

Love and Light!

SSSSO (UK) - monthly update



9th October 2009

Preparation and Dedication

Dear Readers, Sai Ram!

The Autumn Equinox on September 22nd led us into the time of the turning of the leaves and the rising of the gentle mists that characterise the third quarter of the year in this country. September saw your Council Members gathering in our building in Leicester, on September 12th, for our third Quarterly meeting, followed by the Wings meeting there on Sunday 13th. Our Central Coordinator for the UK and Ireland, Ishver Patel, spoke at both these occasions.

As a Council, we abandoned our usual Agenda format to address the significant events of next year. Being Swami's 85th Birthday year, it holds much in store for us all. As I mentioned last month, next year is a very full one and, indeed, a challenging one – but if it is handled correctly it will much pleasure and great joy for us all.

Our being invited to attend Prashanti Nilayam as a national pilgrimage group is really fantastic but the logistics and detailed planning of such an event ...an event that also includes having an impeccable cultural performance up our sleeve, from the UK (and wholly representative of it), is very daunting.

In any creative process there is always a series of phases – these can be likened to the seasons. Using this system, winter is the first stage in the pursuit of bringing something about. Everything feels 'hard', obstructed, and it is hard to thaw people out and help them 'gel' together, new green shoots haven't yet appeared and things seem inert and frozen.

Regarding preparations for, and disseminating information to you about, events next year: well, currently things are 'on ice'. (Hopefully on 'the back burner' too – where they will thaw out quicker!)

We have offered up our dates and are waiting to hear if these are approved/accepted. Until they are, neither can we pull together a set calendar or programme for next year nor can we give you an indication that will help you plan your personal calendar next year.

What I can tell you is that we are looking at early August for the UK National Pilgrimage – BUT this has not yet been given either a green light or a red light. Our discussions in

Leicester also addressed the issue of whether to hold our usual National Conference (pencilled in as Saturday January 30th 2010) in a busy year when we shall be holding an important 'Pre-World Conference' here, with both Dr Michael Goldstein and Dr Narendra Reddy of the Sri Sathya Sai World Foundation as our esteemed Guest Speakers, on the World Conference topic of 'Sai Ideal Human Life' – and have many meetings to prepare and rehearse together.

Our unanimous decision was to go ahead with our National Conference as it is an 'in-house' gathering where we review our year as an organisation, acknowledge the change of our Office Bearers and turn to face the year ahead.

We all felt, after much discussion and debate, that we should eschew our usual policy of bringing in significant speakers from abroad and, instead, use the opportunity of having so many together, to begin the Birthday Year preparations at both national and personal level. So, Conference 2010 will hold many familiar items but will branch out differently in many ways to till the fertile earth and sow the seeds that will surely produce an abundant harvest in the summer. These seedcases will crack and begin the germination process in the Regions at their Regional conferences, following on from the national one, and the first green shoots will shortly appear after that in the actual Spring! As it transpires, our bid to hold the Pre-World Conference in April or May has not been a possibility (we worried about holding two national conferences near the beginning of the year) so we have now offered dates for it to be held in June. When you consider that Dr Goldstein and Dr Reddy will be attending these conferences, on Sai ideal human life, all around the world, it is hardly surprising that dovetailing all these events in a seamless way is probably very difficult.

Incidentally, it was wisely suggested that we begin, very early on, referring to our Pre-World Conference as the SSSSO UK's 'National Conference on Sai Ideal Human Life'. People are often affected by language and we felt that slipping into the habit of constantly saying 'The Pre-World conference' might be an off-putting phrase and not as inspiring as talking about a conference on

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ideal human life, which is a really rich and valuable theme for a conference.

We would like this topic to begin being discussed by you in your Centres and Groups in a stimulating and positive way. The potential for discussion is great and diverse. It would be good if you could record some of your creative thoughts and outcomes too, as they arise in these study circles, to contribute into your Regional Conferences in February 2010. Please be aware that Council Members are very aware that you need plenty of forewarning if you (and your family members) are to join a national pilgrimage to Prashanti next year. As soon as we can send you concrete details we shall.

September was a very wonderful month in that it saw us welcoming Phyllis Krystal to our shores from Switzerland. She gave us three whole days of her wisdom at Merton Sai Centre from the 17th to the 19th and graced our National SSE Teachers' Day on the 20th. Much has been written in this issue covering these events however, I'd like to add my personal tribute and thanks to Phyllis for giving so much of herself so fully and so freely – imparting her innovative wisdom and sharing her unique techniques. As I said when I introduced her on the first day, Phyllis will, retrospectively no doubt, go down in the history of Psychotherapy as being quite unique in bringing together equally spirituality and psychotherapeutic methods. When you consider that Phyllis, now in her ninth decade, was, in a ground-breaking way, exploring her rich interior landscape and employing her intuition (emanating from her highest level of consciousness - and in a totally reliable way) back in the 1940s, in the USA, it puts her great experience and wisdom into true perspective. I elect her as a natural successor to Jung! I believe he would thoroughly enjoy her use of symbolism and her recognition of the layers of consciousness and ways of working amongst them.

**Love and Light,
Rosemary Perry, National Chair**

SSE

A 'Bit of a Do' for Classy Teachers

On Sunday 20th September, approximately 150 delegates, guests - and an excellent crew of volunteers - came together to celebrate National Sai Spiritual Education Teachers' Day 2009, at Windsor and Maidenhead Town Hall, Berkshire. It was indeed an auspicious time with the Muslim festival of Eid having just been celebrated and the Hindu festival of Navaratri commencing.

The theme for the day was:

'My Life is My Message'

On 11th October 1970 Sri Sathya Sai Baba said:

'I eat as you do, move about as you do, talk in your language, and behave as you so you can recognise and understand for YOUR sake - not for my sake! I turn you towards the Divine, winning your confidence, your love, your submission, by being among you, as one of yourselves, one whom you can see, listen to, speak to, touch and treat with reverence and devotion. My plan is to transmute you into seekers of Truth (Sathya-anveshaks). I am present every where at all times; my will must prevail over every obstacle; I am aware of the past, present and future, of your innermost thought and carefully guarded secrets. I am sarvaantharyami, (the inner motivator, present everywhere at all times) sarva saktha (all powerful) and sarvajna (the all knowing, intelligence that is all comprehensive). Nevertheless, I do not manifest these powers in any capricious manner or merely for display. For, I am an example and an inspiration, whatever I do or omit to do. My life is a commentary on my message'

The key aim of the day was not only to celebrate Sai Spiritual Education in the United Kingdom but to also reflect on our lives and consider the example we set others by our actions and how we inspire the SSE children and those with whom we come into contact, in other words truly making our lives 'His message'.

As Rosemary Perry, UK National Chair, lit the lamp, the audience was uplifted by a wonderful video clip, entitled, 'A new day has come'. In the opening welcome address, 'Life is a goal reach it', Rosemary highlighted the importance of the year ahead, 2010, the 85th Birthday year of Sri Sathya Sai Baba, the 9th World Conference on the theme of 'Sai Ideal Human Life', a UK pre-world conference on the same topic ...and the request, by Swami, to bring a UK pilgrimage to Prashanti Nilayam. She spoke of the need to practice the '5 Ds', namely discipline, duty/dedication, devotion, determination and discrimination that are necessary to reach life's goal.

In particular she praised the dedication of the 160+ SSE teachers, teaching assistants and helpers; the quality of SSE training provided nationally (e.g. SSE Carousel Training Day) and often regionally; teachers' study circles; Sathya Sai Parenting study circles that take

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place in some centres and the successful LOTUSS programme for the 16-18year olds.

Lakshimi Puvanendran, the National SSE Coordinator, then introduced the Regional SSE coordinators who all facilitated an interactive session, 'Life is a challenge meet it'. Each table had a choice of an SSE-related case study to discuss or were given the opportunity to discuss an alternative case study they had personally encountered. After some animated discussions, spokespersons from each table gave feedback on the case scenarios they had discussed.

Phyllis Krystal who had graced the fortunate attendees with her three-day seminar at the Sai Mandir in Merton, was the keynote speaker at this year's National SSE Teachers' day. Shitu Chudasama, National Vice-Chair, introduced her most eloquently and with touching personal accounts. Her guidance is to always let go to the principal, 'Not my will but thine' and that it's alright to make mistakes but 'Practice, practice, practice!' She recommends that we keep things simple and that we don't overcomplicate our spiritual efforts. She emphasised that people can be drawn to Swami because of us (how we behave). Let our everyday life attract others to him. The light in all of us is the same current - it is only the 'wattage' with which we radiate that is different. Radiate the light, not the personality. Her key philosophy on life, after her many years of experience, is 'Surrender' (only to Baba, who is the external representative of the God Self within), 'Trust' (that God self within is the only thing we can trust) and 'Accept'. Become living examples of his message. Very young children know who they are, i.e. the God Self within, and then we educate them away from that. We should draw from the children; they are going to change the world. As Shitu summed up, Phyllis most lovingly imparted beautiful 'Krystals' – rather than pearls - of wisdom to all present answering some of their questions very aptly.

After a nourishing lunch served by a small army of volunteers led by the National Service Coordinator, Kirti Patel, and the Region 2 Service Coordinator, Sunita Verma; and having had time to browse and purchase an array of books kindly brought to the event by the Sathya Sai Bookshop ...it was back to the tables for the afternoon session. Pravina Patel, Region 4 SSE coordinator, in her usual bubbly and lively manner had the 'little grey cells' of the audience working as she got them to do a value-based 'Sudoku' puzzle.

Nidhi Lall, currently a secondary school teacher, who had been educated in Swami's school in 'Ooty' and subsequently graduated with Honours obtaining a Bachelor of Science degree in Mathematics and later completed her B.Ed at Swami's Institute at Anantapur, shared some her experiences with the audience on the theme of 'Swami in my Life'. She echoed Phyllis' words, 'Who am I to think that I am the doer?' and said that we all have to realise that God is the doer.

An ideal hallmark of a Sai College student is someone who practices Swami's teachings, develops character and maintains humility. There is a lack of parental role models or role models in society for students. Hence, there is a dire need today for good role models who will inspire children to respect their elders and parents. A bad teacher can ruin a whole generation. Nidhi closed with the well-known quote, "If wealth is lost, nothing is lost. If health is lost, something is lost. But, if character is lost, everything is lost." Re-emphasising that the importance of our character and personality transcends any other measure of success of our existence.

Pravina Patel took to the stage again for a very creative session, 'Life is a game play it' setting the audience a mission: "An SSE teacher should be like the trinity of Brahma, Vishnu, and Maheshwara. She CREATES interest in the child for excellence, helps SUSTAIN the knowledge by helping them form good habits, and helps DESTROY any negative tendencies." Her challenge to everyone was: "Your task ...should you wish to accept it, is to create a model / sculpture from the items provided that depict the three qualities of creator, sustainer and destroyer." Much frenzied discussion, cutting, shaping, modelling and sticking took place.

Dr Puvanendran, a consultant paediatrician, was then asked to judge each table's efforts for their creativity, originality, engineering ability and award extra points if the reasoning was sound and it worked! To everyone's surprise and heckles of, 'Fix! Fix!' the table with Carole Alderman, Rosemary and Stephen Perry, Sharmila Parikh, Bharti Thakrar and Dr P himself, won! He charmingly mentioned that he had neutrally judged the sculptures from a child's perspective!

The two final guest speakers for the day were Partish Dubey, who started in Class 1 at Swami's school in Ooty in 1978, and went all the way through to completing his MBA in 1995 - and Karthik Prashanth, who completed his Bachelors and Masters degree in Mathematics and also a Masters in

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Technology from 1998-2005. Karthik is currently the Centre Spiritual Coordinator at Ilford Sai Centre, in Region 3. They shared personal experiences of 'Swami in my Life'. They spoke most lovingly of their teachers and in particular their principal in Ooty, Mrs A K Varma. She was verily a mother to all the students, treating each as her own. She was an inspiration to all who came into contact with her, having been part of the freedom struggle in the forties, and experienced much in her life.

Yoges Yogendran summed up the exceptional day giving the vote of thanks prior to a brief devotional singing session, 'Life is a song sing it', led by the wonderful compere Dr Krishnan Vickneswaren and Mathurini Yogendran (who sang an English song she had specially written). The day concluded with Sunita, Region 2 Service Coordinator, offering the Aarathi.

'Duty is best discharged through discipline. Discipline for teachers cannot be limited to punctuality and adherence to the timetable. Duty for them involves intensive preparation, choosing the most effective means of communication and discovering how best to instruct and inspire pupils under their care.'

National SSE Coordinating Committee (NSSECC).

YOUNG ADULTS

'The Rising Generation'

Tomorrow!

10th October 2009, Leyton, London, E10

National Youth Day: This will be our official launch for a special series of programmes and events that will take place over a year in the lead-up to Swami's 85th Birthday in 2010, and the World Conference to be held in that year!

To contact us use the link:

<http://www.saiyouth.org.uk/contact.php>

Or email:

mathan@arulvel.co.uk

'Discrimination: Its Practice in Daily Life'

A National Youth Satsang took place on the 12th September 2009 on the theme, 'Power of Discrimination: Its Practice in Daily Life' at Winstanley Community College in Leicester. Over 220 youth from across the United Kingdom came together with love, joy and unity to explore, in a practical way, the challenges and dilemmas that youth face in their day-to-day lives, and to understand

Swami's direct guidance on how to deal with these through the practice of discrimination.

The Satsang opened with the chanting of the Narayana Suktam and Devotional Songs, after which, an inspirational video of Swami's discourse about discrimination was shown. It set an uplifting scene for the rest of the day. The Satsang comprised inspirational guest speakers:

Dr Mahesh Narayan, an ENT surgeon and Bhagawan's ardent devotee for over 40 years, who spoke about the value of fundamental discrimination above individual discrimination, where our thoughts, words and actions should be used for the benefit of society rather than for individual gain. He emphasised control of the senses and detachment, for brightening the intellect to discriminate between right and wrong in daily life.

Deepak Vasandani, a youth and successful finance professional, shared his experience of Swami's message on 'Ethics and Dharma in the Business and Finance World'. He emphasised that, as a result of the world's financial turmoil, for the first time, businesses are talking about the real values of their organisation, rather than the financial value of their organisation. He demonstrated that Swami's dictum, "Tell me your company, I shall tell you who you are," applies even to businesses, where the company we keep/employ has to be discriminated for the good of the organisation and its service to society.

Mrs. Vidyulata Narayan, an alumna from Swami's Anantapur College and daughter of the first Principal of the Brindavan College, shared gems of wisdom on Swami's quotation, "He who practices Dharma is protected by Dharma". She fostered the faith of youth through her personal experiences of what is 'Dharmic' (right conduct) and 'Adharmic' (lacking accord with right conduct), impelling youth to follow 'the Master within' (our conscience), and to realise that Dharma is a timeless and universal principle adhered to by all of Creation.

Interactive workshops, discussions with an expert panel, and role-plays were held presenting youth with dilemmas that they face in their day-to-day lives. Youth, guided by elders and Sai former students, discussed the application of Swami's teachings to enlighten our power of discrimination so that we may follow the path of right conduct and morality in each of these dilemmas.

Swami's messages on discrimination were instilled in the hearts of all those present: Dharma and morality is that which gives joy and does not harm ourselves or others;

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Dharma is enshrined in those actions that bring peace to mankind and are carried out with pure intentions and with harmony in thought, word and deed.

The gathering of kindred spirits ended with a medley of English, Hindi, Tamil and Telugu devotional songs as a musical offering of love and gratitude to our Beloved Swami.

Write-up by Darshan Patel

National Youth Satsang Planning Team

Krystal Clear Enlightenment

With divine grace, the Phyllis Krystal seminar entitled, 'How do we live our changeless Reality in an ever-changing world?' took place at the Sai Mandir, in Wimbledon from Thursday 17th September to Saturday 19th September 2009. It was an event that will live long in the memories of all those who were fortunate enough to attend.

The seminar began with an auspicious Ganesh ritual that cleared away all the obstacles to help with the smooth running of the seminar. Although the seminar was organised by, and primarily for, the young adults, it was open to people of all ages and faiths, whether Sai 'devotee' or not. It was wonderful to see such a variety of people in such a special place learning how to contact and live from the one source of truth that we all have within our hearts.

Phyllis Krystal is an ardent devotee of Sri Sathya Sai Baba and has many years experience of practising His teachings and sharing with the world what has been revealed to her through her higher consciousness. This is what Sai Baba calls our God Self, or Atma, and it is the same source of wisdom in everybody, whatever faith or tradition we come from: A rose may have different names in different languages, but it is still the same flower, with the same fragrance.

For the next 3 days, Phyllis gave an overview of the method that was revealed to her. It is a method that has 2 aspects to it: how to get in contact with, and live from, our higher consciousness and how to remove any obstacles that prevent us from living from that place of changeless reality. The key mantra for doing this is "to surrender, trust and accept".

We **surrender** to the only authority figure that is truly reliable, and that is our inner higher consciousness or God Self. We place our **trust** in it, as only our true God Self knows exactly why we are here and what we need to experience. Finally, we **accept** whatever experience it gives us, but not the

fantasies that our everyday conscious mind and its desires would rather present us with.

A key part of the method is the use of some symbols, which are much more than a meditation technique. We have 3 aspects to our mind: the higher consciousness, the conscious mind and the subconscious. All of us are wholly connected at the level of the higher consciousness and the subconscious mind. The subconscious is the storehouse of all our sensory experiences, right from when we were in the womb of our mother. Unlike our conscious mind, it never sleeps. The input from all our five senses of sight, smell, taste, touch and hearing are received by the conscious mind and then stored and hard-wired into our subconscious. We live our entire lives from the programmes in our subconscious, which we have been conditioned to receive since childhood and during previous lives.

They create our reality from which we continually react to perceived external events or stimuli. Thus, we are trapped by the six inner foes that are: lust, attachment, jealousy, anger, pride and greed; and which are the impulses of our animal nature and which live in the subconscious part of our awareness. As Baba says, everything we experience is the reflection, reaction and resound of our inner being.

The language of the subconscious is that of symbols and imagery. It does not understand words. It is like the mind of a 5-year old child. It likes repetition and anything that is fun and evokes emotion. The symbols that were revealed to Phyllis, including 'The Maypole' and 'The Tree', are powerful symbols to help the subconscious part of the mind get in contact with, and live from, our inner higher consciousness and create balance in our being.

The Figure 8 is another powerful symbol to help remove any obstacle or conditioning that is controlling us, or that we are controlling. When we live in such an egotistical state of mind, we are not able to live from our Atmic reality, which is nothing less than pure unconditional, divine, love. This is not a method that looks to uncover and pay attention to our inner conflict or negativity. As Baba tells us, we should not allow our intellect or 'buddhi' to focus on the negative - whether within us or in others. Instead, we simply allow our higher consciousness to find a symbol that represents whatever conditioning that we wish to cut the ties to and use that symbol as a message to the subconscious to stimulate the necessary change and growth. So, by regular practise of

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this method, we are able to make significant progress in our Sadhana (spiritual exercise) of transcending our animal nature and allowing the human values of truth, right conduct, peace, love and non-violence to be naturally drawn out from our hearts and manifested in our thought, word and deed. When we rise to the level of humanness, then our divine nature in time becomes naturally manifest. As Baba says, the inner purpose of all Sadhana is to purify our heart. When the thorns of conditioning and egotistical tendencies are removed from our heart, the inner purity of the Atma revealed by the buddhi is reflected in the mirror of nature all around. Baba and we become one as pure consciousness.

As Baba withdraws his external form more and more, the lesson for all his adherents is that we must, as he told Phyllis herself in an interview, find his counterpart within ourselves. That is the task for not only the rising generation of youth and students, but for all of us. As Baba says in 'Prema Vahini', a person of goodness, morality and truth is a youth in the strict sense of the term. They are your best friends and my best friends too. Phyllis Krystal is a best friend not only to the youth but also to all devotees. Her life is a perfect example of His message: Do not imitate, rather innovate; Live from your conscience and express in the humility of your character and dedication of your actions, the truth that there is only one eternal divine unconditional unattached love that beats in our hearts as BABA - Being, Awareness, Bliss Absolute.

Write up by Neil Bisarya of the Planning Group for this event.

YAP! YAP! YAP!

Current National Vice-Chair, Shitu Chudasama, first launched 'YAP' in 1999. When asked the motivation behind launching YAP for the youth wing, Shitu responded: "When I took over as the Region 1 Youth Co-ordinator in 1999, I noticed that there was no forum for like-minded, devoted and spiritually oriented youth to meet on a regular basis to discuss real life situations and dilemma's facing them in a spiritual context. At that time, Swami had said, "Only youth can transform youth." Therefore we launched **YAP: Young Adult Programme** offering a haven for youth to come together, share experiences, discuss Swami's teachings and see how they can put them into daily practice in a modern day environment. This was not a

social club but a spiritual club, an alternative to the pub and clubbing on a Friday night! Boys and girls had separate sessions on everything from 'Pure/Satwic Cookery' to 'Basic Car Maintenance', from lessons on 'Non-duality/Adwaita' to the 'Light/Jyoti Meditation.'

YAP has been running, on and off, in Region 1 for 9 years and was re-launched in May 2009, proving to be a very popular way of discussing Sai teachings and its application in daily life. YAP occurs monthly on the 3rd Friday of the month at Sai Mandir in Wimbledon from 7:30pm - 9:30pm and, on average, 30 youth in the Region attend regularly. A dedicated, 'YAP Planning Team', has been assigned; to ensure each session covers current topics in a thought provoking, interactive way, making reference to Sai Baba's teachings.

In May, the 1st session was an 'Icebreaker', where youth split up, pairing with someone whom they have never met or spoken to in the Region; asking them questions about themselves, enquiring about their reasons for coming to YAP and finding out what they are hoping to get from coming; as well as sharing their own experiences of Swami. Our National Youth Co-ordinator, Mathan Arulvel, who gave a talk on National Youth Projects and the youth wing, joined us.

In June, the topic was '*Being a Sai Youth in the real world*'. The youth anonymously all wrote down an issue/challenge they are facing in their life and then split into small groups where they picked out a few topics to discuss and later presented solutions and tools for dealing with a problem back to the whole group. Topics, such as 'food', 'peer pressure', 'doubts in faith' and 'lack of spiritual practice whilst at University' are just a few examples of the topics that came up. We were joined by Rita Chudasama, who rotated in each group, stimulating and facilitating discussion, and, at the end of the presentations, very poignantly summarised by referring to Swami's 2007 discourse at the World Youth Conference.

This was so popular a format, that, in July, '*Being a Sai Youth in the real world - Part 2*' took place, this time with Mathan Arulvel as guest and with a 50% increase in youth attendance. The main topic of discussion was the relationships we have with different people and also our relationship with God.

In August, YAP was hosted by the Region 1 youth and LOTUSS students who had just

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returned from the UK Sadhana camp, themed 'MBA - Mind, Body and Atma'. They shared their experiences with the group; some of them were as young as 16 having gone to Prashanti for the first time. They fondly recollected how YAP was mentioned to Sri Chakravathi Garu in a discussion during the trip and how he was very appreciative of the study circles and topics that were being done. A presentation was also given on 'Spiritual Practice/Sadhana', which sparked a lively discussion on this topic. For September, the YAP youth were involved with the Phyllis Krystal seminar in Wimbledon.

The next YAP topic will be '**Sai Youth: Role Models for SSE and LOTUSS**'. For this, an SSE student from 'Group 3 Year 3' will join us and will present, to the youth, their SSE project on the Youth Wing and how we can be role models. LOTUSS facilitators will be explaining what LOTUSS is about and LOTUSS students will be presenting issues and dilemmas to the youth, seeking advice and guidance from them based on their experience and application of Sai teachings. Region 1's SSE co-ordinator, Yoges Yogendran, will also be speaking to the youth about the SSE wing and how youth can get involved as teaching assistants or teachers.

If you would like more information about YAP or would like to offer ideas for topics that might be discussed in the future, please do not hesitate to send an email to region1saiyouth@hotmail.co.uk

Subject: '*FAO YAP Planning Team*'

Written up by Shyam Jamnadas

Region 1 Youth Co-ordinator

**All articles submitted by Mathan Arulvel,
National Youth Coordinator**

Sathya Sai Leadership Training Programme 2009/ 2010

Last Chance!

**The deadline for applying to join the
2009/2010 Sathya Sai Leadership
Training Programme has been EXTENDED
to 11th October 2009.**

All aged 21 and over are eligible to apply.

The programme takes the form of a 14-month modular course.

It comprises one-day workshops, projects, assignments, and 'outward bound' type activity weekends to consolidate learning.

A member (or a number of members) of our Organisation, whose professional background

ukccnews@hotmail.co.uk

is related to that particular module, facilitate each of the modules.

The course will commence on the weekend of 24th/25th October 2009.

For an application form or further details please speak to your centre/regional chairs or contact Deviesh Tankaria at deviesh_tankaria@hotmail.com. Details can also be found on:

www.saiyouth.org.uk/SSLTP

Deviesh Tankaria, SSLTP Coordinator

Region 1

Phyllis Krystal Seminar

September this year, proved to be a very special month for many individuals who were fortunate enough to hear Phyllis Krystal address them, in person, over a three-day seminar held at the Sai Mandir in Wimbledon, from Thursday 17th to Saturday 19th September. Each day began, with a light breakfast of hot beverages, toast and biscuits offered to the attendees, by a number of enthusiastic youth from the Region. The first day started, on an auspicious note, with the Temple Priest invoking Lord Ganesh with some Vedic prayers, which was then followed by Mrs. Karunes Ratnasingam lighting up the lamp and Rev. Rosemary Perry giving a short but sweet introduction to Phyllis Krystal. The following days simply commenced with three Aums, after which, the morning session of the workshop commenced. Each day was broken up by two short 15-minute tea breaks and an hour's lunch, which was kindly cooked and served by the youth for the first two days and provided by the Service Wing on the last day. Each day was concluded with a few diverse devotional songs sung by the youth and by some of the international youth attendees, followed by Aarathi.

The workshop was attended by keen individuals having travelled from the USA, Korea and Eastern Europe, staying in the homes of Region 1 devotees.

Phyllis Krystal spent the first day of the workshop explaining the history behind her revolutionary meditation techniques. She spoke openly about personal experiences that she has had throughout her life, and of how she was led to her work as a psychotherapist and her discovery of the 'Phyllis Krystal Method'. The technique of the 'Maypole' was the introductory method used to help us use our imagination and to demonstrate the ease with which we may have direct contact with our 'Higher Consciousness' that is sometimes known as the 'God Self'. Phyllis refers to it in abbreviated fashion as the 'High C'.

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She explained that there are three aspects to our being, they are the 'Conscious' mind, which is the mind we use while awake and is used to think with; the 'Subconscious', which is the aspect of us that never forgets, (often expressed through dreams); and finally the 'High C' which is our True Self. The 'Figure 8' technique and a method of 'Cutting the Ties That Bind, were also explained and demonstrated to provide ways to reduce any form of control in our lives that prevents the work of our 'High C'.

The workshop was particularly effective in allowing those individuals present to ask Phyllis Krystal about how her methods could be used to help with various aspects of their lives.

Topics such as 'karma', 'guilt', 'attachment' and even 'the ways of the world' were all discussed in various depths with numerous interesting revelations made by Phyllis Krystal. Overall, it was a very interesting, knowledgeable and particularly eye-opening three days and if, in the future, we have another amazing opportunity to hear Phyllis Krystal speak again, it is one that should most certainly not be missed!

Raj Rajasingam, Chair Region 2

Region 3

SSE School Sports Day

On Sunday 13th September, the stage was set and no weather condition was going to throw a 'damper' on anybody's spirits. The teachers had worked hard in planning, the 'Friends of SSE' (FOSSE) was ready with all the wider support and, most importantly, the children were ready to engage in a spirit of love, sportsmanship and comradeship. Swami's blessings were evident from the fair but cloudy weather.

The children were divided into the 5 houses, which went by the names of the 5 human values – Truth, Love, Peace, Non Violence and Right Conduct. What made this sports day even more enjoyable was the presence of a bouncy castle (for both children and adults – needless to say, some of the teachers/volunteers and other adults let the child in them run wild ☺). Everyone had fun jumping with joy. The 'Bouncy Castle' is 'in' and a fixture, from henceforth, I would say...

The morning began with all the girls and women playing some rounders and one or two other 'catch me if you can' type of games, whilst the boys and the men engaged in football and cricket. As we had booked the entire grounds, space was not an issue. After about an hour or so, we had a short 'refreshment' break before the actual sporting

events commenced. Our lovely comperes, Kalaiashini and Thanupriya ably guided everyone through all the events. All the races were participated in - from the Nursery children right up to the LOTUSS young adults, in their respective groups.

The highlight of the morning, was, of course, 'the parents and the teachers obstacle course race', which involved the tying of a sari, and, needless to say, this was a sight to behold! It was as if all the houses played their 'Jokers' for double points. Well, never mind the points, but the joke, and the fun no doubt... (...You simply had to have been there to appreciate it...).

We broke for lunch at 1pm when everyone adjourned to eat with their families. FOSSE served us an array of fruits, juices and water throughout. After lunch, we resumed at about 2.15 and held the much-awaited 'Tug of Love (war)' event - first with the children, and then, with all the adults. Truly enjoyable to watch, as the adults just wanted to continue... tugging!

We promptly concluded at about 4 pm with Aarathi and everyone helped clear up... An exhausting day but it was one filled with love and fun - and one that was enjoyed by all who attended.

General Parents' Meeting (GPM)

The Region 3 SSE School hosts three GPMs annually (one each term). It held its first GPM on Saturday 26th September 2009. The chief guest and keynote speaker was none other than our dear Ishver Patel. Ishver addressed the teachers first at the teachers meeting (from 9.15am – 10.30am) and impressed upon them the need to be aware of Swami's mission and the role of teachers within that mission and the need to ensure that teachers are always driven by that sense of objective.

He then, from 10.30am – 11.40am, addressed the gathering of parents (there were about 85 parents in attendance) and spoke of the role of the parents in Swami's mission, thereby highlighting the 'tripartite' element of SSE and reiterating Swami's expectation of parents within the delivery of SSE. Ishver took the everyone (as he also did for the teachers) through a very informative and interesting power point presentation.

Finally, at mid-day, he addressed all the school children at assembly and spoke to them about what Swami expects of them in terms of their behaviour and how children should behave with their parents. Ishver also

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

managed to throw in a quick 'yoga' session with the children, which the children really enjoyed.

Alas, after offering the Aarathi, he had to rush off to Leicester for a meeting at the SSE School in Leicester. We sadly bade him a fond farewell. He has promised to return....

Vickneswaren Krishnan

Region 3 SSE School Coordinator

Region 5

Retreat Into Wales

Region 5 held its long awaited spiritual retreat from 25th to 26th July 2009, at the Regency Royal Hotel, Llandudno, North Wales. The weekend began with Vedam chanting. Images and video clips of our beloved Swami were shown on a large screen throughout – everyone was transported to the Abode of Peace. Our Region 5 chair, Dr Harish Thampy then welcomed everybody to a weekend filled with spiritual nourishment. This led into a series of interactive workshops on Pranayama/ Meditation and Vedam Chanting, which were led by Bharat Sisodia of Oldham Sai Centre and our regional chair respectively. We were fortunate to have our Sai brothers from Cardiff (Dr Veeru Rao) and Leicester (Mr Kiran Patel and Mr Navin Patel) join us in the afternoon. They held a very uplifting workshop on bhajan singing. Our two guest speakers (Mr Kiran Patel and Mr Navin Patel) delivered truly inspirational talks on their experiences with Swami. The afternoon ended with an energetic bhajan finale, one to remember! After dinner, Ms Anamika Menon and Ms Janaki Nair from Newcastle performed two classical Indian dances and the Greater Manchester Sai Youth Group performed three musical items. Just as everybody thought it was time to say goodnight, our brother Arun from Manchester Sai Centre proposed a game of bhajan Antakshari! This soon became a very competitive game, enjoyed by one and all! Sunday morning began at 6am with Suprabhatam and group devotional singing. After breakfast, brother Kailash from Newcastle led a study circle forum on our retreat theme entitled 'Divine Love', which everybody found stimulating and inspiring. This was followed by lunch and then a refreshing walk on the seafront. The retreat weekend ended with prayers and thanks to Swami for providing us with such a golden opportunity to spend time with, and share our thoughts with our Sai family.

Write-up by Harsha Parmar (Warrington)
Trisha Mistry (Ashton-Under-Lyne)

Krishna Janmashthami **Celebrations (14th Aug 2009)**

The joint Northwest Sai Centres' Krishna Janmashthami celebrations took place at Bolton Sai Centre this year. Around 45 devotees from across the area gathered for wonderfully uplifting group devotional singing that concluded at midnight.

Meditation Workshop

Newcastle Sai Centre organised a Meditation Workshop on the 22nd of August 2009. Mr Shanmugavelu from Surrey facilitated the workshop, which dealt with the basics of Raja Yoga both from the theoretical & practical perspectives. Mr Shanmugavelu took the people through a journey of intense inward Sadhana starting with Vedam chanting (to purify ourselves and the atmosphere around us) followed by the theory of Patanjali Yoga Sutras, information on the different Chakras in our body, delving into sub-conscious, conscious & super-conscious mind & the practical ways of making the mind "still" or 'silent'.

He taught different meditation techniques like light meditation, moving meditation & meditation through breathing, etc. to facilitate our progress in the spiritual practice. He rightly said in the beginning of the workshop that he would be serving us a 'buffet' of meditation techniques from which individuals can practise whichever technique feels best for them.

His references on Swami's teachings on the importance of meditation & quotes on Sri Ramakrishna's experiences & teachings were very well received. People left the workshop highly inspired to delve into their inner-self on a regular basis thereafter.

Write-up by Kailash Venkat (Newcastle)
Articles submitted by Harish Thampy,
Chair Region 5

Sathya Sai Bookshop

The bookshop has a regularly updated website. Please visit it at:

www.srisathyasaibookcentre.org.uk

**DVDs are often being
compiled and released along
with new interesting books:**

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

**‘Love and Light’
Submission of Articles**

The deadline for submission of articles to Love and Light is no later than the 4th of the month for publication on the 9th of the same month. Whilst every effort will be made to accommodate articles after this date, inclusion cannot be guaranteed.

An article can only be accepted via a member of the UKCC who will then forward it to the editorial team.

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Love and Light SSSSO UK Diary Dates 2009		
Month	Date	Event
October	10th	National Youth Day
October	24th /25th	UKCC Vision Weekend
November	7th	R6 ‘ROAD’ show
November	19th	Ladies Day
November	23rd	Sathya Sai Baba’s 84th Birthday
November	29th	UKCC 4th Quarter Meeting
December	5th	Region 2 ROAD Show
December	6th	NWC Meeting
December	12th/13th	Regional Meetings

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