



Love All, Serve All

May 2010

Help Ever, Hurt Never

"More fragrant than the sweet smelling flowers like jasmine and lily, softer than butter, more beautiful than the eye of the peacock, more pleasant than the moonlight is the love of a mother. Human life is a journey from 'I' to 'We'. In this short journey, you have to detach yourself from the body and develop attachment towards the 'Self'. For this, mother's grace is very essential". - Sri Sathya Sai Baba



Advent of Sathya Sai Part III

Third Part in the series of Swami's Divine life shows Mother Easwaramma's unique qualities and story ...

[Read more below](#)



Pre-World Conference – in UK July 2010

Registration is now open- see details and be quick to ensure your place – Read more.....

[Read more below](#)

National Youth Conference : "The Rising Generation: Living the Sai Ideal"



Read full story of the wonderful weekend of inspiring talks, workshops and youth satsang....

[Read more below](#)

National Pilgrimage SSE Musical Offering



Children of the National SSE Choir, numbering around 180, uniting for their first national practice in Bristol.....

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Dear Love & Light Readers,

Sai Ram!

Last month, we had the special privilege to attend the National SSE Choir rehearsals in Region 7 to hear our SSE children's musical offering for the forthcoming National Pilgrimage. One of the songs that they sang so beautifully was George Harrison's My Sweet Lord, **"My Sweet Lord, I really want to see you, really want to be with you, really want to see you Lord, but it takes so long, My Lord..."** Sitting there in that big hall with around 180 SSE children, I was touched by their love and devotion for the Lord. At the same venue, the UK Central Council also met for a special project meeting to focus on the planning and preparations for the National Pilgrimage in August. The National Pilgrimage preparations are going very well and to date just under 1,600 devotees have registered to go with us.



2010, is turning into quite a milestone year for so many reasons, we have the Regional Sadhana meetings taking place throughout the Country, the National Pilgrimage in July-Aug and also the Pre-World Conference and the visit of Dr Goldstein and Dr Reddy. Please make sure that you register in advance for the Zonal Pre-World Conference taking place in July. If that was not enough cause for celebration, this year we will also be celebrating 40 years of Sathya Sai Education in UK. We are thankful to some of UK's great stalwarts like Aunty Damyanti Puri, Aunty Rajes Sivayogan, Aunty Shibni Kaul, Aunty Karunes Ratnasingam, Sister Gauri, Sister Sharmila and our present National SSE Coordinator Lakshimi for their outstanding contribution to Bal-Vikas and Sathya Sai Education. Thanks to these luminaries and visionaries, very many children were able to find God in the form of Sri Sathya Sai Baba in their lives.

2010, is also an important year as it marks the 70th Anniversary of the declaration of Swami's Avatarhood when young Sathya threw away his school books and declared that he was "Sathya Sai Baba" and the rest is history. Over the last 70 years, countless lives have been transformed and saved. We will be celebrating this event in a very befitting and auspicious way this October.

At this present time, the Sai Organisation in United kingdom is a hive of activity right from the Centre/Group Chairs, Regional Chairs, Wing Coordinators and the UK Central Council all working extremely hard so that the devotees have an uplifting and sacred experience of this very unique and special Birthday of our Beloved Swami.

Lovingly

Shitu Chudasama
National Chairperson

National Youth Conference

The Rising Generation: Living the Sai Ideal



The United Kingdom Sri Sathya Sai Organisation's 2010 National Youth Conference was held on 9th, 10th and 11th April at the Sathya Sai Centre, Leicester. Over 180 youth attended from all parts of the United Kingdom, including a few welcome youth from the rest of Europe. They were gathered together with no doubt the presence of our Bhagawan to learn how we as youth can become the *Rising Generation*.

Why the Rising Generation?

Young men and women! The prosperity and well-being of the world depend on the conduct of the youth. Only when their conduct is good, the world can have an ideal future.

~ Sri Sathya Sai Baba

Friday evening and the guests arrive

As the delegates arrived, we were greeted and directed to the registration desk by the organisers (unbeknown to the attendees of the lack of sleep that had gone in to making the process look so seamless) to collect badges and conference packs before entering the main hall where a beautifully decorated stage awaited. The projected photograph of Bhagawan Sri Sathya Sai Baba with his sublime gaze and gentle smile enhanced that greeting. Instantly we knew this was going to be a special weekend.



Ishver Patel, Central Coordinator for UK and Ireland spoken on his beautiful and amazing experiences with Swami.

Setting the Scene and our speakers

National Youth Coordinator, Mathan Arulvel set the scene for the delegates and gave a brief overview of what we could expect from the Conference. The following days which culminated on Sunday commenced with Omkar, Vedham, Bjahans, yoga and were filled with interactive workshops and panel discussions. Over ten speakers including: Ishver Patel, Shitu Chudasama, Navin Patel, Kiran Patel and many other youth speakers, graced us with presentations of their incredible experiences and amazing insights on

various topics pertinent to youth living the Sai ideal in their lives. A flavour of the topics covered are below.



The Power of Positive Thought

This session involved discussions on the power of positive thought and its influence in daily life. We were introduced to various scientific examples of studies which had demonstrated and proved the power of positive thinking. For example, the growth of plants and on the formation of beautiful water crystals all influenced by thoughts. We got the opportunity to learn that there is always something positive happening in our day – but if the mind perceives it in a negative way then it will become so. The power of the mind is unfathomable; it is a

tool so must be trained. As youth we face many difficulties such as peer pressure, self consciousness, self doubt and family worries. But if we surrender to Swami, he will look after the results for us.

“If God brings you to it, He will see you through it.”

Our Divine Mother Earth

This session started with a screening of an incredible and moving film about the planet we live on. The American Indian proverb on the film ‘We do not inherit the Earth from our ancestors, we borrow it from our children.’ a poignant reminder of the environmental considerations which ensued during the workshops. The workshop discussions included: Where our food comes from? What we consider as our environment? How can we be resourceful in protecting and maintaining this? At the end of the session, we were asked to plant a Lilly seed in a pot and make an individual environmental promise.



Community & Wellbeing

The workshop and discussions followed two memorable presentations by youth speakers Yatin and Anusha, where they talked about personal incidents which exemplified how we can implement Swami's teachings into the community. Brother Yatin talked about a trip to India where he had the opportunity to open his eyes to how we can help the community even in a small way, that could result in making big changes in people's lives. Sister Anusha talked about an incident where she managed to avert a potentially awful situation with her knowledge of Swami's teachings and the power of positive thought. The delegates were also treated to a taste of 'laughing yoga' and the infectious impact of it on others.

“All relationships – between husband and wife, mother and child, the employer and employee are based on mutual service. The world is progressing because of such acts of service. If not for the principle of Seva, the world would come to a halt.”

Ideal Sai Family

Individual groups explored the issues we face as youth including our duties/responsibilities to our parents, friends, siblings, teachers, employers etc. A video presentation played out a possible 'typical' scenario such as smoking and living up to parents' expectations and obligations. The discussions which followed were around how we as youth can try to implement Swami's teaching and learn to take the first step to resolve conflict situations with Swami's guidance.



Above: The programme started bright and early at 6am! Starting with prayers and yoga, followed by some warming and lovingly prepared breakfast.

Karmic Relationships



The Karmic Relationships session discussions were about how everything that happens in this world is a consequence of karma accrued. And therefore we must accept and do our duty in the knowledge that this will not last. The workshop discussions highlighted work situations and reminded us that it is important that we surrender difficult relationships to Swami.

A Fond Farewell

After a weekend of being immersed in Swami's teachings, inspirational speakers and after many hours of workshops, new ideas, new friends, came the time for farewell. The Conference ended with the vote of thanks, and there were so many people to thank! Most of all the silent volunteers from Leicester and the Youth team who worked behind the scenes day and night, lovingly preparing and serving throughout the weekend.

We left feeling full of love, with high thinking, high energy and good vibrations. There was an unmissable sense of leaving Prashanthi, our Mother, and our Abode of Peace. We left though with the Divine knowledge that Swami is always with us, close by and guiding us and helping us in our journey to becoming His Sai Ideals in our daily lives.

We pray that Swami will continue to bless all His children with the inspiration, courage and wisdom to live up to the highest ideals and be the beacons of His love in the world.

PRE-WORLD CONFERENCE JULY 2010 UPDATE

REGISTRATION IS NOW OPEN UNTIL MAY 31ST

Joining letter and application forms are available from your Centre or Regional Chairperson alternatively you can download from National UK website



SAI IDEAL – “GOD IS”, “I AM I”, “LOVE ALL SERVE ALL”

Our Dearest Swami has given Divine Approval and Blessings for the IX (Ninth) Sri Sathya Sai World Conference to be held in Prashanti Nilayam during November 2010, commemorating the 85th Birthday of our Lord. This World Conference will be preceded by Zonal Pre-World Conferences, to be convened in all Nine International Zones.

We are fortunate that Bhagawan has blessed the Chairman of the Sathya Sai World Foundation, Dr Michael Goldstein along with the Director and Chairman of the International Medical Committee Dr Narendranath Reddy to preside over the UK Conference. Our Zonal Chair Bro. Kishin Kubchandani will also be attending. In fact, when the proposal was put to Swami, Swami asked Dr Goldstein to make sure he visited **“London”**.

We are therefore delighted to announce that the United Kingdom Zonal Pre-World Conference 2010 will take place on **17th & 18th July 2010 at Whitgift School, Haling Park, South Croydon, Surrey CR2 6YT** which is situated within the Greater London Authority area.

This will be a 2 day event and all office bearers and devotees are welcome to attend. All those attending must ensure that they have read and understood the literature and documents sent out by the Sathya Sai World Foundation. These can now be downloaded from the UK National website: www.srisathyasai.org.uk (The joining letter and registration form is also available to download from our National website).

Please send your completed registration form direct to your Centre/Group Chairperson. Only those on the register will be allowed to attend the Conference due to Insurance and Health and Safety restrictions imposed by the School.

We look forward to welcoming you to this momentous Conference in July.

Advent of Sathya Sai Baba Part III Homage to the Mother of the Avatar



Naturally simple, meek and modest, Easwaramma always stepped back from publicity, admiration and adoration. As Mother of the global family of Sai, her love had to be all-enveloping and unconditional. When we review the life of the Mother of the Avatar, we find ourselves progressing through curiosity, expectations, compassion and wonder and landing in appreciation, admiration and adoration. Easwaramma was allotted the impossible task of expanding her awareness beyond the ring of hills, beyond the barricade of tradition and taboo and the wall of custom and caste. Burdened with the prestigious and pardonable pride of the most precious motherhood a woman could aspire to, she could not in spite of consistent effort jettison the homage she attracted from all the continents. Even while in this predicament, she, like any other earnest devotee anxious to win His Grace, had to trudge along the inner path that leads from multiplicity to unity, from dispersion to concentration and meditation, from egoism to detachment, from passion to serenity, from unconcern to the love that cares and shares, from Maya to the Master.

EASWARAMMA, the love with which she treated the women blossomed wider as she watched Swami healing the stricken. He showered compassion on them and applied vibhuti profusely on their brows. Easwaramma decided that she would not condemn or ridicule any women on the basis of her apparent faults or failings for they were only, she knew, the symptoms of maladjustment or neglect or persecution and poverty. The Mother thus became more than their own mother to an ever-increasing number of women in distress. She was a friend with a burnished mind. Contemplating the Mother among those who were rescued by Swami.

The devotees discovered in her a never falling source of strength and wisdom. They sought her out more and more often and honoured her as the Mother, assigning her distinct roles during festivals and holy days. Easwaramma did not yield as soon as the women surrounded her and pleaded that she should guide them or bless them. But how long could she keep them at bay? On holy days dedicated to the worship of Varalakshmi (the Goddess of Wealth ready to grant boons) or Gowri (the Fair Consort of Siva, mother of Ganesh), she had to accept the first offering of homage from every woman who needed her. During the nine days of Navarathri, the Festival of the Mother, she was honoured for the first three days as Durga (the smoothener of the path, the provider of safety and security of Her children), in the next three days as Lakshmi (the provider of food, clothing and shelter, status, power and renown) and on the last three as Saraswathi (the Teacher who implants the yearning for learning and for liberation, for material skill and moral strength).

During The Lord's Birthday...

Every Hindu child has his "birthday" celebrated at home as a festival with extra prayers and special offerings of sweets to the family deity. The child is seated facing East on a sanctified plank. The mother pours a few drops of oil on the head and others follow her. The child is given a ceremonial bath and dressed in new clothes. He has to touch the feet of elders and sit in the shrine while prayers are offered by the parents for his long life, health, progress, and prosperity.

Prashanthi Nilayam was inaugurated on Swami's Birthday in 1950. Previous to that year, the Birthday had been rather informal. Swami delighted the Mother and the Father and their sons and daughters by visiting their home and going through the ritual of lunch in their company. After the parents had placed a few drops of oil on his cluster of hair, the ceremonial bath was administered and Swami fulfilled the longing of one devotee by accepting the robe and dhoti he placed at his feet. The new Prashanthi Nilayam, however, challenged the devotees to inaugurate a more impressive though still intimate celebration of the birth of their Lord Sai. Elderly women gathered at the Nilayam in the early hours of the 23rd of November. Each one had a plate with piles of flowers, fruits, sweets, coconuts, turmeric, kumkum, rice grains, betel leaves and areca, sandal paste, blocks of jaggery, glass bangles, and other auspicious materials.

Shining pots filled with consecrated water were carried on their hips. One of the group bore a silver plate with a silk sari upon it. A few elderly men joined them with a silk dhoti for the Father and they proceeded to Puttaparthi village preceded by pipers and drummers. When they reached the Ratnakaram home, they announced

to the parents that it was the Birthday of Bhagawan and invited them to Prashanthi Nilayam. One could sense their awkwardness, for both of them would rather be left alone than placed before the floodlights on the centre of the stage.

Nevertheless, the Mother and Pedda Venkama Raju satisfied the wishes of the thousands present and were themselves filled with gratitude for the opportunity given to them by Swami. As soon as they stood before him they lost all sense of time and space. Easwaramma placed flowers on Swami's feet and stood up to dip a rose in oil. All those present then touched his feet praying for boons and blessings.



When she lifted her palm to drop the oil on the son's hair, he bent low so that the head would be within easy reach. The father, too, did the same and as both of them descended from the dais, the devotees hailed the occasion, expressing their joy in loud acclaim. It was only then that Easwaramma became aware of the hall and the crowd, the Nilayam, and the village. It was an embarrassing moment for her but she was soon relieved, for she found another wedded couple climbing the steps to place flowers at Swami's feet and apply oil on his hair.

Swami used to select about eight others from different linguistic and geographical regions to share in the joyous ceremony who were invariably old in age and rooted in faith. Easwaramma shunned publicity and prominence and preferred to lose her identity in a group of devotees, but on the Birthday she had to submit to what she dreaded most – a public and pre-eminent role. Humility was her very nature and publicity anathema to her.

Truly, the whole life of Easwaramma is a shining example and ideal for Sai devotees to emulate. "Amazing love for Swami and constantly seeking happiness and welfare of others" – this is the summary of her life. She had a special love for

children because in every child she saw Sathya hiding, inviting her to seek and succeed. Naturally, they cuddled in flocks around her. They watched with delight the twinkle in her eyes and the wrinkles on her cheeks and chin as she joked and laughed. They were amused and their attention was aroused when her gold and glass bangles jingled as she gesticulated, while stressing a point or underlining a caution. When she found a child chubby, she squeezed and pulled its cheeks to see the patch of pink, the thrill the impact lent to the angel face.

So that is how intimate is the bond between Swami and Easwaramma. No doubt the crown of motherhood was acquired by Easwaramma as a reward for her accumulated goodness but in this life too she rose to those heights which made a laudable example of a great devotee of the Lord. Her love for him was unparalleled and as well as being an ideal wife, sister, mother, and

grandmother, she was a constant source of support, inspiration and love for the village folk and the ever-expanding Sai family. And with the Supreme Teacher to guide her, she learned every lesson Swami gave her with his glance, a word, a question, or a smile, and became a living saint radiating love and purity. Ultimately, the great soul we know as Easwaramma reached a state where she took every event and emotion, every thought and activity as a gem set doorway through which she could cognise the One.

An Expression of Love of Mother Sai

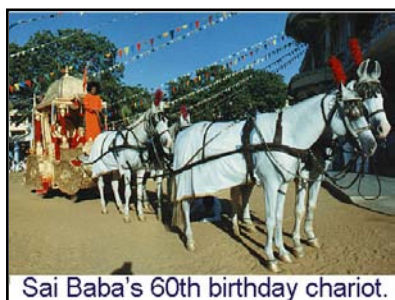


One of the greatest gifts bestowed on mankind during the twentieth and twenty first centuries has been the gift of being contemporaries of the Avatar. Blessed are devotees of Bhagavan Sri Sathya Sai Baba, for being able to recognise this great Truth. William Wordsworth's famous words, "Bliss it was in the dawn to be alive, But to be young was very Heaven." has been experienced by Bhagavan's students. We can only remain grateful since we can never repay the debt we owe to our Parents and Beloved Bhagavan for giving us this great opportunity to learn, grow and blossom under the very watchful eyes of the most Supreme Being that has ever walked the earth.

Every Darshan, every interaction with Bhagavan has had its own message and significance.

1985 was the year of the 60th Birthday of our Beloved Bhagavan. It was also the year when some of us graduated from the Primary School to the senior boys hostel in Prasanthi Nilayam. Our hostel was very unique. It had students from Class VIII to Research Scholars (Ph.D) all living together. The most important element of our hostel life, was the opportunity to have Bhagavan's Darshan every day. During weekdays we would go for Darshan every evening and on Sundays and holidays, every morning and evening. It was an unique experience.

Bhagavan had willed that His boys would get many opportunities during the 60th Birthday celebrations. There were two plays, one in Telugu and another in English (Here & There, scripted by Prof N Kasturi) and a music programme, in which mainly the institute boys took part. For us School boys, Bhagavan had Blessed us with the opportunity to be part of the procession by participating either in the Bhangra or Naga dance from the Prasanthi Nilayam Mandir (presently Sai Kulwant Hall) to the Shanti Vedika (in the Hill view stadium). There was a buzz in the hostel and many of us practiced for days and weeks for the various roles we had been selected to perform. I was selected to be in the Bhangra dance. Bhagavan would often come and watch the rehearsals Himself!



Sai Baba's 60th birthday chariot.

And finally 23rd November 1985 dawned, the 60th Birthday of our most Beloved Bhagavan. It was a day when even the Devas would envy us Human beings! Bhagavan was to travel from the Mandir to the Shanti Vedika in a horse drawn chariot, led in a procession by Sai Gita, Naga dance boys, Bhangra dance boys and the Institute band. We had been asked to assemble in the Mandir by 05:00 am for make up. I still recollect, as we made our way to the Mandir from the hostel, scores of people were already seated in the Hill view stadium even at that hour. With great difficulty, we managed to reach the Mandir as we were travelling in the opposite direction to the sea of humanity. If I remember correctly, the procession was scheduled to start from the

Mandir at 07:00 am. By 06:30 am we were all ready and assembled in the Bhajan Hall. Within a few minutes, Bhagavan arrived and was amidst us, checking our costumes and giving us the strength to perform in the procession. The ever loving and concerned mother that He is enquired whether we had our breakfast. Nobody had thought on those lines. Most of us kept quiet and a few shook their heads but hardly anybody spoke. Bhagavan knew the answer and immediately ordered that breakfast be brought from the canteen and served to His boys. He also informed the elders, the procession would be delayed as His boys had not eaten anything that morning. The Mandir was transformed into our dining hall. We were seated in rows and breakfast was served to us with Bhagavan Himself walking amidst us and ensuring that "there was enough petrol" in each one of us. It was only after every boy's hunger had been satiated that He allowed us to take our rightful place in the procession. Thousands of devotees had assembled for His Darshan, perhaps the Devas too had lined up to watch this Cosmic spectacle, yet the Lord did not hesitate for a moment in delaying the start of the Procession because a few of His boys were feeling hungry! He was concerned how His boys were going to perform for such a long distance when they had not eaten anything that morning. All our teachers and other elders forgot about this, but not Bhagavan. Such is the unfathomable and unique Love that Bhagavan has for His boys.

What does this incident mean to me today? As I reflect on it, I realise that Bhagavan had taught us "attention to detail." In this 85th year of the Advent of the Avatar, let us rededicate ourselves to work for Him. At all levels – be it Centre, Regional or National - let us resolve to pay attention to detail and think of everyone who attends the various programmes conducted under the aegis of the name of "Sri Sathya Sai." Only then would we have learned the lesson He taught us on His 60th Birthday. And in this manner we can sanctify our lives and move a step closer to recognising the "Divinity" that is inherent in each one of us.

Partish Dubey,

Alumni of Sri Sathya Sai Institute, Prasanthi Nilayam (1978 – 1995)

National Spiritual Wing

Returning to the Source: Our National Sadhana in this 85th Birthday Year

"The purpose of life is to go back to where you came from. From God you have come and to God you must return. Life must be so lived that you get back to God. That is the purpose of life."
- Baba

Bhagawan Sri Sathya Sai Baba has said that human birth is highly sacred since man, amongst all creation, is able to turn inwards and realise his inherent divinity. Sadhana (spiritual practice) is the means through which the mind is turned inwards towards the source and away from its fascination with the phenomenal world. Bhagawan Baba has further said that the best sadhana is to sanctify every aspect of our lives through constant dedication and remembrance of the omnipresent divinity in every act of ours. This 85th year of the advent of the Sai Avatar provides a unique opportunity for us all to collectively progress and support each other towards this sacred goal of life.

Our National Sadhana in 2010, is based on the 9 Point Code of Conduct of the Sri Sathya Sai Service Organisation and includes collective prayers at 7am and 7pm daily. The 7am prayer is Swami's Lord's Prayer:

***O' Lord take my love and
let it flow in fullness of devotion to Thee***

***O' Lord take my hands and
let them work incessantly for Thee***

***O' Lord take my soul and
let it be merged in one with Thee***

***O' Lord take my mind and thoughts and
let them be in tune with Thee***

***O' Lord take my everything and
let me be an instrument to work for Thee***

The Sai Organisation are organising regional sadhana meetings, each taking one line of the above national prayer as the theme of the meeting and highlighting Baba's teachings relating to the theme. Study circles and presentations can then be held at Centre and Group level elaborating on the theme. (Notes to facilitate this will be made available from www.saispiritual.org.uk/sadhanaplan)

The National Spiritual Wing is circulating fact sheets on basic Sai Teachings to help us in our collective endeavour. We are also organising other events to encourage the study and

practice of Sai Teachings: the next one being the "Study to be Steady" day on 16th May 2010 at Totteridge, London (details given in the current issue of Love & Light and also available from www.saispiritual.org.uk/studyday.html).

National Spiritual Wing

SUMMER SHOWERS IN SHROPSHIRE

**Shrewsbury and Portmadoc Sai Groups,
Region 4 (Midlands)**

**RETREAT Held in Church Stretton, 17 – 19
April 2010**



Despite 'Vibuthi' being hurled into the stratosphere and planes grounded everywhere, the Shrewsbury and Portmadoc Sai Retreat in Shropshire was blessed with beautiful Spring weather. The sky was blue and the hills certainly came alive with the sound of not so much music but with Omkar, Suprabhatam, Aarathi and most particularly a special one hour reading of the Sai story/katha as a padhuka puja, being offered by our very welcome guest, Leonora Van Gils. Interfaith Minister Leonora, from Moat Hall, Suffolk, has the wonderful task of doing 85 of these pujas before Swami's birthday.

The weekend started and finished with recitation from the 9th World Conference literature, 'God Is' section. We will carry on with further recitation of the material until it is finished for Swami's 85th birthday.

On Sunday early morning risers walked up to the field to the high pasture of the second venue at the Long Mynd Hotel for a sacred start to the day, and then everyone helped prepare the food for the day the Ayurvedic way, thanks to Rosemarie Sellers, our local Ayurvedic food expert.

After another puja and another walk taking us deep into Sai and away from the everyday world, we were also fortunate to have a lively talk from Senior Lecturer, Steve Jacobs, from Wolverhampton University, who has just written a new book, 'Hinduism Today' (Continuum Books), which is being released into book shops this month, to round it all off.

Sarah, Shrewsbury Group Chair

National Pilgrimage SSE Musical Offering

National SSE Choral Rehearsal – Bristol, 24th April 2010



They came from miles around, children of the National SSE Choir, numbering around 180, who had attended a number of regional practices but were uniting for their first national practice in Bristol. The Choir was, with Swami's Grace, the brainchild of Richard Braithwaite and Zita Starkie, who had compiled a list of songs reflecting British culture to be sung, with Swami's grace, during the UK National Pilgrimage this summer.

The proceedings officially commenced with the morning prayer and a *Ganesh* group devotional song. Afterwards, the rehearsal started, led by Richard on his guitar. The 80 parents who had also travelled attended study circles.

The children had clearly practised hard beforehand, with lots of harmonies to be heard, as well as the sounds of flutes, violins, tablas and even a saxophone! Smiles were to be seen on the faces of UKCC members who attended the rehearsal at the end. The love shown by Richard and Zita towards the children was very clear to see and they responded to this.

Whilst there is still a lot of work to be done, and many more practices planned, with Swami's Grace this will be a humble offering worthy of being placed at His feet.

Roni Ramdin
Music Coordinator, Region 1 (London - South East & West)

National SSE Choir - National Musical Coordinators Experience

When we were first asked to coordinate the SSE choir, at first we were very excited at the opportunity to combine our love of music and teaching to bring the children's choir to Swami. But then we began thinking 'Well, how exactly are we going to organise groups scattered throughout the UK?' So, after we worked with everyone choosing a list of songs, we locked

ourselves in our West Wales recording studio for a few days and produced MP3s that everyone throughout the UK could learn. As we knew that these would likely become our main car CD for the next few months, we spent some time making the songs sound nice, after all, we were doing this for Swami!

This all paid off at the first national rehearsal, as the regional coordinators had done a wonderful job of teaching the children the songs, and we had a lovely day bringing everything together and rehearsing as the UK group for the first time. We were very impressed with the musical ability of the children! So, after a brief pause to thank Swami and congratulate everyone, the work begins again in earnest. New MP3s need to be recorded to reflect changes in the programme, and musical scores need to be produced for all the musicians. So, we will all be busy working together over the coming months, ensuring that this programme is the best we can possibly bring to Prashanthi.

by Richard Braithwaite and Zita Starkie

On Saturday 24th April all the SSE children and music coordinators (who are going on the National Pilgrimage in July) came together in Bristol for our first rehearsal altogether. The practice was hosted by Richard and Zita who sang and recorded the songs for us to learn. Richard and Zita uplifted our confidence and made us sing with love for our dear lord, Swami. We managed to sing most of the songs and the instrumentalists worked well to accompany us. After lunch, when we were all nourished so well, especially with several scoops of delicious ice cream, Zita took us through a meditation session to calm and focus us for the afternoon. After about four hours of singing, the UKCC came to the practice to see how we were doing. Richard was amazing on the guitar and Zita kept us smiling all day.

To make the travelling easier we travelled by coaches and we had a lovely time as everyone sang bhajans all the way to Bristol and back again. The coach drivers enjoyed the bhajans and told us to carry on singing. On our return, just before 7pm, one of the parents reminded us to do our 9 Gayatris together (which is part of our national Sadhana for the pilgrimage) which we all did, completing it just before the coach returned.

Overall we really enjoyed the national practice and Richard and Zita did a fantastic job, making us improve further. Our thanks go to all the people who organised the successful event. We feel the Bristol practice was another closer step to perform in front of Swami.

**Abhiramy Rajan, SSE student, Region 3
(London - East & Central)**

Sri Sathya Sai Leadership Training Programme (SSLTP) 2009/10 – The half way mark!



This year's candidates on the Sri Sathya Sai Leadership Training Programme (SSLTP) have successfully reached the half way mark of their 14 month programme and have embarked on their final leg of their transformational journey by committing to various projects for the SSSSO UK.

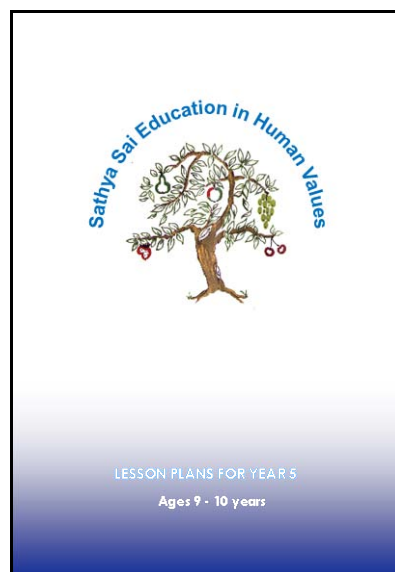
This year's projects are based on a by-product of the work undertaken by the previous year's candidates (2008/09). The 2008/09 SSLTP candidates undertook a survey of Officer Bearers (OB) and Active Workers experiences and perceptions of the role of an OB, including challenges, training needs and frustrations, and as a result of their findings we have deemed it to be highly beneficial for the SSSSO UK to explore further.



This has resulted in the SSLTP Coordinating Committee, working with the UK National Chair, to introduce four key projects addressing issues around communication, information gathering, sustainability of key roles and the UK organisational structure. Candidates are divided into groups with each group tackling one of the four key projects with the aim of making, delivering and inspiring considerable and valuable changes for the benefit of the Organisation. At the end of the 14 month programme, candidates will be expected to present their project proposals to members of the UKCC, SSLTP and invited guests with the view to implement their proposed resolution. Further details can be obtained by contacting the SSLTP Coordinator.

Deviesh Tankaria

SSLTP Coordinator SEAL Ready SSEHV Lesson Plans



Over recent months SSEHV (Sathya Sai Education in Human Values) has been working on mapping our lesson plan resource into SEAL (Social and Emotional Aspects of Learning) ready lesson plans. This has proved interesting and worthwhile. Our lesson plans were already mapped to PSHE and citizenship requirements. Now we can offer a comprehensive learning resource to primary school teachers in mainstream education. In addition to the SEAL mapping we are adding extra lessons to provide a 36 lessons plan yearbook to match the school year, thus providing one lesson per week.

So what is SEAL? SEAL is the new government initiative which will be compulsory in all primary schools from September 2011. It has been designed to develop children's social, emotional and behavioural skills. It focuses on five social and emotional aspects of learning: self-awareness, managing feelings, motivation, empathy and social skills.

What does it mean for SSEHV? SEAL is a useful initiative for SSEHV as it widens the school curriculum to include more personal development including emotional and self awareness. This opens the door to personal development in the curriculum and thus the opportunity to provide SSEHV materials as a teaching resource. We are confident that the SEAL ready SSEHV lesson plans will not only cover the SEAL requirements, they will provide carefully crafted stories, songs and activities designed to develop the 5 human values central to SSEHV. The SSEHV program encompasses much of the SEAL programme and offers a valuable secular spiritual dimension enhancing the children's development

Colette Savage

Region 2 (London - North East & West) Sadhana Meeting – 18th April 2010



The first of the Region 2 Sadhana Meetings towards the UK National Pilgrimage took place at Whitmore High School, South Harrow on the afternoon of 18th April and was thoroughly enjoyed by all who attended. It was really nice to meet the whole (Region 2) Sai Family" in person as we all shared and learnt about the forthcoming UK Pilgrimage together.

Pinner Centre had held their regular Sunday devotional session at the venue that morning and most of them stayed behind to help with the huge task of setting up a platform stage, projection, screen, sound and seating for around 300 expected to attend.

Service is the Ship by which one can cross the Ocean of Samsara

With Swami's Grace, two car loads of volunteers from Harrow West, Southall West, and Slough arrived on this sunny, bright day to warmly welcome all the devotees and there was a keen buzz in the air as they hurried about setting up the refreshment counter with delicious cakes and savouries, some baked lovingly by the volunteers from Pinner and London West. All those gathered were lovingly served during a quick 20 min break and a flavour of the Pilgrimage experienced by ladies and children first and then the gents in the group.

The meeting had commenced with very evocative vedic chanting and a short bhajan session. The programme was well presented and informative. The Sadhana Plan was shared with all and a gentle reminder that the key to "getting close" to BABA was to put into practice His Teachings so that You can Transform yourself and at the same time inspire others by being a "Beacon of Love and Light".

BABA has given the 9 Point Code of Conduct for all Sai Devotees so that as they transform, they make a difference to immediate Family and then to their extended Family. This way we can all bring alive the mantra "Samasta Loka, Sukhino

Bhavantu". As BABA says, When there is Harmony in the Home, There will be Order in the Nation and when there is Order in the Nation there will be Peace in the World.

All the Wings had been very active on the day. Youth offered some light hearted Role Play and an inspiring and thought provoking Fun Quiz based on Swami's life. The SSE Children arrived after having spent their morning in choir practice and then rushed across London to enjoy the rest of the meeting. The Regional Chair presented an exhaustive and very informative Frequently Asked Questions and Answers session about the Pilgrimage and Prashanthi Nilayam. All these items were very well received by those present.

The gathering concluded with the offering of Aarathi and an indication of the next meetings to follow.

Article submitted by Regional Team.

Region 3 (London - East & Central) East Suffolk Sai Group

As part of Swami's 85th Birthday celebrations special Sri Sathya Sai Narayan Katha's are being performed by Reverend Leonora van Gils. The Centre is planning to perform 85 Poojas by Swami's Birthday in November and then a further 108 Poojas by Christmas.



Swami has stated that "Whosoever performs or listens to this Pooja with true love and devotion, the Lord, Sri Sathya Sai, Sathya Narayana, will bestow upon them a happy and peaceful life and will take away their sorrows and worries".

25th Annual Multi-Faith Pilgrimage for Peace, Saturday 5th June 2010. The Westminster Interfaith and The London People of Faith for Peace, a group committed to interfaith harmony and understanding have been organising this event annually since 1986.

On this Silver Jubilee year special commemoration of Br. Daniel Faivre, who started the multi-faith pilgrimage for peace; Cardinal George Basil Hume, who was instrumental in setting up Westminster Interfaith; and the Peace Pagoda, which was visited on the very first pilgrimage and which is also celebrating its Silver Jubilee this year will take place. The Nipponzan Myohoji Buddhist community has taken part in the Peace pilgrimage every year, headed by the Venerable G. Nagase.

All religions can be represented on the pilgrimage, either in the groups of pilgrims or in the places of worship that are visited - and often in both. It is the practice to stop for prayer, conversation and refreshment at a number of places of worship along the way. Walking together provides an opportunity to talk with other pilgrims. Some walk all day, others join for part of the journey.

The day will start from Westminster Cathedral, Archbishop Vincent Nichols will celebrate Mass for the pilgrims at 9am.

Further information about the walk can be obtained from the office of Westminster interfaith, Westminster House, Watford Way, Hendon. NW4 4TY or at www.westminsterinterfaith.org.uk

Region 4 (Midlands) Chanting Gayatri Mantra At the Sathya Sai Centre



Saturday 24th April 2010 was an auspicious day when devotees got together for the second time this year, at the Sathya Sai Centre in Leicester to chant the Gayatri Mantra for Sathya Sai Baba. The idea being that we chant continuously for 4 hours every 2 months, equating to 24 hours of

Gayatri Mantra chanting by the end of 2010. The yearning we have is to support Swami's explanation that the energy generated by chanting the Gayatri Mantra will merge back with Him.

A devotee had asked Sai Baba why he does not heal Himself of the world's problems that He has taken upon Himself. To this; Sai Baba explained that He does not cure Himself as it is selfish. The devotee then asked Sai Baba what we could do to help Him. Sai Baba then disclosed that we should chant the Gayatri Mantra, as the energy will go back to Him. That same day, a group of devotees chanted the Gayatri Mantra all day and for the next two days Sai Baba walked!

Further to this, we were blessed my Swami's Grace, that even though He rarely comes out to give morning darshan these days, during the same period that we chanted the 4 continuous hours of Gayatri Mantra (in February this year), Swami came out to give devotees morning Darshan eight out of eleven times!

April's Sathsang started with Vedam and a few bhajans, after which a short movie clip of Moses was played, which portrayed his life as being of unconditional devotion and obedience to God. In the clip, God advised Moses to unite with others to carry out His given task and in this same way, we as Sai devotees had gathered together for our God given task of chanting the Gayatri Mantra.

"Soul force can accomplish all the tasks of the world and since the Gayatri confers inner strength to foster that force, it has to be cultivated with care at the right moment, without neglect. For the growth and development of the body pure Sathwic food is very necessary"

After the chanting came to a close we finished with Bhajans, Aarti and a Sathwic meal (as advised by Swami in the quote above) for all who attended the programme.

The event was a great success, enjoyed by all, leaving us with the feeling of peace and tranquillity. One devotee who travelled in from outside of Leicester, expressed: "I enjoyed it thoroughly! The chanting, the bhajans, delightful company and delicious prashadam afterwards.. I look forward to attending the next programme".

The next Gayatri Mantra Sathsang for Swami's physical well being will be held at the Sathya Sai Centre, in Leicester on Saturday 26th June. The programme will start at 2pm, and conclude with Aarti at 7pm, after which prashadam will be served.

Please inform your friends and family and make every effort to attend this auspicious event on Saturday 26th June. All are welcome.

Jai Sai Ram.

Region 4 (Midlands) Second Sadhana Meeting for the National UK Pilgrimage 4th of April 2010



Region 4's second Sadhana meeting was held at SSC, Leicester during Christianity's most central day – Easter Sunday - the day Christ resurrected from the dead. And true to its meaning new life was felt everywhere. The captivating altar expressed the essence of this auspicious day with a photo of Jesus on one side and Swami Gracing the other. For a moment it could be mistaken that spring was inside this space rather than outside. Sacred yellow and soothing green drapes majestically gave a sense of opulence.

After some uplifting vedam and bhajans and the necessary introduction, the Region was graced by the attendance of our National Spiritual Coordinator Brother Jey Shivaloganathan who then kindly enlightened all eager pilgrims on various aspects of this pilgrimage. This was followed by a small oration from Sister Nishal of her experience going to Parthi in a group. Again the theme of unity and making Swami proud of us was expounded upon. Sister Nishal closed by saying that we need to grow together and move in harmony without any misunderstanding.



Once again we had the opportunity of having one of Swami's Students – Bro. Gunaranjan Bose. He narrated his many experiences of being with Swami. Thereafter Sister Geetika and Sister Pravina did an exercise with each one of us, where we were asked to plant a dormant

marigold seed, nurturing it into a beautiful flower and finally offering it when the Region attains the last verse of the prayer of 'to taking our everything and make us His instrument'.

Soon it was time to bring to a close Region 4's second Sadhana meeting, as the silent spring evening faded into Swami's Bliss. Heart stirring bhajans and Aarti completed another successful event with Swami's Grace and Blessing. The happy pilgrims left for their homes full of hope, holy thoughts and union with god.

Raju P Gadher

Region 5 (North England) Second Sadhana Satsang for the National Pilgrimage

At our second satsang on Sunday 25th April, we gathered at Lidget Green Sai Centre in Bradford. We had a mixture of workshops and sharing of experiences. We looked at the first line of the morning prayer that has been given in the national sadhana program and delved deeper into it... why 'fullness' of devotion? Why 'thee' – who is 'thee'? Why 'flow' of love? Why is the first line all about love?

We decided that love was the most important, which is why it is in the first line. Thee is not Swami's physical form but Swami within everyone's heart. So our love should flow to everyone – flow is important and natural. Fullness of devotion relates to discipline, dedication, discrimination, gratitude, and determination – all ways in which we can further develop our own devotion.

Then followed a workshop entitled 'God Is' based on the discourses given as preparation for the World Conference. Senthuran – a youth from Newcastle – led us on a journey through Swami's quotes. The main gems I took were that happiness is a gift from God. Why do we settle for material/human happiness when there is divine happiness a thousand times greater than that is our destiny? God is everywhere and in everything – how often do we stop to admire nature?

We then heard divine memories from Gayatri Nadella, who shared some of her experiences at Anantapur College with us. She emphasised the importance Swami placed on service, on dressing well and neatly, and on ceasing on desires. Gayatri shared how she talks to Swami about everything and relies on him for so many 'little things' in life as well as the bigger issues.

We then had plenty of time for updates from the UK Central Council and any questions that people had related to the UK Pilgrimage trip. A full day that left all of us inspired and spiritually recharged – roll on the next one!

Sanjay Vaja R5 Spiritual Coordinator

Parable from the Divine ...



The Three Best Things

A king used to ask three questions of all people who came to him. The first question was: 1. who is the best of persons? The second was: 2. what is the best time and the third, 3. what is the best of all actions?

The king was very anxious to know the answers to these questions. One day, he went to the forest and was moving about the hills and plains. He saw an ashram and wanted to take some rest there. By the time the king reached the ashram, a sadhu was watering some plants. The sadhu saw that the king was rather tired, stopped watering the plants, ran up to the king and gave him some fruits and cool water. At that time, an individual wounded all over the body was brought to the ashram by another sadhu. As soon as the sadhu saw this, he went to the individual, cleaned all his wounds and gave him some herbs which could cure the wounds. He was also telling him sweet words which could console the person. The king wanted to express his gratitude and take leave of him. The sadhu blessed the king but the king was still troubled by his three questions and wanted to see if the sadhu could enlighten him on that matter. The sadhu stated that the answers to the three questions were contained in the actions which the king had witnessed in the ashram. The sadhu said that when the king came to the ashram he was watering the plants and that was his duty. At that time, on seeing the king the sadhu had given up his duty and come to the king and gave him water and fruit. This was in accordance with correct traditions, as the king was his guest. While relieving the king of his thirst and suffering, another injured individual had come to the ashram and therefore the sadhu had given up the duty of serving the king and went to the other individual and began serving him. Whoever comes seeking service from you is the best individual at that time. Whatever satisfaction you can give him by serving him will be the best work you can do. The present, when you can do something, is the most sacred of all times.

FROM THE HEAD TO THE HEART Jealousy and Envy

Have you ever been grabbed by the 'green-eyed monster'? Maybe a colleague at work receives a larger bonus... a devotee at the Centre gets to lead a Bhajanor maybe even someone you know gets called by our beloved Swami for an interview? How do you feel when you hear about another's 'lucky break'? Does it make you feel envious...or maybe even a little jealous?

People often use the word 'jealousy' as a broad label that applies to both experiences of jealousy as well as envy, but actually they stand for two different and distinct emotions. In proper usage, jealousy is the fear of losing something one possesses to another person, while envy is the pain or frustration caused by another person having something that one does not have oneself. These negative and complicated emotions are not just limited to humans; animals like chimpanzees and elephants too express 'jealous' tendencies.

While it may be quite normal to experience these negative emotions, they are destructive not only to ourselves, but also to those around us; preventing us as individuals from progressing through our spiritual journey from the head to the heart.

Swami says the only way is Love. it is the unbroken connectedness of all of us. If we truly want to be free of jealousy we need to start filtering our each and every thought and emotion. It will take a tremendous amount of silence and solitude to be reflective and in constant awareness. However this we must do! Sadly there are no short cuts. To go beyond, we have to go within! Remember our beloved Lord's love and grace is always with us when we are sincere!

We need to welcome, trust and accept all experiences in life, unconditionally. When we find ourselves struggling, it is important to remember that whatever is happening to us is ultimately HIS will. Swami knows what is best for us and we will always get what we need, not what we want!

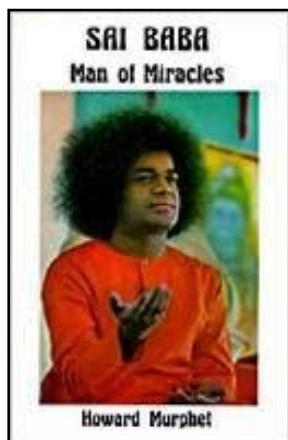
See God in everyone you meet; see God in everything you handle. Live together, revere each other, let not the seeds of envy, jealousy and hatred grow and choke the clear stream of Love.

-Sathya Sai Baba

Madhvi Sai

This month's book review is a timeless classic:

Sai Baba - Man of Miracles



For the new generation of Sai devotees this book is a must read, written in 1971, Sai Baba – man of Miracles is an excellent introduction to Sai Baba's history, miracles, and teachings. During its time, this book has been responsible for bringing countless people to Sai Baba and even today, it continues to be one of the most popular books about Sai Baba. Below is a note from the Author, Howard Murphet, who has become a legend in the history of the Sathya Sai mission. In the opening Howard Murphet says: "This book is intended for three classes of readers; one, the many for whom the mysterious, marvellous and miraculous of life hold interest and appeal; two, the searchers after spiritual light who have not yet found what they seek. Many in both of these classes, especially the former, will not even have heard of Sathya Sai Baba of India, let alone seen his miracles and felt his great influence. They will be more than inclined to doubt. Therefore I have tried to present the facts as objectively as possible, keeping the devotional content to a minimum. Other books, from time to time, have dealt in such a way with the subject of miraculous phenomena. But I know of none describing so many and varied events connected with a miracle-saint, still living, and attested to by such an array of witnesses whose real names are given. These witnesses are, in the main, well-known in their professions and/or communities and can be contacted by any doubters who would like confirmation of the fantastic incredible experiences described.

Because the devotional element is minimal the third class of readers for whom the book is intended, the Sai devotees, will perhaps feel that the presentation is too cold for them. But I beg them to remember that pure devotional literature is of interest only to devotees, and here I am primarily concerned with a much wider field.

Extract taken from book

But I sincerely hope that even the most ardent and experienced Sai devotee, to whom the extraordinary has become the commonplace, will find in these pages something to interest him - perhaps some new evidence, aspect or interpretation of the great Sai power. For it is a fathomless ocean and no man can know more than a fraction of it. In this volume, the fruit of long but highly-rewarding research, investigation and experience, I would like to share with you the inspiring fraction that I came to know".

TESCO & SAINSBURY VOUCHERS PROJECT for SATHYA SAI SCHOOL, UK.

Tesco and Sainsbury are once again offering school vouchers with every purchase from their stores. Please collect these vouchers to help our own Sathya Sai School in Leicester.

The School will be able to redeem the Vouchers for sports and other essential equipment like laptops and educational software. Last year, with your help, we were able to get new sports equipment, a camcorder and a digital camera through the 'Vouchers Project'.

Please put all the Vouchers you and your family and friends can collect in an envelope (stamped correctly please) addressed to: The Head Teacher, "VOUCHERS PROJECT", Sathya Sai School, Bede Island, Narborough Road, Leicester, LE3 0BT. Alternatively, if you live in Leicester or are visiting the School, please deposit your Vouchers at the Administration Office on the 1st floor.



Thank you, in advance, for your help!

Renu Gidoomal
Sathya Sai School Business Development
Manager

Announcements



Phyllis Krystal in London – May 2010

14th – 15th May 2010

Two day seminar with Phyllis Krystal on Friday 14th and Saturday 15th May (10am - 4.30pm)

'How do we live our changeless reality in an ever changing world?' Sri Sathya Sai Baba's Ceiling on Desires programme and the relationship of our mind and senses with the environment.

Sai Mandir, Wimbledon, London (www.saimandir.org.uk)

Seminar is open to all, irrespective of age and faith. No charge for entry.

To register attendance: phylliskrystalseminar@saiyouth.org.uk.

Sri Sathya Sai National Spiritual Carousel Day

"Study to Be Steady" Day

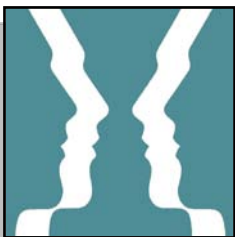
Sunday 16th May : 10.00pm – 4.00pm

The morning (10am-1pm) will be devoted to parallel sessions presenting Sai Teachings on a range of topics.

The afternoon (2pm-4pm) we are honoured to have with us our keynote speaker **Mrs Phyllis Krystal** - a long time devotee of Bhagawan Sri Sathya Baba

Venue: St Andrews School, The Green, Totteridge, London, N20 8NX.

Further information please contact your Centre Chair or to register attendance please go to: studyday@saispiritual.org.uk



Face to Face with National Chair

Dates are Sat 29th May and Sun 30th May, please call 07967 372 128 to set up a meeting.

CAN YOU HELP ?

Urgently needed volunteers to spare some time to help in the Sathya Sai Bookshop in Kingsbury, North West London on Saturday's and Sunday's once a month.
If interested please contact Navinkaka on ukccnews@hotmail.com



Diary Dates 2010

MONTH	DATE	EVENT
May	14 th /15 th	2-day Seminar with Phyllis Krystal
	15 th	National UK Youth Choir with Dana Gillespie - Practice
	16 th	National Spiritual Carousel training day – with Phyllis Krystal
June	12 th	2 nd Quarter UKCC Meeting
	13 th	National Wing Meetings
	18 th – 20 th	Region 5 (North England) / Region 8 (Scotland) Retreat
	26 th /27 th	Regional Meetings
July	3 rd /4 th	Regional SSE Family Values Days
	17 th	UK Pre-World Conference – London “Sai Ideal Human Life” (whole day)
	18 th	UK Pre-World Conference – London “Sai Ideal Human Life” (half-day)
	24 th	Guru Purnima
	31 st	Start of National UK Pilgrimage to Prashanti
August	7 th	End of National UK Pilgrimage to Prashanti



Websites

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

UK Regions

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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

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Data Protection Act 1998

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'Love and Light'

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