



Sri Sathya Sai Service Organisation (UK)

# Love and Light

[www.srisathyasai.org.uk](http://www.srisathyasai.org.uk)



Love All, Serve All

March 2010

Help Ever, Hurt Never

"Recognise the truth that Sai is in all. When you inflict pain on another, remember that the other is yourself in another form, with another name. Give up this vice; be happy when another is happy. That is more pleasing to the Lord than the prayers you recite or the flowers you heap on His picture or image. Be simple in your method of living, have saathwik (pure) food and moderate recreation. Let your mind be fixed on the ideals of service. Let your thoughts be guided by Sathya, Dharma, Shaanthi, Prema." - Sri Sathya Sai Baba



## Chanting Rudram

Sai Students guide us on the importance of chanting Rudram and other Vedic hymns.

[Read more below](#)

## Other Stories This Issue

- Advent of Sathya Sai Baba
- Vedam Classes Sessions
- Haiti Relief Update
- Sri Sathya Sai Charitable Trust update.
- Regional News
- Book Review
- Diary Dates



## Why SSEHV in preference to other "Values" Programmes?

The course does not aim to "teach" Human Values, but rather seeks to "bring out" the Core Human Values of Truth, Right Conduct, Peace, Love, and Non-Violence inherent in all Human Beings and in creation....

[Read more below](#)



## Youth Choir with Dana Gillespie - Update

Hear how the choir practice sessions are going in the eyes of our youth, in preparations for the UK Pilgrimage.....

[Read more below](#)



## See how Maha Shivarathri was celebrated in Regional News

Shivarathri Celebrations were held at the Sai Mandir in Wimbledon hosted by Merton Sai Centre. The auspicious occasion of Shivarathri commenced at 8:00pm. with the invocation prayers followed by Linga Abhishekam .....

[Read more below](#)



## Gayatri Mantra Programme in Leicester

The programme began with Rudram and Bhajans followed by a short inspirational film on Jesus, who sacrificed His life, as unconditional devotion to

[Read more below](#)

## **"The journey of a thousand miles begins with one step"**

Dear Love & Light Readers,

Sai Ram !

The sixth century philosopher Lao Tzu said that, "The journey of a thousand miles begins with one step". This means that a long journey, of countless miles can sometimes feel overwhelming - almost impossible to imagine ever arriving - but by taking the first small step and then some more will eventually lead you to your destination, your goal or objective.

Since our appointment back in January, the new UK Central Council team have already taken that one small step that will enable all other steps to follow. That first step is to serve you with humility and love.

In January I gave you my vision for the year ahead and that has unleashed an overwhelming response from devotees around the country. It has hit a chord in the hearts of many devotees past, present and new. This makes me very happy, as our sole purpose is to support you in the work that you do as well as help bring you closer to the Lord that resides in all of our hearts. You will be pleased to note that the new Council is making good progress.

In February, Mel Griffin and I had a very important meeting with the Sai Students in UK. As a result of this meeting the Sai Students have pledged to work even closer to the Sai Organisation than ever before. In return, we have invited one of them to sit on the UK Central Council, and I am pleased to welcome Kiran Patel, former National Spiritual Coordinator to this newly created role. We are in the middle of planning many wonderful projects with the support of the Sai Students over this coming year and I know they are going to be a great asset and dynamic force in the Sai Organisation in UK.

The Face-to-Face meetings with the National Chair have also gone remarkably well, even though they seem to have spilled out onto additional days and evenings. This is good, because it tells me that you are interested in the activities and future of the Sai Organisation and it also tells me that you want to get more involved and we promise to assist you at every step.

The National Pilgrimage has closed its registration with just under 1,500 devotees registering to join the pilgrimage to Prashanti. Yes Wow ! I personally acknowledge that this is a very important requirement of devotees on their spiritual journey and we will do everything we can to support you. If you are coming on the August Pilgrimage, please ensure that you attend your Regional Sathsangs where important information will be given to you. Please also see the announcement on the slight change in dates later on in this newsletter.

So let us join hands together in love and unity and pledge to take this small step for Swami in working and progressing this sacred Organisation. We are extremely fortunate, that we have a very kind and loving God. For Swami tells us that if we take that one small step towards Him, He will take a hundred steps towards us.

I hope you enjoy reading this special edition of Love & Light. I look forward to meeting you over the course of the year and hearing from you the extraordinary work and service you are providing this Organisation. We owe you all a debt of gratitude.

Lovingly

Shitu Chudasama

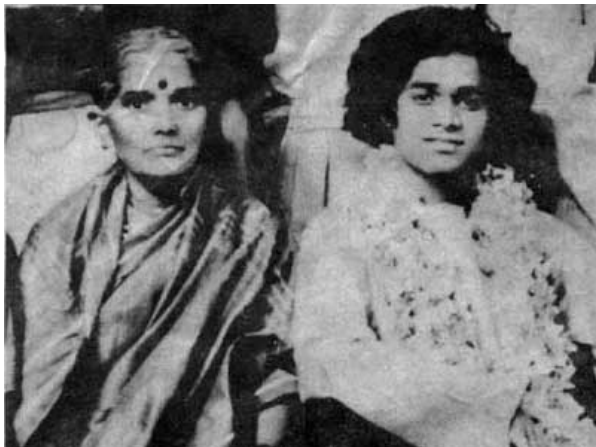
National Chairperson





## Advent of Sathya Sai Baba

To commemorate the advent of Bhagawan's 85<sup>th</sup> Year. Please find below an article on the advent of the avatar from a discourse by Swami.



In olden days, it was a common practice among the women of Bharat (India) to perform the sacred ritual of Sathyanarayana Vratam, on every full moon day. Likewise, mother Easwaramma used to perform Sathyanarayana Vratam every full moon day in the company of Karanam Subbamma, who was her neighbour. Karanam Subbamma would often tell Easwaramma,

***"You are performing Sathyanarayana Vratam. With His blessings, you will bear a son. I want you to name him Sathyanarayana."***

On a particular full moon day, Easwaramma did not have food until very late in the afternoon, since she was participating in the Sathyanarayana Vratam being performed in Subbamma's house. The family members, including her husband Pedda Venkama Raju, were very much upset to see her remain without food for such a long time. Pedda Venkama Raju argued that there was no need to observe such severe austerities. But Easwaramma was determined. She told them not to wait for her saying,

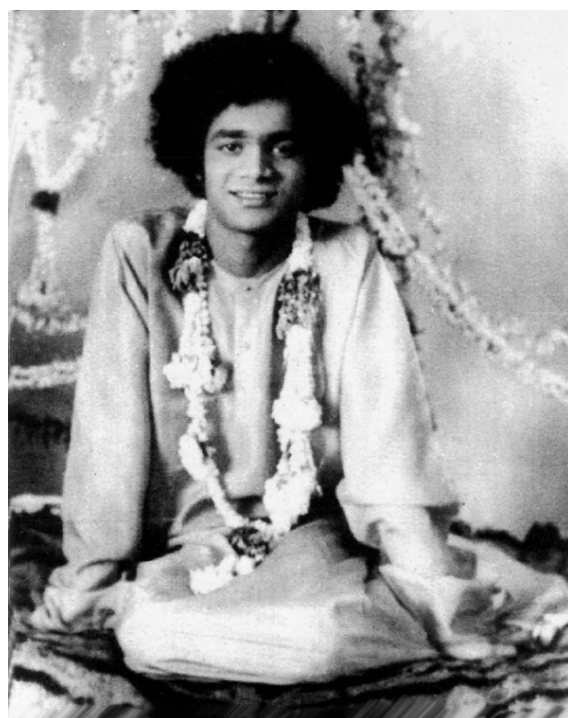
***"I am not at all hungry. Sathyanarayana Vratam is more important for me than food."***



After the ritual was completed, Subbamma brought prasadam (blessed food) for Easwaramma. Only after partaking of the prasadam did Easwaramma have her food that day. Women in those days used to perform such rituals with all sincerity and devotion. Only after partaking of prasadam could Easwaramma conceive.

***Yad Bhavam Tad Bhavati (as is the feeling, so is the result).***

Some people have faith in scriptural injunctions and adhere to them with earnestness, whereas some others ignore them. Easwaramma was the one who followed the injunctions strictly. Only after performing the vratam and partaking of the prasadam would she commence her household chores. She was unlettered. But she had unflinching faith in God.



# Chanting Rudram

## 1. What is Rudram?

Rudram is a stotra dedicated to Lord Rudra (Shiva). It is taken from the fourth Kanda of the Taittiriya Samhita Yajur veda. Rudram consists of two parts – Namakam and Chamakam. Namakam glorifies the different names, forms and attributes of the all-pervading cosmic form of Lord Shiva. This is very similar to Astothara Sahasranama that we perform in the name of our beloved Bhagawan. Chamakam is a prayer seeking physical, mental, spiritual and worldly benefits. Hence we first 'worship' the Lord by chanting the Namakam and then 'pray' for his grace by reciting the Chamakam.

## 2. What is the significance of chanting Rudram?

To put it in one line - it pleases Bhagawan Baba!

For the more technically minded - Chanting the Rudram is considered to be of great benefit. It is one of the most powerful stotras that is both a worship and a prayer. It is easy to learn the importance of Rudram by picking up few books, but the best way to understand its potency is to experience the power firsthand. None can deny the immense vibrations or elevating experience when they were present during the Athi Rudra yagnas at Puttaparthi. Similarly chanting any mantra, more importantly Rudram, enhances the spiritual vibrations immensely.

On more mundane terms, the words and syllables in the Rudram are so arranged as to evoke the best vibrations in the vicinity in which it is being chanted. Hence, any object, more so a person, who happens to listen to the Rudram being chanted is bound to be energised by the resonance effect that the sounds of the Rudram causes in him/her. It is a well documented fact that the effects encompass both mental tranquillity as well as general well being.

## 3. I do not know the meaning. Is it ok to chant?

Swami often uses the analogy of a lullaby and the way it puts a baby to sleep – though the baby can neither sing nor understand the meaning. In the same way, mere chanting of Vedas can bestow immense benefit on the person who chants and on his surroundings.

## 4. I listen to Rudram every day. Is that enough?

It is important to make an attempt to learn and chant any mantra for that matter. Swami says, 'The Vedas and Puranas (scriptures) deserve to be read and heard earnestly. God's Name should be recited and listened to devoutly. For some

ailments, medicines are prescribed either for external application or consumption. However, for this universal ailment of Bhavaroga (the cycle of birth and death), Shravanam (listening to the Glory of God) and Keertanam (reciting or singing the glory of God) are the medicines prescribed for internal and external use. Every aspirant must chant as well as listen to God's Name to receive His Grace.'

## 5. What are Swami's words on Rudram?

Although Swami has spoken about the Vedas in several discourses he has chosen to highlight the importance of Rudram by action instead. The Athi Rudra Maha Yagnam that is conducted every year is an example. It is worthy of note, that in recent times Rudram is being chanted before the morning and evening darshans, and was even taught to everyone assembled in the Kulwant hall.

Swami has often asked primary school children to chant Rudram in front of all. He feels happy and proud (on a physical level!) when they do it and the same applies to all of us (His children) scattered across the globe.

The very fact that our Bhagawan chooses to shower His special attention over this one particular holy stotra, should suffice for us to take the hint and strive hard to learn it. It is but a great opportunity that Swami has thrown open to all His devotees, to play a cherished role in His divine mission.

## 6. Who can chant Rudram?

Swami has made it clear beyond doubt that any body can chant Vedas irrespective of their caste, creed, race, religion or nationality.

Rudram Chanting Classes

We are pleased to inform that Rudram chanting sessions are being planned as detailed below in preparation of our Pilgrimage to Prasanthi Nilayam. May we pray for blessings from Bhagawan.

by Anand Venkatraman,  
Alumni of the Sri Sathya Sai University,  
Prasanthi Nilayam

We are happy to announce that the Sai Students will be conducting Vedic Chanting classes for the Sri Sathya Sai Service Organisation nationally from March 2010.



### Locations and times of vedic chanting classes

ALL ARE WELCOME and encouraged to attend and participate in these classes.

Sai Mandir  
131-133 Effra Road  
Wimbledon  
London SW19 8PU

Saturday 13 March 2010, (4pm – 6pm)  
and every 2 weeks thereafter

Mill Hill Sai Centre  
St Andrews C of E Primary School  
The Green  
Totteridge Lane  
London N20 8NX

Sunday 14 March 2010,  
(10.30am – 12.30pm)  
and every 2 weeks thereafter

Sathya Sai Centre (Sathya Sai School)  
Corner of Narborough Rd and Upperton Rd  
Leicester LE3 0BT

Sunday 14 March 2010  
(10.30am – 12.00pm)  
and every week thereafter

Supporting material (words and audio) can be accessed via the internet from:

[www.saiyouthr4.org.uk/vedam.php](http://www.saiyouthr4.org.uk/vedam.php)

Further supporting material for learning the Vedic Chant "Rudram" can be found at  
[www.sssbpt.org/sri-rudram/VedamMain.html](http://www.sssbpt.org/sri-rudram/VedamMain.html)

### **"Why SSEHV in preference to other "Values" Programmes?"**

Sathya Sai Education in Human Values (SSEHV) is a unique course for two reasons:

- The fundamental belief that five values are inherent in all of humanity
- The Guided Light Visualisation

The course does not aim to "teach" Human Values, but rather seeks to "bring out" the Core Human Values of Truth, Right Conduct, Peace, Love, and Non-Violence inherent in all Human Beings and in creation.

Many situations and experiments demonstrate this; e.g., the bond between a mother and child demonstrates easily the manifestation of innate love. Love can be projected from one to all and



was proven in an experiment conducted by Dr Jumsai's students who challenged the principle of innate love. They were asked to plant two batches of marigold seeds. Both batches were given exactly the same amount of light, warmth, water, etc. The only difference was that one batch was also given love; students "sent" thoughts they considered to represent love to the plants. The plants given this extra "ingredient" grew much bigger and stronger, with bigger flowers than the control plants. The students simply brought out that which was innate in them!

The other factor which makes the programme unique is the Guided Light Visualisation. Sri Sathya Sai Baba gave this as a simple and safe meditation beneficial to anyone regardless of class, creed, colour or age. Whilst different forms of silent sitting are employed by other programmes, this form is unique to SSEHV. Light creates unity across all beings and all of creation; light is projected from the heart of one to the many.

This is just a small taster of the different aspects of the SSEHV Foundation Course. To learn more why not sign up to attend one of the up-coming courses? It is a great way to share with like minded individuals and to also equip yourself to help children bring out all their inherent values. Who knows, you could even start a Human Values club in your locality, truly showing ed-YOU-care!



Our next training session will be in Pinner from 2nd-9th April 2010, the application can be found on [www.bisse.org.uk](http://www.bisse.org.uk). For more information please contact BISSE at email: [training@bisse.org.uk](mailto:training@bisse.org.uk)

## NATIONAL PILGRIMAGE 2010 UK YOUTH CHOIR REHEARSAL WITH DANA GILLESPIE



**O**n Saturday 13th February, our UK Sai Youth were given the unique opportunity to begin their journey for the forthcoming pilgrimage to Prashanti Nilayam in August with a Youth Choir rehearsal programme with Dana Gillespie. The aim of this journey is to strengthen our relationship with Swami through the beauty of music. Many youth from across the country were fortunate enough to spend the day with the famous Blues singer and actress, Dana Gillespie. Dana is a unique individual who has not only performed around the world, but, is someone who has performed in front of our Beloved Bhagawan on a number of occasions, including momentous Birthday celebrations at the Hillview Stadium.



The first rehearsal fell on the day after Mahashivarathri, and the atmosphere at Merton Sai Centre, Region 1 was phenomenal. The walls were filled with vibrant energies from the all-night bhajans. On the day of the rehearsal, Merton Sai Centre held a special Homam ceremony and the venue was not only filled with divine smoke but the sound of Vedas, prayers and bhajans.

Whilst the ceremony continued downstairs, upstairs the youth were having an enjoyable 'getting to know Dana' session, hearing about her many experiences with Swami and learning

about how one should sing in front of God. The day was filled with lots of laughter and Dana's fun loving character was seen by all. Dana has written, composed and performed many songs. Her unique voice brings a different dimension to bhajans and Swami loves the way in which she performs. It is evident not only through Dana's voice but even her movements portrays her passion for music and love for our Lord. Her singing is very unique, she sings from the heart, each note moving our hearts and minds. At times we felt shivers going down our spines and most of the time we broke into smiles in between wiping our tears of joy and happiness. We were moved beyond words.



The second rehearsal took place in Wembley on Saturday 27th February. Once again, youth came from all corners of UK and the day was filled with happy smiling faces. We were extremely fortunate not only to work with Dana again, but also a senior music producer, Tim Cross. Tim is an amazing man and also has a bubbly, fun-loving personality. Tim has worked with many famous bands and pop groups over the years and has also worked with Dana in UK and Prashanti. The songs that we learnt have all been written by Dana and carefully chosen with Swami in mind.

The next few months leading up to the National Pilgrimage 2010 are going to be filled with fun, laughter, hard work, devotion, introspection and music for all those youth who have embarked on this spiritual, musical, devotional journey of singing with Dana Gillespie. Ultimately our aim and objective, of taking part in this choir is to strengthen our relationship with Bhagawan, who is our Mother, Father, Friend, Guru and Lord. Whatever else happens is His grace and compassionate Love.

For further information, if you would like to join the choir, please email [ritashitu@hotmail.com](mailto:ritashitu@hotmail.com) as soon as possible as every rehearsal is important and a precious stepping stone towards this personal journey back to the Heart of Sai.

By Binita Patel

## National UK Youth Choir with Dana Gillespie

Forthcoming Rehearsals March & May 2010

Dear Youth Choir,

Sai Ram !

The next rehearsal for the National UK Youth Choir with Dana Gillespie will be in **March** and **May**. There will be a break in the month of April due to the National Youth Conference. Therefore there will be two rehearsals in May Please make sure you free up your time for these rehearsals, it is very important that you attend them:

### MARCH

Date : Saturday 27th March 2010  
Venue : Region 2 - Wembley Sai Centre, Dennis Jackson Hall, London Road(far end), Wembley, Middlesex. HA9 7EU  
Time : 10.00am – 4.00pm

### MAY – Double Special

Dates : Saturday 1st May 2010  
          : Saturday 15th May 2010  
Venue : TBC  
Time : 10.00am – 5.00pm

If you have any questions please email Rita on  
ritashitu@hotmail.com

\*\*\* STOP PRESS \*\*\*

## Change in National Pilgrimage Dates



[www.nationalpilgrimage.org.uk](http://www.nationalpilgrimage.org.uk)

The Ashram has received a number of requests by many countries to travel to Prashanti during the month of August. This is because of the school summer holidays. Many people are therefore eager to have Bhagawan's special darshan this year as they may be unable to travel for the 85th Birthday in November. United Kingdom has kindly been asked to be flexible and understanding whilst the Ashram tries to meet the wishes of the devotees. Therefore, in order to assist the Ashram, our Pilgrimage will now be from **31st July – 7th August**. Accommodation in Prashanti will commence from 30th July and we will need to vacate the Ashram by 7th August (anytime after evening darshan) as another big group will be arriving on the morning of 8th August. Please could you ensure that your arrangements reflect this change in dates.

## Sri Sathya Sai Charitable Trust "Behind the Scenes"

Like any other charity there are numerous audits that must be satisfied to keep the right side of the law! Recently the Trust has successfully completed two key audits - one financial the other on insurance. Independent financial auditors crawled over donations, grants and a wide range of documents before approving the annual trustees report and accounts (see [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk) charity number 278481 for graphical presentations). Similarly the insurers visited the Sathya Sai Centre in Leicester and put forward nine actions to comply. These are as diverse as child protection arrangements, asbestos, lightning conductor and electrical surveys to boiler and fire alarm maintenance contracts. The Trust has two employees at Sathya Sai Centre (Vinod Chauhan and Vinod Patel) who carry out this wide range of things required to keep a busy building running smoothly. With their "behind the scenes" support we hope it can become a showcase for the Sri Sathya Sai Service Organisation in the UK."

**by Dr Phil Heaton,  
Secretary,  
Sri Sathya Sai Charitable Trust (UK)**

## Sri Sathya Sai Leadership Training Programme (SSLTP)

Sai Ram Dear Devotees,

If you have skills relating to Report writing, Copy writing, Writing Projects, Sub-editing, journalism? Then SSLTP would greatly appreciate your help. Please contact Sri Kandiah: [sri.kandiah@btinternet.com](mailto:sri.kandiah@btinternet.com) and Deviesh Tankaria: [deviesh\\_tankaria@hotmail.com](mailto:deviesh_tankaria@hotmail.com)

## Haiti Relief Update

The UK Trust would like to share the following message received from the Sri Sathya Sai World Foundation;

*'We wish to thank all the devotees of United Kingdom for their generous contributions to the Sri Sathya Sai World Foundation for the Haiti Relief work. The donated funds are being used for providing food, water, shelter and medical services to the affected victims of the earthquake in Haiti.'*

*Jai Sai Ram.  
With warm regards.  
Dr. Narendranath Reddy  
Director, Sri Sathya Sai World Foundation*



## Maha Shivarathri and Ekadashinee Rudra Homam Region 1 (London - South East & West)



On the 16th of February 2010 Regional Shivarathri Celebrations were held at the Sai Mandir in Wimbledon hosted by Merton Sai Centre. The auspicious occasion of Shivarathri commenced at 8:00pm. with the invocation prayers followed by Linga Abhishekam on Lingams materialised by Bhagavan Baba and the mantra Aum Sri Sai Lingeshwarya Namah was chanted by the devotees 108 times.

The Abhishekam was performed in between the Bhajans at 12.00pm, 3.00am and at 5.00am. The Bhajans were started by a mixture of adults, youth and children and then the SSE children from various centres joined up until 10:00pm. Centres from around the region conducted the Bhajans according to their time slots through out the night. Bhajans concluded with Aarthi at 6:00am

At 9:00 A.M. the Ekadashinee Rudra Homam began with a procession. During the procession Vedic mantras were chanted, generating a strong vibrant atmosphere. The priests then began with an invocation of Lord Ganapathy to remove obstacles and to give them the knowledge and the wisdom to carry out the Homam without making any errors or causing any offence.

Following this Dr Mahesh Narayan expounded on the significance of Lord Rudra, Shree Rudram and the Homam. The day continued with the priest lighting of the fire to start the Homam, and the Sai students and Ritwicks chanted sections of Shree Rudram. At intervals Bhajans, Theverams, Caranatic devotional songs, and instrumental pieces were performed. Towards the end the Saishwara Homam was carried out, and the Sai Gayatri was chanted. The Homam concluded with all praying for forgiveness for any mistakes in their rituals or in chanting carried out whether knowingly or unknowingly.

The day's proceedings ended with Bhajans which

Dana Gillespie joined in with (following rehearsals for the Youth Choir that had been going on in the upstairs hall), and Prasadam was served. We would like to take this opportunity to thank our dear Bhagavan Sri Sathya Sai Baba for making this day possible. I'm sure all who attended will agree it was a divine and blessed experience.

### Raj Region 1 Chairperson

## Maha Shivaratri Celebrations Region 2(London - North East & West)



Region 2 (London - North East & West) celebrated the Auspicious Shivarathri festival with the majesty and dedication it quite rightly deserves.

On this most auspicious Maha Shivarathri night, we can experience the Divine State of 'Sat-Chit-Ananda' (Being-Awareness-Bliss) as Chandra 'Moon Deity' loses 1/16th of His brilliance and only has 1/16th of His power thereby making it easy to focus on GOD. By devoting the whole night to thoughts of Lord Shiva one's mind can easily be transformed and thereby accelerate spiritual growth and progress.

The venue in Heston was very kindly arranged by the members of Southall West group. All the Sai Centres and Groups in Region 2 were unified to participate on this very joyous occasion. Many members from centres beyond Region 2 also joined to make this a truly memorable night.

The main Altar was exquisitely decorated with a sparkling crystal lit archway with Lord Shiva's beautiful 'life-like' picture in a 'meditating posture' which took the rightful centre stage position and together with the magnificent and breathtaking 'Rudhra Lingam' (which is the exact replica of the Divine white Shivalingam in Prashanti Nilayam) all of which created the most purified, sanctified and sacred atmosphere. Before the Devotees came into the main hall they were given the opportunity to offer their Prayers and do a very personal Abhishekam



Pooja to the Shivalingam by offering Lord Shiva and Nandi Prayers with flowers, milk and water.

As each Divine Soul entered the main hall, they were invited to participate in the main Shivalingam Pooja on the main stage and one very Blessed Soul was given the privilege of performing this most auspicious Shivarathri Pooja to represent the whole Sai family that was present there.

The program commenced with an ardent devotee of Swami performing a very comprehensive Shiva Pooja which created the most vibrant, auspicious and spiritually charged atmosphere and set the tone for the whole evening.

After the main Shiva Pooja was completed, all the devotees were then invited to participate in the Shivalingam Pooja and lovingly offered their heartfelt Prayers to our Beloved Lord Shiva together with Bilva leaves and flowers to the beautiful white Rudhra Lingum with the chanting of 'Om Namah Shivaya' ringing throughout the whole hall.

A most 'electrifying and magical atmosphere' equivalent to that of Prashanti Nilayam was created with the most powerful heartfelt devotional songs which were all lovingly dedicated to our Beloved Lord Shiva.

Finally, Aarti was performed to spread the Lords Light to all Beings and this concluded the most enjoyable, memorable and blissful Shivarathri celebrations.

by Bhadra Patel,  
Region 2 Spiritual Wing Co-ordinator

## Edmonton Centre – Christmas C.O.D.!

Region 3 (London - East & Central)

On the 21st December 2009 the Edmonton SSE children, parents and centre members visited a 'Home for the Elderly' to celebrate Christmas with them. The children had prepared well with weeks of practicing Carol singing. In addition to this they had purchased presents for the residents with the money saved by their "Ceiling On Desires" programme.

The event started at 2:30pm and finished at 4:00pm. The carols were full of joy and melody with a keyboard accompaniment by one of the SSE students. The children distributed the presents to the residents who really liked them and everyone had a good time!



Ladies Wing and Walthamstow Centre Entertain the Elderly on 13th February 2010.

This event was cancelled three times due to bad weather and snow but in the end it turned out to be a fruitful and beautiful day which brought joy and tears to many of the elderly.

The Chigwell Convent 'Sister's of the Sacred Hearts' had kindly agreed to let us use their premises. The sponsor was a gentleman named Ian Henderson who had sponsored the event twice before. There were sixty wonderfully spirited elderly ladies and gentlemen plus the sisters from the convent who came for the meal. There was a music group which played jazz music while the meal was served. The food was very, very good; well planned and prepared, and served with love by the youth followed with three varieties of desert and coffee.



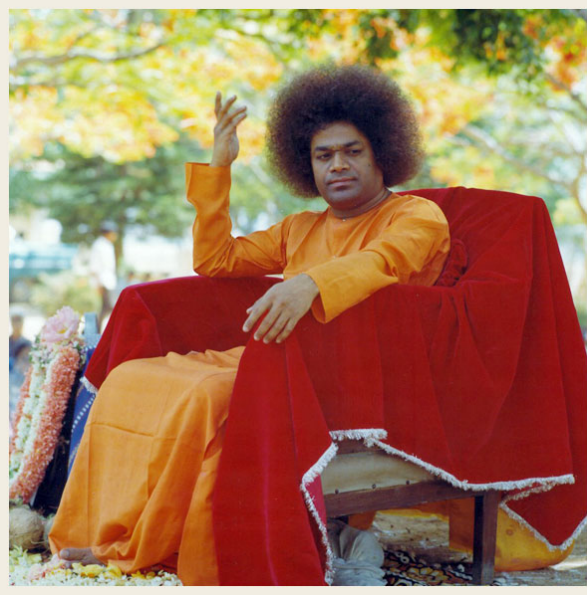
Forthcoming Events :

Region 3 Bhajans (to be led by the youth) -  
Sunday, 28th March 2010 (2pm-8pm) at St.  
Andrews School, The Green, Totteridge,  
London N20 8NX.

Annual Westminster Inter-Faith Walk  
Saturday 5th June 2010

By Yogan

## Gayatri Mantra Programme For the Love of Sai Region 4 (Midlands)



On Saturday 27th February 2010, a four hour chanting of the Gayatri Mantra programme was held for Sri Sathya Sai Baba at the Leicester Sathya Sai Centre, for the sole purpose of showing Swami our devotion, absolute unconditional love and care for Him.

A devotee once asked Sai Baba why he does not cure Himself of the world's problems that He has taken upon His physical body. Sri Sathya Sai Baba explained that He does not heal Himself as it is selfish. The devotee then asked Sai Baba what we could do to help Him? To this, Sri Sathya Sai Baba explained that we should chant the Gayatri Mantra, as the energy will go back to Him.

**"Gayatri is Sarvadevata Swarupini and Sarvamantra Swarupini (embodiment of all Gods and Goddesses and all Mantras). It is said, Gayatri Chaandasaam Matha, meaning Gayatri is the mother of the Vedas. There is no need to chant any other Mantra if you chant the Gayatri Mantra." - Baba**

The programme began with Rudram and Bhajans followed by a short inspirational film on Jesus, who sacrificed His life, as unconditional devotion to God, and for the love and benefit of mankind. The Gayatri Mantra chanting then commenced for a straight four hours, generating intense positive vibrations. All devotees present were in agreement that this event was so positive and full of energy that we must continue to show Sai Baba our love and sacrifice for Him, by practicing this spiritual exercise that has taken place in line with His guidance. This is our opportunity to help Sai Baba with His divine mission of taking on the world's sins and problems.



Please do join us at the next programme that will be taking place on 24th April 2010, at the Sathya Sai Centre in Leicester.

## Annual Regional Conference Region 6 (South England)

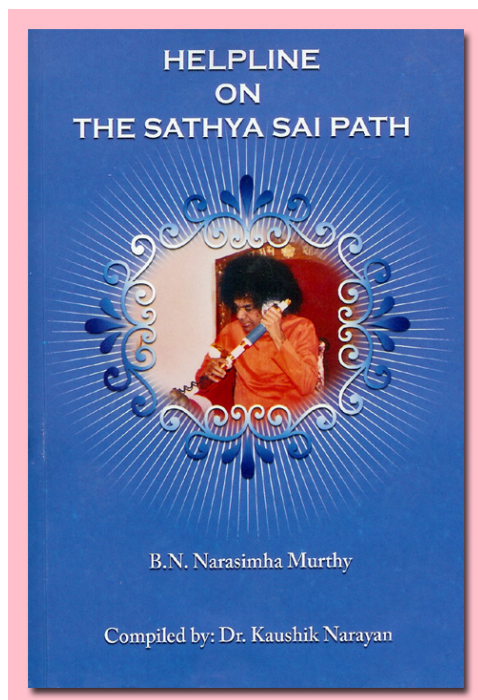
On Sunday 7<sup>th</sup> February, some 40 devotees gathered together for the Annual Regional Conference in Region 6. The guest speakers were the National Spiritual Coordinator, Jey Sivaloganathan, who spoke on the spiritual wing and its aspirations for us all, followed by the Sathya Sai Schools Representative, Prabodh Mistry who spoke about the Sathya Sai School, Leicester and former National Chair, Rosemary Perry who shared her experiences of serving in the Sai Organisation. Delightful bhajans followed led by Mercini Sherratt and Kay Moodley who gave us a splendid demonstration of how Sanskrit/Hindi bhajans and English bhajans can be sung together. Good food, shared by all wove the day into a very satisfying, nourishing experience together.

Thu 4 <sup>th</sup> March 7- 9:30 pm	<b>Sai Baba Sathsang</b> Crawley Down Village hall, Turners Hill Road, Crawley Down. West Sussex. RH10 4HE
Sun 7 <sup>th</sup> March 6-9pm	<b>First Reading Central Sai Baba Satsang</b> Park Hall Community Centre, 1- 15 Haywood Court, Reading RG1 3PA
Sun 14 <sup>th</sup> March	<b>1<sup>st</sup> Regional Sadhana Sathsang ( for pilgrims and non pilgrims.)</b> The Quiet Centre, University of Surrey, Stag Hill, Guildford.
Mon 3 <sup>rd</sup> May	<b>Ellens Green Satsang</b> Ellens Green , Horsham, West Sussex
Sun 9 <sup>th</sup> May	<b>2<sup>nd</sup> Regional Sadhana Satsang (for all in the region.)</b>

by Bahnoon Karim Agnew.  
Region 6 Chair.



## Book Review of the Month



Sri B.N. Narasimhamurthy, known to many as "warden-sir" due to his well known role as Warden of the Hostel at Brindavan, gave many talks to the Sai Youth of Kerala during the Kerala New Year festival. Sri Narasimhamurthy has beautifully brought together, edited and compiled these talks into an extremely useful book for Sai Youth on pursuing the path of sadhana (or spiritual effort), as founded on the teachings of Sathya Sai Baba. Hence, the title, Helpline on the Sathya Sai Path. Sri Narasimhamurthy opens this volume ingeniously, sharing his own question and answer session with Swami, Immortal Answers to a Mortal's Questions:

**"Swami said yesterday that a devotee on the path of sadhana (spiritual effort) should not be satisfied with himself till God tells him, "I am pleased with you; you are Mine."**

This is physically possible only when the Avatar is on the earth. This is not possible in the case of devotees who are physically away from Swami. When the Avatar is not here on the earth, how can this happen?

(Swami replies) God's voice can be heard by man in his own heart irrespective of whether there is an Avatar on the earth or not. God's appreciation can also come to man in the form of some sign or as an inner experience where God's approval is felt. More than this, each aspirant can introspect as to whether he is practising qualities dear to God. If he is practising such virtues, he will experience self-

satisfaction as a result of approval from God who is the resident of his own heart. When one does not have self satisfaction, there is no question of God being satisfied with him".

This book is entirely set up in question and answer form, the questions and answers being grouped into general topic areas spread over 15 chapters. There is a good glossary included.

I cannot but emphasise that this book is compiled from the questions of young people and reflects their concerns in following the spiritual path in this—the world of the ipod, the cell-phone, television, computer gaming and all the distractions of the advertising billboards. The sincere, pure desire to negotiate this modern life dedicated utterly to the spiritual path is evident right from the first. The illustrations depict many family situations, along with other, ordinary situations in life.

## Easter SSEHV Holiday School

**Sathya Sai Education in Human Values (SSEHV) Holiday School requests volunteers.....**



It will be taking place at a

Primary School in Wembley, Middlesex  
From Monday 12th April - Friday 16th April 2010

If you are interested in being a teacher or assistant for a class room, sports, drama, music or indoor games please

Email [Subita@aol.com](mailto:Subita@aol.com)  
or call on 07767 822 424

and we will give you all the details to volunteer



### Parable from the divine ...



### The greatest sacrifice

Buddha used to keep with him always a rattle-drum. His disciples once asked him: "Master! Why are you always keeping this rattle-drum by your side?" Buddha replied: "I shall play on this drum the day a person who has made the greatest sacrifice approaches me." Everyone was eager to know who this person would be. Wishing to attain this distinction, a Maharaja loaded his elephants with considerable treasure and went to Buddha. He hoped to offer the treasure to Buddha and earn his praise.

On the way, an old woman greeted the Maharaja and pleaded: "I am hungry. Will you give me some food?" The Maharaja took out a pomegranate fruit from his palanquin and gave it to the old woman. The old woman came to Buddha with the fruit.

By then, the Maharaja had also come to Buddha and was eagerly waiting to see when Buddha would sound the rattle-drum. For a long time Buddha did not use it. The Maharaja stayed on. The old woman approached Buddha staggering on her legs, and offered him the pomegranate fruit. Buddha took it immediately and sounded the little drum.

The Maharaja asked Buddha: "I offered so much wealth to you. You did not sound the drum. But you rattled it after receiving a small fruit. Is this a great sacrifice. Buddha replied: "Maharaja! In sacrifice, it is not quantity that counts. It is the quality of sacrifice that matters. It is natural for a Maharaja to offer gold. But what great sacrifice is made when a hungry old woman offers the pomegranate fruit to the Guru despite her hunger. She did not care even for her life and gave the fruit. What greater sacrifice can there be? It is not sacrifice to offer what is superfluous for you. True sacrifice means giving up that which is most dear to you, that which you value most."

- Sri Sathya Sai Baba

### National SSE Teacher Training & Refresher Course 2010



Saturday 6<sup>th</sup> March saw approximately 140 teachers, teaching assistants, National Chair, Shitu Chudasama, 16 experienced facilitators and a dedicated army of volunteers come together at our premises, Sathya Sai Centre, Leicester, for an interactive, informative, fun packed and most importantly an inspirational training day.

The training started with Central Coordinator, Ishver Patel, lighting the lamp. National Chair, Shitu, welcomed all present on behalf of the UK Council. He expressed his appreciation of all the hard work that teachers undertake in planning and conducting SSE lessons in order to nurture and mould the young minds. Pravina Patel, Region 4 SSE coordinator, introduced the day in her inimitable and humorous manner. A considerable number of attendees were at the Sathya Sai Centre for the first time.

The day was enhanced not only by the wonderful hospitality provided by Region 4 whose committed team of volunteers prepared a sumptuous lunch on site and catered to every need of the attendees present, but also the fact we were able to hold a broad spectrum of training in our own building. The uplifting atmosphere was truly palpable through out the day.

The National Carousel teachers training and refresher day was a veritable merry-go-round of training opportunities catering from the novice teacher to the most experienced teachers in the UK. It provided a forum for teachers to convene, network and select specific options relevant to their own training needs. The teachers were treated to 14 interactive workshops which were conducted by an array of enthusiastic, dedicated, knowledgeable and experienced facilitators.

The feedback received from attendees was very positive. At the close of the day, Ishver Patel addressed the audience and asked teachers to take personal responsibility to utilise the new skills and knowledge learnt from the day to make the necessary changes and improve the quality of SSE teaching through out the UK

Participants left, buzzing, invigorated and motivated to continue their work as Sai Spiritual Education Teachers. All in all, a wonderfully inspiring day, filled with love, knowledge and lots of networking time.

by Lakshimi Puvanendran  
National SSE Coordinator





# Diary Dates 2010

MONTH	DATE	EVENT
March	13 <sup>th</sup> /14 <sup>th</sup>	Regional Meetings
	20 <sup>th</sup>	UKCC Project Meeting
	27 <sup>th</sup>	National UK Youth Choir with Dana Gillespie - Practice
April	9 <sup>th</sup> /10 <sup>th</sup> /11 <sup>th</sup>	National Youth 2-Day Conference Jointly with Ireland
	24 <sup>th</sup>	UKCC Project Meeting
May	1 <sup>st</sup>	National UK Youth Choir with Dana Gillespie - Practice
	14 <sup>th</sup> /15 <sup>th</sup> /16 <sup>th</sup>	3-day Seminar with Phyllis Krystal
	15 <sup>th</sup>	National UK Youth Choir with Dana Gillespie - Practice
	23 <sup>rd</sup>	National Spiritual Carousel Training Day
June	12 <sup>th</sup>	2 <sup>nd</sup> Quarter UKCC Meeting
	13 <sup>th</sup>	National Wing Meetings
	26 <sup>th</sup> /27 <sup>th</sup>	Regional Meetings
July	3 <sup>rd</sup> /4 <sup>th</sup>	Regional SSE Family Values Days
	17 <sup>th</sup>	UK Pre-World Conference – London “Sai Ideal Human Life” (whole day)
	18 <sup>th</sup>	UK Pre-World Conference – London “Sai Ideal Human Life” (half-day) TBC
	24 <sup>th</sup>	Guru Purnima
	31 <sup>st</sup>	Start of National UK Pilgrimage to Prashanti
August	7 <sup>th</sup>	End of National UK Pilgrimage to Prashanti



# Websites

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

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](mailto: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.