



"The One who has visualized the Atma principle that animates all can never condemn the religion of anyone. Such a person will never enter into any religious squabble or conflict, or talk in a light or demeaning manner about another's faith, or disturb or despise the faith held by someone else. Only the ignorant with no spiritual experience, only those who do not know the depths of Truth, will embark upon the condemnation of the faith of others. It is very unbecoming of man to indulge in or encourage religious conflicts, to ridicule the rites and ceremonies through which others adore God, and to label the religious practices of other people as 'superstitions'. For, each one has accepted the practice and holds on to it, since it confers ananda (joy) to them!" - Sri Sathya Sai Baba



Mahashivarathri Celebrations - how regional celebrations were held.

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



Region 4 ORIENTATION AND WELCOME DAY - more of the national messages passed through regional conferences.

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

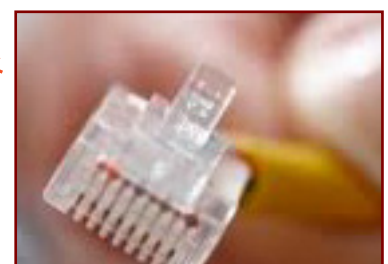


Region 3

take off with "Youth Self Awareness Programme (YSAP)"

'Sowing seeds for Nature: Plant a 'SAP' for YSAP!'

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



Young Adults Programme - read how youth will be making the reconnection.

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

Other Stories This Issue

- **Natioanal SSE Choir**
- **Mahashivarathri Meaningful significance**
- **Book Review**

Dear Love & Light Readers,

Sai Ram !

Having just returned from Prashanti, after attending the very magical Mahashivaratri celebrations, many people have been calling me to ask about Swami's health. I know many negative things are being written and speculated about Swami's health. Having just been with Swami for over a week, I would like to inform and assure everyone that Swami is very much active and effectively discharging his daily duties. His body may be weak but He is not letting this affect His work. You still get a magical tingling feeling everytime those big brown eyes look at you and your heart simply melts when He smiles. Swami is ever present, guiding, counselling and blessings the thousands that continue to gather at His Lotus Feet.

Before I forget, I would like to draw your attention to a letter supposedly written by Swami and which is being circulated by devotees around the world. I have received a communication from the Prashanti Council to say that this letter has not been written by Swami and should be disregarded.



At this present time, I feel that we should focus our love and energy on Him. Our meditation and contemplation should be solely on Him. We all know what needs to be done, what Swami expects of us and what is required of us. Therefore, let us not be delayed any longer and carry out our work as an offering to our beloved Swami.

Lovingly

Shitu Chudasama
National Chairperson

Region 3 (London - East & Central) Report

Health MOT at NHS Newham Health Fair – Stratford Town Hall on Saturday 5th February

Doctors and Dentists from Region 3 and Optometrist and Ophthalmologist from Region 2 attended this event supported by volunteers from both regions.

In all 86 visitors were seen. There was heavy demand for the dentist and for the eye examination. The GP referred four people for ECG and for HP.

Visitors were from various communities in the area. Many were elderly and some were physically challenged. They were all very grateful for the loving and caring service provided by SSSSO UK.

YSAP (Youth Self Awareness Programme) February 2011

On Sunday 13th February, the Youth of Region 3 held the next in the Youth Self Awareness Programme (YSAP) sessions which was hosted by the Youth of Luton Centre. YSAP sessions provide an opportunity for Youth to come together in a small group forum on a monthly basis to discuss and understand Swami's teachings.

The theme of the session was 'Sowing seeds for Nature: Plant a 'SAP' for YSAP!'. The Youth participated in a tree-planting event organised by the Forest of Marston Vale at Shocott Spring Wood near Bedford. This was an opportunity for us to give something back to Mother Nature given how much She provides for us. Swami has also said that the spirit of sacrifice is present in trees as they give fruits and provide shelter irrespective of the person's identity.

The Forest of Marston Vale Community Liaison Officer gave us a short overview of the aims of the Marston Vale Trust – to use trees and woodland to restore around 61 square miles of countryside between Bedford and Milton Keynes that has been previously used for clay extraction, brick-making and landfill.



Despite the cold and blustery conditions, the Youth worked together to plant a mixture of tree saplings in a short space of time. Thank you to all those who participated in the day - suffice to say, everyone had a tree-mendous time!

The next Forest of Marston Vale tree planting event is on the 6th March at the Bedford River Valley Park.
Hitesh Mistry - Luton Sai Centre Youth Co-ordinator

R3 Sathsang

On Sunday the 27th February, Region 3 devotees gathered together at the Nagrecha Hall, Leyton for the first Regional Sathsang of the year.

The programme began in the afternoon with multi-faith prayers and some really uplifting and vibrational bhajans organised by the youth. Martin Owen, our compere for the day then introduced the Regional chair to deliver the welcome address. Regional chair invited members to spend their time getting to know fellow members from our region and exchange ideas and views. He requested everyone to join whichever wing they are most interested in and take part in the discussions and express their views.

Region 3 were very fortunate to then welcome Dr.Veeru Mudigonda, our National Spiritual Co-ordinator. Dr.Veeru delivered a heartfelt and inspiring talk. He spoke about the purpose and importance of human birth – to realise the divinity within. Dr.Veeru touched upon the fact that our heart and the love generated therein are the tools we must use to experience our own inherent divinity and to experience oneness. Dr.Veeru also stressed on the role and purposes of Sai Centres as beings beacons within society and therefore, whatever we do in our centres, whether it be bhajans, prayers or service, we must ensure that every act is infused with love. As Sai devotees, one must

express Swami's love through speech and behavior. We must all be aware of our thoughts and make sure that there is harmony in our words and deeds. Dr.Veeru ended his talk with Swami's quote "Where there is Faith, there is Love, where there is Love there is Truth, Where there is Truth there is Peace, where there is Peace there is Bliss and where there is Bliss there is GOD". The audience was certainly moved by Dr.Veeru's message. Within that short space of time, Dr.Veeru managed to convey the beauty and essence of Swami's teachings.



The programme continued with Wing presentations by all the Regional Wing Co-ordinators, who explained the National Wing plans and the steps that would be taken regionally to implement these ideas. There was then a chance for centre office bearers and devotees to explore the content of these presentations in a workshop. The workshops generated a lot of discussions and the sharing of ideas.



From 2.45pm to 4.00pm the children were engaged in activities and games based on EHV organized by Sister Jyoti Bharwani and her team.

The programme ended with a musical presentation by the children of Mill Hill Sai Centre. They performed a variety of devotional songs that showcased all their amazing talents.



The Region 3 committee on behalf of all the devotees of the region also wanted to express their thanks to all the outgoing Regional and National Office bearers from Region 3. All of whom worked tirelessly throughout their term in the service of Sai. After the Vote of thanks, the programme ended with bhajans and Aarti and the distribution of Prasadam.

REGION 4 (Midlands) ORIENTATION AND WELCOME DAY SUNDAY 20TH FEBRUARY

By the grace and blessings of our Beloved Bhagavan Shri Sathya Sai Baba, Region 4 held their Orientation and Welcome day at Soar Valley College, Leicester where nearly 100 devotees gathered to take part in a day that looked at Reconnecting with our Beloved Lord.

The spiritual vibrations were set by Vedam and beautiful bhajans sung to our Lord in the morning. Ketan Gokani, Regional chair then started off the programme reminding us all that as a Spiritual Organisation we need to 'Reconnect' ourselves with Swami. In our centre activities we should always have Swami at the forefront, 'Swami First, Group Next, I Last'. The new Regional team was then introduced.



Brother Veeru (National Spiritual co-ordinator and former Sai Student) then addressed the audience passionately stating 'Expand our Hearts, Broaden the Mission' and asking the audience 'Are we Ready for Bhagawan?'

Everyone was then split up into workshops. We were fortunate to have UKCC members present to conduct the workshops. The workshop were spiritually charged and some lively discussions took place summarising the theme - to be ready we need to have good company, listen constantly to God's Glories, have constant remembrance of God and contemplate on Him. We discussed how to know Swami by studying His Teachings, then how one serves Swami, the Organisation being there for our own spiritual growth, seeing God in everyone and serving with a feeling of 'I am serving God'. The workshop continued after a break with interactive poster sessions on being ready for Bhagawan encompassing the 'Role of a Sai Centre, Swami's Mission, characteristics of a Sai Centre, reminding everyone Swami's Personality is like 'butter', speaking few words with Love. The workshop concluded with praying towards receiving Swami in 2012 and how prayers can move mountains and that

it was up to us to be ready and come together to Pray.

Lunch was lovingly served to everyone, the day continued with the individual Regional Wing Co-ordinators 'setting the scene' for the Wing workshops. The audience then had the opportunity to attend Wing workshop discussions concluding with representatives from the Wings presenting feedback from the workshops.



We pray to Bhagawan that all left the programme with renewed spiritual energies by Reconnecting with Him and seeing 'God' in all and with love in their hearts.

Jai Sai Ram

REGION 6 (South England) Report

Universal Gayatri Chant



Reading Sai Center joined in the Universal Mantra Chanting on the 27th February 2011

Swami's chair and alter were beautifully decorated and you could sense him seated. The ambiance of the room was radiant, illuminating the room with light and the vibrations from the chanting.

Spiritual Wing Coordinator
Asha Sihra

Chanting was also joined by the Farnham/Farnborough Groups and Southampton/Portsmouth.

Maha Shivarathri

"Endeavour. That is the main thing that is the inescapable task for all mortals. Even those who deny God today will have one day to tread the pilgrim road, melting their hearts out in tears of travail. If you make the slightest effort to progress along the path of liberation, the Lord will help you a hundred-fold. Shivaraathri conveys that hope to you." ~ Baba

Region 6 held Shivarathri celebrations in three venues this year. Reading, Farnborough and Eastbourne:

Reading

Reading Sai Centre gathered on the auspicious night of Maaha Shivarathri in that hope and to uplift their souls. The evening started with old friends and family meeting and greeting one another with such warmth and love, it was an evening to appreciate the wonderful people we surround ourselves with and with whom one chooses to spend this auspicious night with.

The alter, which was decorated with such love and care, emanated Swami's energy as one was drawn to it upon entering the prayer room, and the bhajans which followed were full of energy and positive vibrations. It was hard to sit amongst the group and not be carried away into a trance that filled the room. The love, devotion and yearning in the beautiful voices of the singers could be felt with every word that they sang and the dedicated and very talented musicians made the whole experience complete.

The evening was concluded with Swami's arti and prashaad which was bought by various devotees and again made with the same love and dedication present in each and every one of us. The evening was an uplifting experience and a clear reminder of what Maha Shivarathri actually means in ones spiritual progress towards liberation.



"Therefore, let this be the lesson of Shivarathri for you: Shiva is in all beings and all things. He is the inner motivator. Be aware of this always; do not cause pain to any one, do not harm or injure anyone, or hurt his self-respect. Love all alike, cultivate tolerance and spread brotherliness." ~ Baba

Vini Bhatti
Regional Youth Coordinator

Farnborough

"On the night of Maha Shivaratri, the Farnborough group hosted a Laksharchana conducted by Mr Vadgama. The chanting was done in five malas with Mr Vadgama leading it. It was preceded with beautiful bhajans and each mala was interspersed with a bhajan. There were more than 300 participants so it was a very lively and energetic event. The hall was beautifully decorated with a splendid altar for Swami. Mr Vadgama asked us, during the Laksharchana, to think of those who were ill and who needed healing; also to ask Baba for help with any problem we might have."

Mercini Sherratt
Regional Spiritual Coordinator

YAP Reconnect



On Friday 18th February, Brothers and Sisters from across centres in Region 1 met for our monthly YAP (Young Adult Programme) session, which was on the theme of "Reconnect". We were joined by 3 Lotus students and also guest speaker for the evening, Brother Jamie Raju (National Youth Co-ordinator).

The evening commenced with introductions and a short icebreaker activity which conveyed the powerful message of unity in diversity; that we all see things from a different perspective and have a different way of thinking but are united in our quest to "Reconnect".

Brother Jamie then gave the youth an inspirational vision for the Youth Wing for 2011, with interactive participation from the youth.

We then split into three groups to further discuss the presentation and the visions, but more importantly to discuss how we can implement these as individuals, a Centre and as a Region.

Below is a summary of some of the key discussions that emerged:

Implementing on an individual basis: [summary by Pooja Ramburrun]

- Tackling the nine point code of conduct can seem very daunting for youth. A practical way of implementing this as individuals is to take just one or two points and work on practicing it in our daily lives and then increase to other points. By breaking it down into smaller segments will make it more manageable and achievable. An alternative would be to work on practicing one point each month for the rest of the year, starting with what seems achievable and building up to more challenging goals for ourselves.
- Going back to basics and implementing a spiritual diary similar to how we had in SSE would help in implementing on an individual basis. Objectives can be set and worked and built upon. With modern mobile technology, using the "notes" feature is a simple way of creating a tick list, similar to what was used for the World Youth Conference in 2007. Progress can be measured by conducting a self audit every evening.
- Having a "Sai Book Club" where a small group of individuals have set Sai literature text or book to read in a specific timeframe and come together at the end to discuss it.
- Practicing of ceiling on desires and touching base with other youth to see progress.
- Strive to build strong relationships with other Sai Youth and have a supporting team to help the youth co-ordinators in order to maintain momentum.
- "Bend the body to mend the mind" – integrate Olympics initiative with individual spiritual programme. Have target based excellence and competition within ourselves.

Implementing as a Centre Youth Wing: [Summary by Robin Pillay]

- On going to National and Regional events, as Youth, we are filled with such energy and inspiration that we constantly strive to channel this in a productive way. What we forget is that the easiest place to do this is to begin at home and at centre level. We should take the National Work Plan and Youth Vision for 2011 and practically implement this in our centres regardless of their size, in a feasible way so that everyone can be a part of such wonderful projects.

- The concept of Sai Houses is a perfect means to integrate and support not only the Sai Youth but others as we will be looking into a variety of areas such as conducting study circles, practicing meditation, cultivating talent through drama, music and arts all of which can help each centre grow through Swami's love and guidance.
- The ExCEL programme can be tailored for centres to offer practical advice for young aspirants dealing with challenges in studies, work and home and Sai Youth within the centre can offer their experiences to those who are younger and also join with other centres to work together to create homework clubs, careers advice forums which can be opened up to the local community etc.
- We must support our elders and learn and share experiences with them. By making our centre a more friendly and loving environment through these youth supported activities, will in turn enable us to transfer our skills and do service and realise our goal of reconnecting with Swami.

Implementing as a Region: [Summary by Katheeswaran Saiganesh]

- Buddy system to keep in touch with each other regularly on Spiritual progress, in order to keep self spirituality levels up and inspire each other
- Bite size tips – [like Jamie Oliver's 30 minute cookbook] – We could create small, simple exercises that will enable people to see that activities won't take a long time but can have a big impact
- Workshops on the five Human Values
- A Media Library where we can centrally store information online where devotees can search and find topics that interest them, find summaries and snapshots of previous events, listen to pod casts of Swami's discourses, inspirational talks, audio books within the UK, Prashanthi, and Worldwide, creating more youth awareness of Prashanti website, Radiosai etc
- In order to deliver a lot of these ideas to the youth we need to find thought provoking ways to engage our brothers and sisters throughout our region with love, understanding, and unconditionally.

There was a strong energy of inspiration that filled the room when the youth came back together following their group discussions and we then had a wider group discussion on key themes.

One of the key themes was that it is good to talk and energies are always high after a pilgrimage, but action is key, in order to achieve momentum and sustainability.

At the end of the discussions, each youth took away with them one action point that they will implement by the next YAP on an individual basis. Progress and challenges will be discussed at the next YAP session. In addition, 3 youth took an action to document the discussions and ideas of implementation for other Regional Youth Wings to use as part of their implementation.

Every single youth across the UK, and Worldwide have one thing in common: we may have different backgrounds, experiences, cultures, careers, geographical locations, but every single individual has been touched and come united by Swami's Love.

We pray that we ***"Reconnect" in our thoughts, words, and actions to unite in this Love and live continuously as "Sai Ideals: Messengers of Sai Love"***

The next YAP will be on **Friday 18th March at Sai Mandir, 131-133 Effra Road, Merton**. We will be watching a short movie entitled "SaiVolution" – a documentary that a few youth put together for Swami's 85th birthday celebration in their centre. This will then be followed by guest speaker, Deviesh Tankaria [SSLTP Co-ordinator], who will be speaking to the youth about the Sathya Sai Leadership and Training Programme and how they can enrol for this year's intake.

If you would like more information about YAP then please do not hesitate to send an email to **region1saiyouth@hotmail.co.uk**

Jai Sai Ram.

Shyam Jamnadas
Region 1 Youth Co-ordinator



Well, it's finally done! Nearly 11 months after we first met for our first rehearsal, the National SSE Choir finally performed its programme of songs in full!

It has been a long journey, with lots of opportunities to be tested and stretched, making us do things we did not know we could even imagine possible. I am sure each of us, from coordinator to chorister, can tell a story about how this special journey has taught him/her at least something. Speaking personally, when I and the Regional SSE coordinator made that first trip to Bristol in March last year for the first music coordinators' meeting, I had no idea how things would turn out and what magical experiences I would encounter.

Being involved with a national choir, I have had the fortune of working with some great and inspiring people from across the UK, not just people like sister Lakshmi, brother Richard and sister Zita, or other music coordinators like brother Vignesh, but also some great young talented choristers and SSE coordinators. Despite the many miles that separate us all, it is still amazing to think how we were all able to come together and play and sing as one, even in February after so many months apart, as if we were always in close proximity to each other! Clearly we have been bound together by something greater than mere physical contact.

The songs, as most people know, were chosen to reflect British culture: not a Hindi bhajan in sight! I daresay that although many of the children had previously been involved in choir performances within the Organisation, this was the first time they had to sing in a choir where the entire programme was to consist of such songs. On the musical side, too, the only Indian instrument permitted was the tabla: instead we had a number of flutes, guitars, violins, keyboards...and even a saxophone! It had been a long time since I had to read Western music and coordinating the choir in a region from where at least half the musicians hailed, meant I had some brushing up to do!

Although Richard mentioned this during the Whitgift performance, I feel it needs reiterating: the musical parts were not based on a simple melody accompanying a choir singing in unison. Besides some complicated musical arrangements ("Day By Day" ending on a C#maj7 chord, for instance, is a perfect example of this), the choir sometimes had four-part harmony arrangements! This is complicated enough with adult choirs...yet these young people coped wonderfully with everything.

The children attended practices at least once a week (sometimes up to three times a week) for over three months leading up to the pilgrimage to Prashanthi. This in itself was a sign of their commitment. For instance, special recognition goes to Nisha and Anjani Patel, two girls from Region 6 who would make that two-hour journey (if not longer!) up the A3 from Southampton to join us in Region 1 for our regional practices, nearly every week without fail. Supporting the children's untiring commitment were the parents: my thanks go to all the parents who supported their children throughout and to all those helpers and other volunteers who assisted with our practices, not just this month's but those in December and – of course – those in the run-up to the pilgrimage. Thanks go also to the coordinators and chairpersons (centre, regional and national) who liaised and provided valuable assistance to help things run smoothly across our respective regions. Further thanks go to those who kindly made rehearsal space available to us when we needed it – and to those who provided the food and drink to keep us fuelled during those long rehearsals!

Thanks and recognition go, of course, to the talented choristers we have! We clearly have a plethora of talent in our country and I encourage all those musicians and singers to keep up the good work. I hope that any budding musicians and singers will be inspired by their skills and will seek to develop their own in turn.

Lastly, but most definitely not least, I thank Swami...for everything. There is no point trying to list everything because such a list would be inexhaustible. Just thanks for everything, Swami.
The National SSE Choir: the end...or just the beginning?

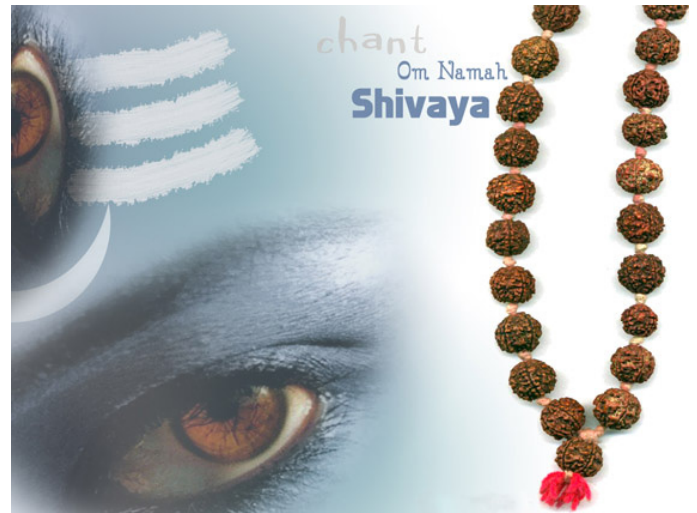
MAHA SHIVRATHRI - THE MEANINGFUL SIGNIFICANCE

Maha Shivrathri – translating to “**The Greatest Night of Lord Shiva**” in simple English - comes every year in the month of March. We devotees all over the world gather to sing the glory of God we love - we chant Vedam, powerful mantras and sing bhajans throughout this holy night to bring peace and harmony to this world. This is also the unique night when our beloved Swami has been in the past bringing out Lingam from his mouth undergoing physical suffering through the night. This holy night is observed on the night before “Amavasya” or the moonless night when the moon has completed its waning period and is about to start a new growing period to reach the stage of Full Moon. Though this process happens every month, why is that the Shivrathri in this month is more auspicious and is called Maha (Great) Shivrathri? The monthly Shivrathri - also called Masa (monthly) Shivrathri which is observed on the thirteenth day of Krishna Paksha (waning phase of the moon) according to traditional Hindu calendar.

It is believed that the planetary positions of all the major planets in the cosmos are aligned in such a manner on this Maha Shivrathri night that it creates a massive cosmic upsurge of spiritual & healing energy and is traditionally known to be beneficial both physically and spiritually to all humans - provided the human-being is in a live and awake-state and not in dream or sleep state – hence the devotees all over the world stay awake singing and chanting the glory of God to receive this beneficial cosmic energy.

We also know the famous Hindu mythological story behind this Shivarathri which we all learnt from our school days - about the lonely hunter spending his night in the jungle amongst ferocious animals. This story is briefly narrated below – for the benefit of those devotees who may have not heard this story.

This is the story of a hunter who lives by killing / trapping animals like deer, rabbits etc in the jungle and selling them for the upkeep of his family. One day he was in the jungle as usual but failed to find any animals and as he was so engrossed in the search of an animal to take home, lost the sense of time. As the night gradually crept in he found himself surrounded by complete darkness and eventually lost his way. It was the day of the moonless night and as a result he failed to find his way back. It would also be dangerous to roam about due to the wild & ferocious animals in the jungle. Confronted by his dilemma of being unable to get back home and knowing that his wife & children will be worried – he ultimately gave up his attempts to find his way home and decided to spend the night in the jungle until the break of the dawn.



In order to stay safe from the animals – he thought the best option was to climb a large tree and spend the night on the branch of the tree. As he approached a large tree he found a convenient large black stone at the root of this tree and stepped on it to climb up the tree not realising that it was a Siva Lingam carved in stone and placed at the base of this large tree which happened to be a Bilva tree. Having found a comfortable branch he realised that unless he kept awake the whole night, he may fall asleep and drop off the tree trunk and become a prey to the wild animals that were now roaming around the jungle and passing underneath the tree he took refuge on. He then decided to keep awake by plucking the small leaves of the tree he was on and drop them down one by one throughout the night which will enable him to keep awake. Incidentally the leaves of the Bilva tree are the ones that are used in Hindu temples by the priest to do pujas to all the deities in the temple and considered holy leaves.

In this way he managed to stay awake the whole night by plucking and dropping these Bilva leaves from the tree and escaped from being attacked by the wild animals. He also did not realise that all these leaves he was dropping were falling on the Siva Lingam that was at the base of this tree. Due to fear and also the worried thoughts of his family, he began to shed tears of anguish and despair and these tear drops too were all falling on this Shiva Lingam below. As is the practice in Hindu families who name their children with the various names of the Hindu Gods and Goddesses – his wife and children too had such names and in anguish he was calling out these names of Gods and Goddesses.

The story goes on to describe as to how Lord Shiva was happy with the all night puja with Bilva leaves done by the hunter and also the abhishek (holy bath of the deity) done by shedding his tears, granted this hunter moksha (liberation from the cycle of birth & death). He then gave up his life as a hunter and became a Sanyasi (Holy Person). Let us now share the understanding of the deeper significance of this story in a spiritual light.

The **jungle** with the wild animals roaming about is depicting **this world** and the **wild animals** are the various forms of **evils** - the six negative human traits – Kama (Desire), Krodha (Anger), Lobha (Stinginess), Moha (Delusion), Mada (Pride & Ego), Maathsarya (Unable to bear others being happy) that are keeping the human mind away from the divine. Falling of darkness in the jungle which prevented the hunter from going home is equal to the ignorance that is stopping the Jeevathma or the individual soul or spirit from escaping from this illusory

world and finding the way back home – the Paramathma or the Universal soul / spirit which is the main objective of our birth. In order to achieve this we need to rise above this darkness of ignorance and gain the light of wisdom -which can only be achieved with the divine grace and blessings of the God we believe in.

This is explained by the fact that the hunter decided to climb a tree to go higher to escape the wild animals and in the process had to receive assistance by stepping on the Siva Lingam to achieve this.

Having moved higher (in to the light of wisdom) the hunter - Individual soul / spirit cannot become complacent and relax because if he does so – he will lose his grip and fall from the higher tree and once again become prey to the wild animals - the evil traits in the darkness of ignorance. Hence **to achieve this steadfastness**, one needs to **continually contemplate on the name and form of God** and pray for the divine grace and blessings so that the soul / spirit will continue to remain higher and away from the evil and ignorance until the dawn of light – which is equivalent to achieving the light of spiritual wisdom **to know who he is - the truth that he is the Soul or Athma and not the body** - and reach God.

The dropping of Bilva leaves and shedding of tears and calling out the names of the divine marks the continuous contemplation and yearning for the union with God where all activities performed are dedicated to God.

The results – dawn of the Light of Wisdom leading to the liberation of the individual soul or spirit and going home relates to re-union with the Universal Soul / spirit or Jeevathma.

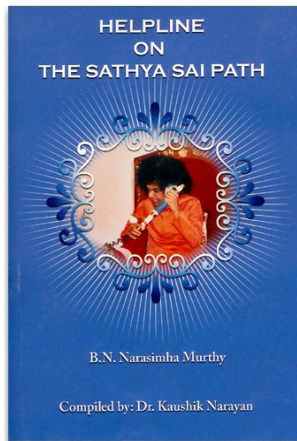
It is also believed by Hindus that on this holy night of Maha Shivrathri – **God goes in search of the ideal devotee unlike the other times when the spiritual aspirant is searching for God**. So dear devotees let us continuously contemplate on the name and form of God we believe in and chant and sing HIS glory so that we may receive HIS blessings and grace to be liberated from this cycle of birth and death.

Jai Sairam

Raj Selvakumar



Sri Sathya Sai Book Shop – UK Review on Books



HELPLINE ON THE SATHYA SAI PATH

Author: B N Narasimha Murthy - The Hostel Warden for the Sri Sathya Sai Institute for Higher Learning in Brindavan, **Compiled by** Dr. Kaushik Narayan

Published by: SSS Publications Society – Kerala State – **First Edition:** 2006

Review

For past many years our beloved Lord has been lovingly blessing the Sai Youth of Kerala to come together at the divine lotus feet during VISHU – the day Kerala celebrates as their New Year – in the month of April each year. Many Sai Youth from Kerala district attend this divine-meet and gain immense spiritual benefit from the lovely and enlightening discourses of our Swami. They are also inspired and motivated by the words of wisdom shared by the teachers and students

of the SSS Educational Institutions. They also look forward to their annual Sadhana camps in the divine presence every year.

Whenever these Sadhana camps are organised the Author who lives a life in line with our Swami's teachings acts as a friend to these youths and also a philosopher and guide to them. In the year 2004 during one of these camps, Q and A sessions were arranged so that the youth could clear / clarify their doubts and concerns. Usually there is a deluge of questions and all the questions are answered by the Warden Sri Narasimha Murthy where his answers are based on what he has learnt from Swami directly over one to one contacts with HIM and also via divine discourses.

This book in fact is a compilation of these myriads of questions and the answers given by the Author to these youths with clarity and wisdom. The beautiful aspect of this compilation is that the Q & A are mainly related to the day to day spiritual activities we all perform or follow and have our own doubts or concerns as to whether we were doing the right thing at the right time and place. This book answers all our questions. When I read this I felt that the answers were coming from our beloved Lord and the author was only a mouth piece for the divine wisdom that was pouring forth. In fact there are also many subjects that could be chosen for a study circle and discussed by us in UK. Studying and contemplating on these answers will be of great help on equipping ourselves with the knowledge and confidence to face the world bravely and overcome all obstacles that we may encounter on our path.

The compiler has wonderfully grouped the Q & A under 15 headings for purpose of clarity and easy reference to each subject as follows: -

- | | |
|----------------------------------|---|
| (1). The Path of Spirituality | (2). Spirituality – The wonderful Journey |
| (3). The science of mind control | (4). Avatar – The descent of God |
| (5). The world and I | (6). S A I - Swami and I |
| (7). Divine Teachings | (8). The Yoga of devotion |
| (9). The Yoga of Action | (10). The Yoga of Meditation |
| (11). SSSS Organisation and I | (12). Youngster's Corner |
| (13). Science and Spirituality | (14). Indian Culture and Spirituality |
| (15). The Journey ahead | |

I can assure you that you will not be disappointed after reading this book.

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Raj Selvakumar

Region 4 Welcomes a New Group to the Family!



2011 turned out to be special for the newly registered Sai Group in Derby in Region 4. The monthly bhajan on 21st January 2011 saw devotees happy to be part of Swami's Mission, and hope to contribute in any way possible. After a brief & motivating introduction to the Sai Organisation by the Region 4 Chair, Ketan Gokani, we had a wonderful thought provoking talk on Swami's life and universal teachings by Rashmi Asthana, a Sai Student Alumni.

Bharathi Sanghani

Tesco & Sainsbury's Vouchers

Dear All, the Sathya Sai School, Leicester will once again be collecting Tesco, Sainsburys & Nestle Book vouchers for schools. In the past devotees have given helped the School tremendously support and help and the School has been able to receive substantial School equipment and books for the children. If you are interested in helping please pass any vouchers to your Centre and Regional Chair.



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	<p>Sathya Sai School Independent Nursery, Primary and Secondary school</p> <p>Sathya Sai Centre, Bede Island, Narborough Road, Leicester LE3 0BT Tel: 0116 254 0235, Email: office@sathyasaischool.org.uk</p>

UK Regions

Region 1	London - South East & West
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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

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