

Love and Light

SSSSO (UK) - monthly update



9th November 2005

Greetings from St James' Palace....

Dear Readers,

Sai Ram! On 2nd November, Ishver Patel, Central Co-ordinator, Shitu Chudasama, National Youth Co-ordinator and myself, on behalf of the SSSSO UK, were honoured to have a private audience with His Royal Highness the Duke of Edinburgh and to be officially presented with the operating license for the Duke of Edinburgh Awards Scheme - Shitu will share more with you further on in this newsletter.

In fourteen days time the Living Avatar will be 80 years of age, it was at the age of 14 that He declared who He is.

Those who were fortunate enough to have been with young Sathya Narayana from the early years would not have known what they would be witnessing in the years to come. Indeed we too are very fortunate to be here at a time when Divinity in human form has demonstrated through the human values that nothing is impossible and that we too can achieve good deeds through unconditional love.

I pray that you will all have a wonderful day on 23rd November and will have time to reflect on the work that has been achieved by a 'human being' and I look forward to meeting many of you in Puttaparthi.

Love and Light

Shobhna Patel, UK Chair

We All Have a Major Part in the Play!

As the 80th Birthday is also the 8th World Conference it is right and proper that as many as possible UK Council members represent the United Kingdom on behalf of this country's devotees. We are also pleased to have approximately 150 delegates from all over the UK keen to attend the Conference. We shall all endeavour to bring back as clear a message as possible to share with those who are remaining here celebrating the Birthday in all sorts of lovely diverse ways. The greatest Birthday Gifts to our Beloved Teacher and Friend are that of Love and Service towards all people, recognition of their Divinity and our own personal transformation. I pray that the final 16 years of the Avatar's present Embodiment see all our veils of the illusion of separation fall away.

Rosemary Perry, UK Vice Chair

80th Birthday Celebrations

For details of Regional Birthday celebrations, please refer to the national website : www.srisathyasai.org.uk

Region 6 Laksharchana

On Sunday 16th October, at the Maybury Centre, Woking, Surrey. Yoga Kamalanathan and some helpers organised a 'Laksharchana', for Swami's health. This was inspired by a conversation that Dr Upadhyay had with Sai Baba in which he asked Sai Baba why He didn't heal Himself and Sai Baba replied that it was up to us to do that.... More than 100 devotees attended the event, which started with devotional singing. The Laksharchana chanting took 1 $\frac{3}{4}$ hours. During the chanting we prayed earnestly that our Beloved Swami's health is improving. With Swami's Grace, this unique spiritual discipline (*Sadhana*) is performed by chanting a mantra 100,000 times, collectively by all the participants, whilst offering rice grains at the feet of our Beloved Lord. In 1967 Baba gave the late Dr Gadhia a particular mantra, '*Aum Sri Sathya Sai Krishnaya Namaha*', and gave instructions for him and everyone on the spiritual path to use it.

Philippa Malcomson, Region 6 Chair

Region 3 SSE at 80th Birthday

The SSE children of Region 3 celebrated Swami's forthcoming 80th Birthday by offering various role-plays, songs, music and dance presentations at the Brent Town Hall on 29th October 2005. Children from the Region 3 SSE School and Hatfield, Luton, Mill Hill & Milton Keynes Sai Centres all took part on this action-packed day. The children and teachers worked very hard behind the scenes over a period of several months, which helped to strengthen their personal sadhana. We would like to take this opportunity to thank the teachers, the children and their parents for their cooperation and teamwork. For those who missed this rare opportunity, a video will be made available later.

Minesh Patel, Region 3 SSE Coordinator

Website Designer

The National Website team urgently requires a website designer to help with further development.

Please contact: ksithsabesan@sonangol.co.uk

"The main cause of the highest bliss is dedication to God; nothing else can give that genuine and lasting joy."

Teachings of Sai Baba

A Private Audience with HRH Prince Philip

A milestone event took place on Wednesday 2nd November when I along with Ishver Patel and Shobhna Patel, were invited to St James' Palace for a special private audience with HRH Prince Philip in recognition for the Duke of Edinburgh's Award.

On the same day there were some 150 young men and women from around UK receiving the Duke of Edinburgh's Gold award. As soon as we arrived we were ushered to a VIP area where we were given a briefing on protocols regarding addressing Prince Philip. We were then given a tour of St James' Palace and the lovely staterooms, filled with exquisite art and royal relics; we were also shown intimate rooms such as the Prince of Wales' living and dining rooms.

We were then taken to the Council Chamber, which was directly behind the Throne Room where we were told to await the arrival of the Prince. I was given the honour of welcoming Prince Philip and then introducing him to Ishver and Shobhna as senior heads of the Sri Sathya Sai Service Organisation (UK). As soon as the Prince entered the room he was extremely warm and loving towards us and even posed for photographs. Prince Philip showed a very keen interest in our Youth and asked many questions. I also had the opportunity to mention to the Prince that we drew our inspiration and motivation from our founder Sri Sathya Sai Baba; he paused for a few seconds and then said, "Very good". I must say, out of all the different Organisations present that day, none received the importance and respect that was bestowed upon us, representing the Sri Sathya Sai Service Organisation (UK).

Shitu Chudasama, National Youth Co-ordinator

Visit to Washington D.C.

On Sunday 6th November, the Sri Sathya Sai Centre of Bethesda, Washington D.C., celebrated Swami's 80th Birthday. This is one of the largest centres in the USA and this year the Birthday celebrations were focused around the Youth. I was asked to be one of their overseas guest speakers and my talk was on 'Swami's Greatest Miracle - Transformation of the Heart'. I recounted my early experiences with Swami and the transformation that took place in my life when I came into Swami's fold. I also briefly touched upon the work undertaken by our National Youth Wing and also showed the National Youth Pilgrimage 2004 DVD. Many of the devotees afterwards were moved to tears seeing how our youngsters served with such devotion.

The all-day programme was of a very high standard and consisted of: a rousing play on the life of Swami Vivekananda by the Youth boys, an eclectic musical programme by the Youth girls, a wonderful multi-

media presentation by Swami's students concluding with a talk by Geetha Mohan Ram on 'Our Ever-present Swami'.

Swami had also sent a message to the devotees, via Dr Padmanaban, Geetha's father, saying that Swami himself would be present for the celebrations. The whole day was very moving, inspiring and uplifting and I look forward to going back again soon.

Shitu Chudasama, National Youth Co-ordinator

Sathya Sai Schools Presentation

As part of the nation building vision, the Sri Sathya Sai Service Organisation UK recognises the need to demonstrate Swami's Teaching's by example. Two beacons of inspiration and light have been holding this torch for the last 4 years. The Sathya Sai School Leicester (England) and The Sathya Sai School St. Andrews (Scotland) are fulltime independent schools set up to promote character education at the heart of a child's learning experience. Both are run by qualified professionals and are highly acclaimed as having a positive impact in their local community as well as contributing to raising standards in education. The Sathya Sai Schools in the UK have been inspected by government agencies on several occasions and each report has served to further highlight the outstanding work that is being carried out by these wonderful institutions. Both Sathya Sai Schools in the UK are wonderful opportunities to help build this country through the future generation...but only in our united efforts can we make a difference.

We welcome your support and input at all levels.

With a view to sharing the glowing work of both Sathya Sai Schools, the Sathya Sai Schools Committee UK (SSSUK) has put together a 30 minute slideshow presentation about the two schools and the impact they are both having locally and nationally. If any Regional Chair would like the presentation to be shared at one of their meetings, then please contact **Ravi Manchanda, UKCC Sathya Sai Schools Rep:**
ravi.manchanda@thegroup.com

Diary Dates 2005 –2006

UKCC / National Wing Meetings: Quarterly 80th Birthday Celebrations:

Region 6 – 19th November, Park Barn, Guildford

Region 7 – 19th November, Birthday and Ladies Day

Celebration, Punjabi Community Centre in Swindon.

Akhand Bhajans: Weekend 12th/13th November

Region 7 Akhand Bhajans: Claverton Community Hall, Bath, 7pm Saturday 12th November to 1pm Sunday 13th November (18 hours).

BISE: 28th Dec 2005 – 2nd Jan 2006: Intensive Foundation Training, Pinner, Carole Alderman and Pamela Nash

NOBC 2006: 4th February 2006



1970: The highest and the most fruitful sacrifice is that of the ego. Crucify it and be free. Dedicate it to God and be rich beyond all dreams... When you desire to transform a silver idol of Ganesh into an idol of Krishna, you cannot succeed by simply covering the Ganesh with a cloth and uncovering it, after a few seconds! You have to break it into pieces and melt the bits and pour the silver into the Krishna mould! So too, when you yearn to transform the human into the Divine, you must pull down the pieces through detachment, melt them in the fire of wisdom (*Jnana*) and pour the mind stuff into the mould of devotion (*Bhakti*). Then, the entire consciousness takes on the Divine Name, Form and Substance.

1975: I do not accost one particular date in the calendar as My birthday, for I consider the day when Divinity blossoms in your heart as My birthday in you. Therefore each of you should individually celebrate such a day as My birthday. The day when you resolve to practice My advice, to follow My directives, to translate My message into acts of service, and to engage in spiritual discipline (*Sadhana*)...that day is My birthday for you... Adore man; the adoration reaches Me. Neglect man; you neglect Me. Love for God must be manifested as Love for man, and Love must express itself as service.

1980: Use all your talents for the service of your country first and then do whatever you can for other countries. How can you conquer the outside world without having established your control over your own house? If you cannot derive satisfaction by utilising your education, your abilities or skills and your intelligence for your country, how are you going to achieve it in foreign countries...Experience of the Divine must be sought in the company of good people. It is an illusion to imagine that you can see God in some temple or shrine or in some kind of meditation. Only in the Divine manifesting in a human form can you experience the Divine.

1985: Of course, money is an essential requisite and those who have assumed responsibility for service projects do need it. When I decide on a project, the wherewithal for accomplishing has to be spontaneously available without any fund-raising campaign. My will has the power to concretize my plan...As part of the sixtieth Birthday celebrations; I am prescribing a test, which you have to accept. When you undergo it and emerge victorious, you can be pronounced as real humans. The farmer ploughs the field, sows the seed

and watches the crop grow, until the grain is harvested. The next process is winnowing. The light chaff will then be carried away by the wind and the hard grain will stay. I shall start winnowing from now; the test will remove the chaff.

1990: 'Bharat' denotes the entire human family. Saraswathi means the Goddess of Speech (*Vaakdevata*). Hence every man born with the gift of speech is a 'Bharata'. The name is not associated with any particular individual or country. The term Bharat is applicable to the entire human family. 'Bha' refers to the Principle represented by Divine Knowledge. Self-knowledge' is 'Bha.' 'Bharatas' are those who take delight in Self-knowledge. Hence everyone who shines by his own special luminous power is a Bharata. ...A *Bharatiya* is one who has acquired divine strength by the power of the Spirit (*Atmabalam*). So, whoever one may be, whatever one's country, he has to acquire this strength of the Spirit.

1995: Today, on the seventieth birthday of this body, you have to take note of one thing. Swami needs nothing. Do not offer even a small robe. Become exemplary persons. When you return to your countries from this conference, you must develop your Centres without hindrance, from day to day. Make good use of the Divine Trinity in you...That Divine is Truth, Goodness and Beauty (*Sathyam, Shivam, Sundaram*). Plato (the Greek philosopher) declared that Truth, Goodness and Beauty are God. Irrespective of the country, these three are the eternal verities...From today you have to take to a new path. You must spend your lives in harmony, co-operation and mutual esteem. See the Divine in all things.

2000: If a bird enters a hall of mirrors, it sees many reflections of its own form. It imagines that there are a multitude of birds and they are its competitors. So, it keeps dashing against the mirrors and the mirrors are broken into pieces. Now it sees as many birds as there are pieces of mirror. When the mirrors are all shattered to tiny bits, no image is visible and the bird flies away. This is a state of ignorance. On the contrary, when a man of wisdom enters the room, he recognises that these are all his own images and feels happy. In the same manner, the one who sees himself in all other persons and looks on them as his own images is a true human being. The manifest principle that is visible in the external world is the same as that which exists in an individual.

