physical, moral and spiritual level and we have to reconnect in the same plane.

The day's proceedings ended with Bhajans. We all left feeling the need to reconnect with Swami and make our lives His message.

Written by Gayathri Nadella
R5 SSE Coordinator



SSSSO UK Region 5 Summer Retreat
22nd to 24th July, 2011
Langdale, The Lake District

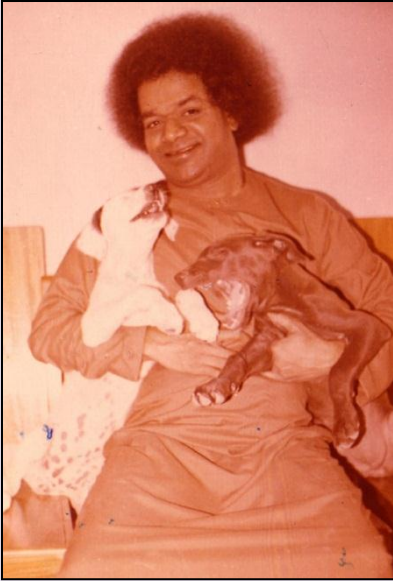
Sai ALWAYS INSIDE
From Form to Formless

For more details email:
r5.chairperson@gmail.com
or view
www.sairegion5.org.uk



Animal Devotees of the Lord Sai Baba and the Animal Kingdom

"Foster the tiny seed of Love that clings to 'me' and 'mine', let it sprout into Love for the group around you and grow into Love for all mankind, and spread out its branches over animals, birds and those that creep and crawl, and let the Love enfold all things and all beings in all the worlds. Proceed from less Love to more Love, narrow Love to expanded Love". (SathyaSai Speaks, Volume 8, ch.16)



All great souls have felt tenderness for the whole of God's creation. As we grow in Love and expand in Love, our hearts become sensitive to and open to all forms - in the words of Ibn El Arabi, a Sufi mystic of the 12th century: ***" My heart has opened to every form. It is a pasture for gazelles, a cloister for Christians, a temple for idols, the Ka'ba of the pilgrims, the tablet of the Torah and the Book of the Koran. I practice the religion of Love; in whichever directions its caravans advance, the religion of Love will be my religion and my faith".***

We all know how much Sai Baba loved animals (as did Shirdi Sai) and that he kept many over his lifetime. In the early

days, he would talk to and pet each cow in the Gokulum regularly. According to "The Embodiment of Love", he used to keep pairs of dogs (14 pairs up to the date of writing the book in 1982). Several dogs also seem to number amongst his devotees and stories are told of those which have come to die at his feet, including one about Kuttan, a 'pure atma' as Baba called him.

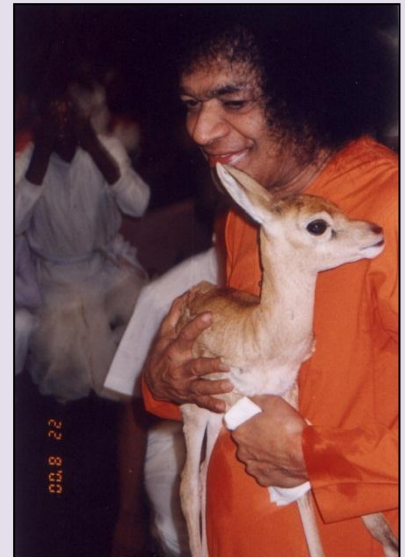


In Sathyam, Shivam, Sundarum, 1, we are told that as a small child, he would run up to and embrace to his heart and pet any chicken whom he knew was about to be slaughtered, in an attempt to shield it from its coming demise. He kept away from places where animals were slaughtered or tortured or where fish were trapped and caught. Because of his great love and consideration for all of creation, his neighbours called him "Brahmajnani". Once in the early days, Kasturi tells us he was found privately taking leave of a buffalo who had carried water for him and his party on a trip away. He was heard to say, "You have done me good service, Bangaru (Golden One).....", while patting the buffalo very affectionately. The tale of his enormous love for Sai Gita and hers for him are legendary. Her adoration and devotion to him had no equal. She lived only for him and from the day

that he rescued her from her orphaned state in which she was heard to be crying pitifully, he showed her the love of a thousand mothers. Just as he knew what was in his human devotees' hearts and minds, so too did he know what was in Sai Gita's heart and mind, especially it seems, when she came to complain to him about her various mahouts!

The animals he kept over so many decades must have adored him for as he says, **"Love is present not only in human beings but in all creatures, birds and beasts....."**

"When one little deer in his sanctuary was about to die and gazed longingly up at his window, Baba appeared with an apple and a banana to feed it. On seeing him, it ran up to him with a heartbreaking expression of sorrow in its eyes (according to the Seva Dal who was present). As the small deer ate from Baba's hand, two clear tears trickled down its face. Very soon afterwards, the little deer passed away. According to students present at the time, Baba told someone, "these are my two-legged 'dear'(the students) and those are my four-legged deer. All are dear to me".



Another animal which had cause to be grateful at least was the cat called Minkie. Minkie's mistress's sister had beaten Minkie for stealing some fish from the supper table. As she beat Minkie with a big stick, Minkie must have screamed out and all the 16 pictures of Baba in the house swayed violently and some fell down with a big bang, terrifying those present. As Minkie started to recover from her punishment, big puffs of fragrant vibhuti came out of her fur and fell thickly on the

table, leaving the room smelling divinely fragrant and showing Baba's omnipresence! The Divine Healer had got to work on her straightaway and from a distance. Six months later, in November 1972, when Minkie's owner visited the ashram, Baba gave her some packets of vibhuti, then threw her two more, saying *"these are for the cat"*. All these and more stories are well known to many devotees.

However, how many more animal devotees of the Lord are there that we do not know of? An article included in the March 1987 Hatfield Magazine written by a certain Paulette talks of a cat named Fluffy. To summarise, Fluffy became seriously interested in Sai Baba from the minute she was first given some vibhuti. She purred ecstatically while licking this vibhuti. Three days later, her fur exuded a lovely smell of vibhuti. Every morning after that, she sat with her mistress facing Baba's photograph and started the day with a little vibhuti. Whenever a book about Baba arrived in the post, she would try and get inside the parcel, sometimes lie on it and once it was unwrapped,





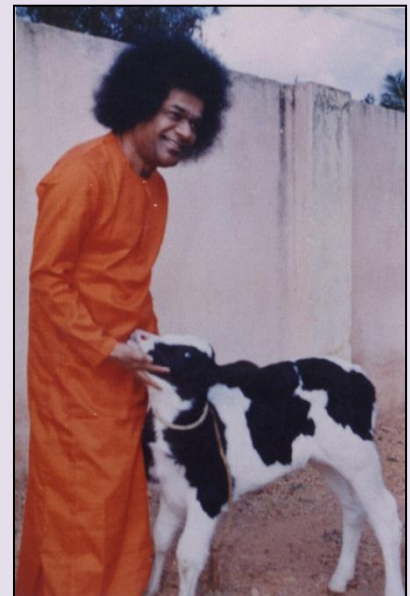
monopolise it for half an hour or so, not allowing her mistress to have access to it. She seemed to know when a parcel arriving in the post was a book about Sai Baba even when none else knew and got excited even before it was opened. Three years after having been introduced to Baba, she had a heart attack, **aged almost 28 years old** and died with his photograph, vibhuti and sand that he walked on, beside her. Her owner found the vibhuti container unexpectedly open and how Fluffy opened this remains a mystery because, apparently, it would have been impossible for a cat to open it.

At the risk of sounding a little way-out, I would like to share the following about one of my own cats, now deceased, who had been present (unintentionally, of course!) at Sai Baba meetings in my home for most of her life. She 'communicated' very strongly around the time of her passing to a psychic animal communicator that she wanted to be buried in a brightly coloured scarf, with vibhuti

rubbed into her fur and of course, this was done. According to the communication received, due to the influence of Baba around her, she wanted to come back as a guide dog in order to serve. Perhaps she too had become a secret and undeclared devotee! Who knows? *One can only ponder on it.* Certainly her level of consciousness had increased greatly during her lifetime and she had also become very sweet-natured in her old age.

As a parting shot, please note that activities of a spiritual nature also benefit the animal souls around us for Sai Baba has said:

"Spirits of animals and birds can only hear but they cannot speak. When they listen to bhajans, they will also be spiritually elevated. This is the reason why I keep on telling you to sing bhajans loudly". SathyaSaiBaba (Nectarine Drops in Anandadayi Karunamba – Journey to Sai).

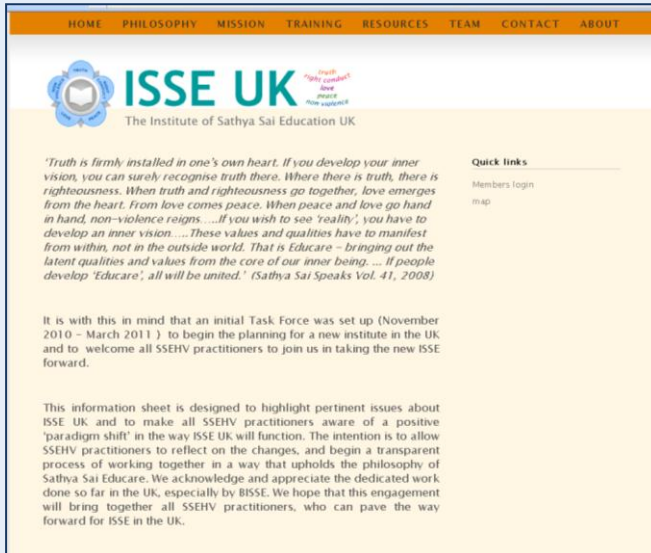


Mercini Elizabeth
Region 6 Spiritual Coordinator

Institute of Sathya Sai Education (UK) Website Launch

**Dear Devotees,
Sai Ram.**

I am delighted to inform you that the website of the Institute of Sathya Sai Education (UK) was launched on 23 April 2011. Centre members are most welcome to visit www.isseuk.org to know more about the Institute, its philosophy and its organisation.



We are currently in the process of developing a diploma course, and further details will be released in due course, together with the process involved in training. In the meanwhile, if there are any comments, suggestions, or queries, please contact us on contact@isseuk.org

Yours in Sai Service,

**Keshavan Niranjan
Director, ISSE UK**

Poem: Has God Really Gone?

Dearest Sai has now gone, it was quite a shock, He won't be there physically, when to Prashanti we flock.

To witness his mission, at this time to be alive, We are so very lucky, from this we must thrive.

He's transformed all our lives, our hearts he has touched, Through miracles and discourses, he's taught us so much.

His life was his message, his smile was so wide, Just seeing his photo, our hearts melt inside.

From before we were born, before the very start, He's looked after us all, he lives in our hearts.

His work and his message, will live on forever, Do you think he will leave us? No, not ever!

Why do you think, he chose Easter Sunday, He's reborn in our hearts, he's not gone away.

The flame of his love, brighter it does glow, Sit quietly and feel it, and go with its flow.

The journey for us, is to tune our inner ear, And to feel him within us, always so near.

For he's there with us all, he lives on inside, From our hearts he'll console, advise and guide.

He told us many times, that his darshan will flow, Out through our hearts, and to all whom we know.

To love all and serve all, his message still lives on, Keep working keep striving, till our bad traits have gone.

For we are all Gods, and we should spread love, I can see Swami up there, smiling from above.

Everything is perfect, everything is divine, Don't worry, don't fear, just be you and just shine.

Sanjay Vaja

Youth Article: Surrender

I have been very fortunate from a small age to have experienced Swami in my life. Due to Swami's Grace and the fact that my parents felt that Swami was their only aim in life they made Swami the centre of our life.

Throughout my life from around the age of 5, I feel that Swami has always been with me. When I was in my earlier years I was lucky to have a number of interviews with Swami, where Swami showered His Love and Grace. I truly did not understand why I believed in Swami because I had the faith that my parents had, but it was when I came to my teenage years and Swami's presence became so real and understood His Love so much more.

My parents religiously took me to Prashanti Nilayam every year and also said this was my holiday. Sometimes I was really bitter as wanted to see the rest of the world. But today I am so grateful for what they did for me! One experience that showed Swami's omnipresence was when my mother and myself had an interview with Swami. I was a teenager that was a bit spoilt and my mother complained to Swami (as they do) and she said to Swami, "Swami he never listens to me". Swami with His Loving eyes looked into my eyes and said, "Yes he does not listen sometimes, he slams the door when you tell him something, goes upstairs puts his headphones on and ignores you, but you also need to stop spoiling him by giving him too much money". Only Swami would know what I would do and how my mother spoilt me. This humbled me, and taught me that He knows everything even though we think He may not know our actions.

As I carried on my studies through the years Swami continued to direct my life. During the year of my GCSEs we again had an interview with Swami and being a cheeky teenager I asked Swami what grades will I get. Swami said to my mother and me the grades and also directed me as to what degree to pursue in the coming years. His Love and Grace were amazing, Swami would always ask me not what I could do for Him but always said to me "what would you like?" Never did He ask of me anything but always portrayed selfless love.

Swami's omnipresence and love, I feel, are all connected to sacrificing our lives to Him, through every thought and deed. One of my more recent experiences, as my family has grown, has been the stage of life where my wife was pregnant to have a child. We were really happy and joyous until one early Sunday morning we got an unexpected visit from the midwife to advise us that our child was at risk of having Down Syndrome, a genetic disorder which cannot be cured and reduces the lifespan of the child. My wife and myself didn't know what to do, whether to abort the child or to bring it in to this world. My parents who were in Prashanti Nilayam at the time called on the Sunday as they did normally and for some reason we told them our situation even though we usually would not want to burden them when they were far away from us. My father took it on himself to write a letter to Swami, and by His Grace Swami read the letter in the Mandir. Swami said to my father that the child shall not have Down Syndrome, she shall be fine and healthy. The Lord said to my father for me to bring the child to Prashanti Nilayam after four weeks of her birth and with His Love named my daughter. Today we have no words to express our gratitude to our Lord and we always know He is with us.

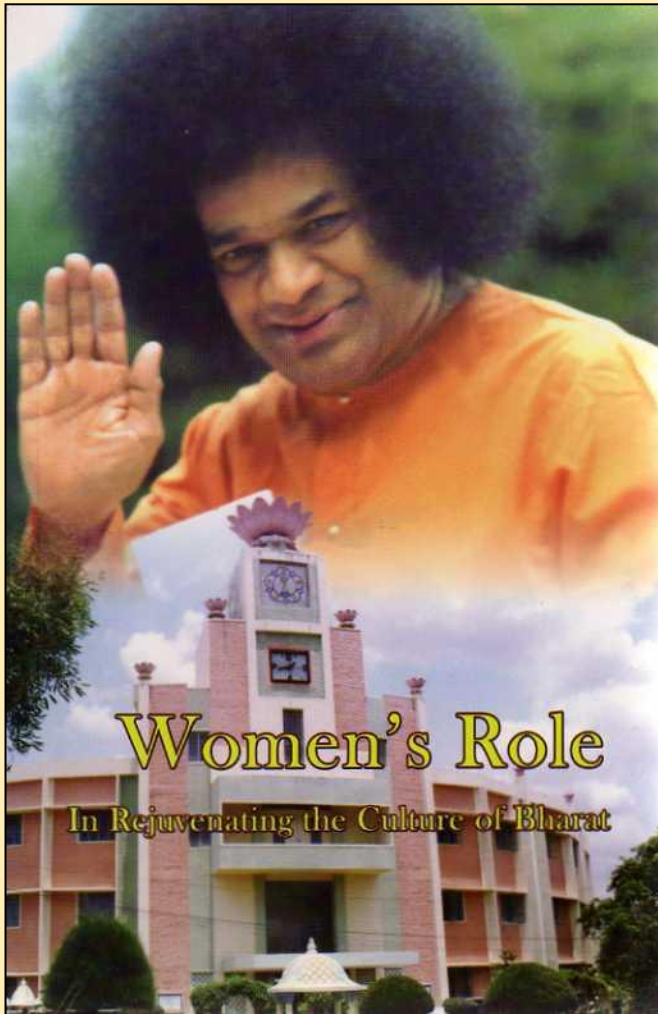
Personally, I feel that Swami is always with us as recently, my business and stress of work meant that I would worry. I would get up early in the morning and pace the room worrying and talking to myself about the tasks ahead for the following day. On our recent interview, Swami said to me, "why do you worry, I know you wake up and pace in the room thinking how to solve problems". His next words melted me as He went to say "I am beside you, behind you, above you, I am always with you, don't worry".

Sandip Patel

Greater Manchester Sai Centre, Region 5

Sri Sathya Sai Bookshop UK – Book Review

Women's role in rejuvenating the culture of Bharat



Divine discourses of our beloved Bhagawan Sri SathyaSai Baba: Period July 1968 to August 1982.

Compiled by: Dr. J. Hemalatha – Retired Principal of Sri SathyaSai Women's College - Anantapur District

Translated from Telugu to English by: Sri P. P. S. Sarma

Published by: SSS Books & Publications
Division of SSS Sadhana Trust – First Edition: May 2009

Bhagawan Sri Sathya Sai Baba has always said that women are the basic pillars of a nation's cultural heritage. Mother is the first teacher to any human being and therefore the mother's role cannot be over emphasised in one's life. In this Kali Yuga when the trusted values of life established years ago by the men and women of great wisdom are ignored and is dwindling, there was a great need to provide proper education for women. With this noble intention, our beloved Swami had established the Women's College at Anantapur in Andhra Pradesh in the year 1968. Since then, our beloved Bhagawan had delivered His divine discourses whenever He visited the college. These

discourses were collected and compiled by the then Principal of this college and were translated in to English.

Youth of present day are imitating cultures alien to their own countries and are after worldly pleasures sans any trace of spiritual knowledge. Bhagawan Baba has explained in many of His discourses the great purpose of education and exhorted that youth of today should strive to achieve the great goal of pure and simple life rather than eking out a livelihood. For this Swami has urged the women and mothers of today to be stronger in virtues and help foster the men and women of the country to become ideal citizens of their country.

In his own words Swami proclaims that "The sweetest feeling in this world is that of a mother. If one has to know the culture of a country, one must observe the traits of the mothers of that country". He further states that "A student's foremost duty is to respect the parents. The girl students should develop self-confidence and must become self-reliant. Women are not weaklings; they are mighty".

Swami speaks of worldly education and spiritual education and how they both are necessary to run one's life like the positive and negative polarities necessary to run an electric current. He also speaks of the four Houses in one's life and how they play an important role in human life. He explains what is Education in reality is and how it could be acquired and utilised to attain a peaceful and harmonious life and in this how the role of a woman is played. He speaks of sacrifice and Karma in detail.

The discourses are short but very much to the point and drive home many messages which I found very encouraging and thought provoking. Though this book is titled "Women's Role" – May I humbly urge all the male devotees – especially the youth and fathers also to read this book – as Swami's discourses throw new light on the role of women and the aim of education in life and also helps strengthen many of the cultural and spiritual ideals we have followed for many years without being aware of the significances or the reasons for doing so. Swami explains these clearly and allays all doubts and fears.

This is a beautiful compilation of Swami's divine discourses and is a must for all female devotees as well as male devotees. Dear Youths – this book has very important messages for all of you.

CD review: Isaac Tigrett Talks – Dallas 2009

This CD contains the content of the spiritual talk given by our beloved Swami's ardent devotee Isaac Tigrett – the owner of the Hardrock chain of Cafes and Restaurants all over the world – a multi rich American businessman turned spiritual aspirant.

The talks circle around many of his experiences with Swami and as to how he became a Sai devotee during which he divulges hitherto unheard of statements from Swami when the speaker surrendered to Swami's guidance on many occasions to face difficult moments in his life. The talks discuss how the devotee's feelings and thoughts of duality are taking them away from Swami's teachings when Swami has always reiterated that all are one and that we are all divine too. God takes a human form to come down to guide mankind towards attaining divinity. The name of God was more valuable and powerful than the form. When Arjuna in the battlefield prayed to Krishna to show His cosmic form – initially Krishna discouraged Arjuna as he will never understand the cosmic form of the Lord but as Arjuna lovingly persisted, Krishna showed His cosmic form. When Arjuna saw this he cried out that he did not want to see this anymore and wanted to see the sweet human form of Krishna – then Krishna said that the name alone would suffice and not to hanker too much after the form.

Isaac also explains the importance of chanting various spiritual / religious slokas / hymns as this brings out the divinity in each devotee, whatever his / her religion may be. He explains the power behind observing the five human values of Truth, Right Conduct, Peace, Love and Non-Violence in one's life as this will enable the self to recognise the divinity in each one and allow the devotee to lead a life of peace and prosperity. He divulges what Swami told him about his departure from the world and the end of Kali Yuga soon – how the advent of Prema Sai will begin the dawn of Sath Yuga. Swami also has explained to Isaac as to how all the true Sai devotees will stay back strongly to continue the Sai Mission whilst all the doubting devotees will drop off after Swami's departure from His physical form. Swami has urged the devotees to rely on His divine name and march along until the advent of Prema Sai. Isaac urges the devotees to stop asking various things from Swami and start asking Swami as to what each one of us can do for Him and to lead life with positive thoughts all the time that will in turn lead to success in life.

At the end – there is a very exciting Q&A sessions for which Isaac gives very practical and realistic answers based on our Lord's teachings - Duration: approximately 55 minutes.

Raj Selvakumar



Websites

www.srisathyasai.org.uk	Sri Sathya Sai Service Organisation (UK)
www.srisathyasaibookcentre.org.uk	Sathya Sai Bookshop (UK)
www.sathyasai.org	International Sai Organisation
www.sathyasaischool.org.uk	Sathya Sai School Independent Nursery, Primary and Secondary school SathyaSai Centre, Bede Island, Narborough Road, Leicester LE3 0BT Tel: 01162546400 Email: office@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 and for back issues please use link below
<http://www.srisathyasai.org.uk/loveandlight>

Contact Email:
LoveAndLight@srisathyasai.org.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) 2011

All rights reserved

'Love and Light' is the only nationwide monthly publication of the Sri SathyaSai 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 SathyaSai Service Organisation (UK) UK National Chair.