



Scattering His Rays Equally on All

Dear Readers, Sai Ram!

I'm sure, like me, you are enjoying the late summer mellow fruitfulness that, at last, bathes our landscape with warm, soft golden light. Many members of our Organisation have been away on holiday during August, some with their children – enjoying the long summer hols away from school and some of course have spent time in Prashanti! This has left the SSSSO in the United Kingdom relatively quiet! However, it is good to know that the rhythmic pattern of Centres and Groups meeting to sing, chant, meditate and engage together in Study Circles is never broken.

For those in Region 2 and beyond there was a lovely opportunity to join the R2 Thames Boat trip on August 18th.

Your UK Central Council members met all day at their quarterly meeting on September 1st to discuss and familiarise themselves with all that goes on in our active and diverse Organisation. Next day was a brand new event in the Sai Calendar: the National Sathya Sai Education Day. There are articles in this newsletter further on that show you, I think, the unique message that this day carried via its planning, its international speakers and by the harmonious coming-together of volunteers from all three areas of Sathya Sai Education. To really enjoy the day it had to be appreciated that this was an enquiry into the theme topic: 'The Heart of Excellence' by (re) connecting to the core substance of all Sathya Sai Education at its heart, the Sathya Sai Human Values and that all we really need to know resides within ourselves in our True identity.

Before the next issue of 'Love and Light' there is a wonderful opportunity for you to attend an innovative symposium on October 6th where the links between the International Sai Organisation's voluntary work and the work of the United Nations will be compared along with the concept of Human Rights and Sathya Sai Human Values. I really encourage as many of you who can attend to do so – but please kindly register at the email address provided so that we can cater for you all.

Love and Light,
Rosemary Perry, National Chair

National 'SAI -UN Symposium' 'Human Rights – Human Values' Hatch End High School Headstone Lane, Harrow HA3 6NR Saturday October 6th 2007 5pm – 9.15pm Arrival from 4.15pm

We are very pleased to be staging a 'SAI –UN Symposium' to be held on Saturday October 6th 2007, on the above topic, 'Human Rights – Human Values'. This event is National level and is being arranged to bring Speakers from the SSSSO UK and those who have experience of working with the United Nations together in a forum where the compatibility of the concepts of 'Human Rights' and 'Sathya Sai Human Values' can be explored.

We are honoured to have with us at this symposium, **Justice Bhagwati**, a member of the Sri Sathya Sai Central Trust and also a Member of the UN Human Rights Committee who is considered one of the most distinguished jurists of India since its independence. He became a judge of the Gujarat High Court in 1960 and Chief Justice of Gujarat in 1967, before being elevated to the Supreme Court in 1973 from where he retired as Chief Justice of India in 1976. He has been a member of the Committee of Experts of the ILO for over 15 years. He currently is the Chairman of the Human Rights Committee under the International Covenant of Civil and Political Rights of the United Nations; the Regional Advisor to the High Commissioner for Human Rights for the Entire Asia Pacific region; and a member of the International Advisory Council for the World Bank for legal and judicial reforms. He will be speaking on: '**Fundamental Human Rights - Sai and the UN**'. Also, we are honoured to have **Dr Funmi Olonisakin**, the Director of the Conflict, Security and Development Group at the Department of War Studies, King's College London. Prior to her current position, Dr Olonisakin was an adviser in the Office of the UN's Secretary General's Special Representative on 'Children affected by Armed Conflict', United Nations in New York she has written on regionalism, peace support operations, security sector reform in Africa and **Dr. Randolph Kent** who directs the Humanitarian Futures programme at Kings

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College, London. He accepted his present post after completing his assignment as UN Resident and Humanitarian Coordinator for Somalia in April 2002. Prior to his assignment in Somalia, he served as UN Humanitarian Coordinator in Kosovo [1999], UN Humanitarian Coordinator in Rwanda [1994-1995], Chief of the UN Emergency Unit in Sudan [1989-1991] and Chief of Emergency Prevention and Preparedness in Ethiopia [1987-1989]. Dr. Kent completed a UN-funded project in November 2004 dealing with the UN system's disaster risk reduction capacity, 'Looking to the Future: Practical steps to strengthen the United Nations Relevance and Value-added in Disaster Risk Management'; and in July 2005 presented a report to UN ECHA on ways to deal with UN integrated missions in peace-building settings. Additionally, we have **Dr Surendra Upadhyay**; He will speak on '**Sri Sathya Sai Baba and an Approach to Human Health Care.**' He has been awarded a Hon. Professorship as a Consultant Ophthalmologist and is passionate about delivering the best medical treatment to the underprivileged, poor and sick people all over the world. He treats them, restores their self-esteem and motivates them to look after themselves. His additional objective is to educate the local doctors in the developing countries in the latest technology so that they become self-sufficient and can carry out treatment for the poor people in their own country using the latest techniques. **Professor Bhupendra Jasani** is a Visiting Professor in the Department of War Studies, King's College London. Before this he worked for the British Medical Research Council at the University College Hospital Medical School, London and acquired an MSc in high-energy physics and a PhD in nuclear physics and nuclear medicine. He has worked for the UN, as a consultant as an individual as well as on behalf of the UK and German Governments. He has prepared consultancy reports for the UK Foreign Office and for the British National Space Centre. He is coordinating two major research projects under the European Commission study. For the past few years he has been giving lectures each year at the International Space University, Strasbourg in France on various space issues. Recently he has been appointed as the chair the Technical Commission VIII, Working Group VIII.5 Policies, Treaties and Data Access. He is often asked to comment on defence-related issues on the national and international radio and television. He will chair a forum after the talks.

Also speaking are:

Dr Philip Heaton who has been employed by the Environment Agency since its creation in 1996. The Environment Agency is responsible for a number of things involving water such as owning the rivers, licensing water removal from groundwater and responding to flooding. More recently he has been working in the areas of climate change and non fossil fuel technologies. As you will hear, he is also supporting WaterAid. He will speak on '**Managing and Valuing the Precious Element of Water.**' Phil was the National Chair of the Sri Sathya Sai Service Organisation UK for two years and is now a Trustee on the UK Sri Sathya Sai Charitable Trust. **Sarah Banfield** will speak on '**How SSEHV can transform Society from its Roots.**' she is a member of the British Institute of Sathya Sai Education and Head Teacher at the Sathya Sai Weekend School Wembley. **Neil Bisarya** is a lawyer and he will be exploring and comparing '**The commonalities and links between Human Rights and Sathya Sai Human Values.**'

At this symposium, we would like to highlight the parallels between the Charter of the United Nations Article 1, on Human Rights and Sathya Sai Baba's Teachings. At the end of the Symposium we would like to have achieved the following: To have aided in the wider understanding of the true purpose and ethos of the SSSSO and the UN, in the UK and internationally and to have demonstrated that the teachings of Sathya Sai Baba actually help to transcend generally perceived impediments through a universal spirit of love and united service in a multitude of ways.

Details and opportunities for attendance at this event have been circulated to Centres and Groups via your Regional Chairs.

To register your attendance simply email:

sai-un@srisathyasai.org.uk

Ladies Wing Representatives

Each and every Centre and Group needs to now have appointed a lady as an informal 'point of contact' for a dialogue to begin amongst all the Organisation's ladies in steady preparation for the build-up to a National Ladies Wing with all that implies. Please begin your own discussions as to what you ladies would like to see occurring within this wing. Please relay your thoughts to your Regional Chair who will relay them to your Council as a whole. Swami has laid great emphasis upon the developing roles of women as shapers of society. This emphasis is as valid in the Sai organisation in the United Kingdom as it is in any Sai Organisation in any other country in the world. This process must start with YOU!

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Sai Spiritual Education
'SSE Carousel Teacher Training &
Refresher Course 2007'
Saturday 13th October

Ashlawn School, Ashlawn Road, Hillmorton,
Rugby, Warwickshire, CV22 5ET
9am – 5pm

Life is a journey of continuous learning and self-assessment and we will be fulfilling our duty if we continually develop ourselves as Sai Spiritual Education teachers. This is an exciting day with multiple training sessions to choose from and something for everyone!

To attend, please register by 23rd September. Please note: there is an online registration form for you to fill in. In order to attend this day you must register via this form in advance – this enables the allocation and planning of workshops to be organised ahead of the day itself and for the smooth running of them on the day. To do this, please email: sathysaieducation@ssso.org.uk
OR contact your **Regional SSE Coordinator**.
Sharmila Parikh,
National SSE Co-ordinator

National Spiritual Day 2007
'Our Life is Your Message'
Saturday November 3rd 2007

Sathya Sai Schools
Formal Ending of the Sathya Sai
School, St Andrews, Scotland - and
its Recent Renaissance

The school was started in January 2002 with a small number of children and two staff volunteers, one of which the Head Teacher, and eventually expanded to having 30 children and three paid members of staff as well as the original two staff volunteers in 2007.

Despite a number of relocations as well as financial difficulties, the school was successful in utilising the Sathya Sai Education in Human Values programme within its curriculum. This has been recognised in the Early Years inspection report by Equate as well as the HMI Inspection report in February 2007. Parents have appreciated the SSEHV input greatly.

During the 5-year period, due to the Head Teacher being a Montessori teacher, the curriculum was delivered using the Montessori method. In the spring of 2007, the Head Teacher and the parents asked for a full Montessori Curriculum with accreditation by Montessori UK to be implemented. This was not consistent with the original intention of Sathya Sai School St Andrews and its mission

and hence after consultation with all the parties, and with the advice and approval of the Education Committee of the Sri Sathya World Foundation, the Board of Directors were not able to accede to the parents' request. As a result, the parent body decided to set up a new Montessori School and all children and staff transferred to a new Montessori school. With these developments, the Board of Directors of the Sathya Sai School St Andrews undertook a formal closure process that was completed on 7 August.

All possible help has been given to the parent body in assisting with the handover to the new school now called the **Casa Della Pace Montessori Eco School**. The school hopes to continue with Sathya Sai EHV along with the full Montessori curriculum.

We extend our good wishes to parents and children and hope that the children will continue to benefit from the application of Sathya Sai Education in Human Values programme. And we are pleased and happy to have been able to really support the school and get it up and onto its feet.

Dr Madhavi Majmudar, Educationist and member of the Sathya Sai School St Andrews, Board of Directors

with

Prabodh Mistry,
Sathya Sai Schools Representative

R2 Thames Boat Trip

"We are one in the spirit...we are one in the Lord..."

The individual, the society and the nation are all an inextricably linked life form with the peace and welfare of the nation depending on the peace and progress of society. On the evening of Saturday 18th August 2007 in the holy Hindu month of 'Shravan', about 128 devotees from Region 2 held the 3rd annual spiritual boat trip along the river Thames. The purpose was to purify both ourselves and the environment and the elements that surrounded us for the peace, harmony and welfare of the nation.

Water is a fundamental element of creation and an important medium for linking us with the environment. It has a central place in the practices and beliefs of many religions because of its cleansing and purifying qualities.

The programme started with 3 Aums followed by a welcome and introductory talk by Rosemary Perry, the National Chair, on the purpose of the boat trip and the sacredness of the Great River Thames. She told us that we know of the Hindu reverence for the Ganga, the Yamuna and the Saraswathi rivers which

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create a mighty life-giving water source in India. Really, the Thames is just the same. The River Thames is also known as the 'Isis' for deep mystical reasons and has been seen to have a powerful serpentine energy in its coils and bends. If it were not for the Thames the great City of London would not exist in this way. She spoke about water exemplifying being 'all one' and an example of 'unity in diversity' in that it shifts state – evaporating before returning to earth (much like the cycle of rebirth), it can become solid as ice - like the illusion of the fixed material world. She pointed out that the Koran, the sacred book of Islam, reveres and marvels at the amazing fact that water keeps itself in its fresh form separate from its salt water form - yet the two meet and mingle before changing and then returning!

Rosemary then invited Pandit Gowri Shankar of Mumbai to light the ceremonial lamp to inaugurate the spiritual occasion. Vedic invocation chants, the recitation of 108 Gayatri mantras, the Hanuman chalisa and devotional songs were sung in unison and suffused with intense love, devotion and sweet soft feelings as we travelled the river with a deep realisation of our of oneness.

On the third of the three Aums, before concluding the prayers, the central lights went out with a bang ...only to return immediately - leaving us with a feeling of Swami's divine presence and blessing! Stephen Perry performed the Arathi widely extending the light to the waters, to the elements and the environment surrounding us. Then followed a scrumptious meal. As all good things do eventually come to an end, we returned back to the pier fully energised by our magical and truly memorable experience.

Gayatree Bikoo,

Region 2 Service Co-ordinator

Region 6

After an unbelievable time for all the Sai youth in the world in India for the WYC, the eleven Youth delegates from R6 returned ecstatic to share their love and experiences with their local Centres.

At the monthly Reading Centre meeting three youths got up to share their wonderful stories and to inspire and motivate fellow Centre members in Sai's mission. Different youth have rotated each week sharing their experiences at their weekly Group meetings in Southampton.

Rima Patel, Region 6 Youth Co-ordinator

Region 8

Annual Outing for the Disabled and Elderly

On the 5th August 2007, the service wing of the Glasgow Centre organised its annual outing for the disabled and the elderly. This year, the chosen venue was the Burrell Collection – a gallery with ancient exhibits from all over the world.

A total of 65 people participated in this outing, out of which 36 were from outside the Organisation. The elderly and disabled were from the 'Ferguson-Anderson Home for the Elderly', the 'Eastpark Home for Young People with Special Needs' and the 'Ruchill Centre'. A specially hired coach, which was adorned with Swami's quotations, picked everyone up in the morning from the various meeting points and went on to the Burrell Collection. Once there, people were divided into small groups with designated volunteers/carers, light snacks were distributed and these groups spent about 2 hours enjoying the exhibits, taking part in the tours, browsing in the gift shops or just relaxing in the coffee shop or in the areas provided. Everyone then went on to a restaurant where a very sumptuous vegetarian meal was served. Sushma Mayor, the Glasgow Centre Service Coordinator then gave a small talk and thanked everyone who took part. The people were then dropped off at their respective Homes or Centres.

There has been very encouraging feedback from those who attend these annual outings. The elderly, disabled and their carers especially look forward to it as they say it provides them with an opportunity to break from routine, spend an enjoyable day out doing something different, meeting new people and making new friends in a loving and spiritual atmosphere. There were requests from some people at the Ferguson-Anderson Home for more such outings. Those who took part for the first time found it to be a real 'eye opener'.

The Service wing is now exploring the feasibility of holding these outings bi-annually. With Swami's grace and blessing, this will become possible next year.

Ram Konar, Chair Region 8

"Wherever truth, peace and love are emphasised – in whatever religion or language – by whatever teacher, there we have the eternal religion, the Sanatana Dharma."

Sathya Sai Baba

Special Feature

National Sathya Sai Education Day 'The Heart of Excellence' Sunday September 2nd 2007 The Winston Churchill Hall, Ruislip, Middlesex on the outskirts of North London.

As the SSSSO in the United Kingdom was very honoured to play host to the Regional European Consultation on Sathya Sai Education in January 2007 and had the privilege of welcoming over 200 delegates from over 44 countries to that successful event - Sathya Sai Education as a whole has been very much in the forefront of our organisation's thinking this year.

The co-ordinators of the three strands of Sathya Sai Education in this country: Mrs Sharmila Parikh (National Co-ordinator of Sai Spiritual Education), Dr Prabodh Mistry (Sathya Sai Schools Representative to the SSSSO UK Central Council) and Director of the British Institute of Sathya Sai Education, Mrs Carole Alderman, all felt that they should begin to collaborate and exchange ideas more. The idea of sharing a national day together arose quite soon after the Consultation and was swiftly scheduled for September 2nd this year.

The theme for the day was decided as 'The Heart of Excellence'. The aim was to revisit together the common thread that runs through all the areas of Sathya Sai Education in order to inspire all the teachers and volunteers and bring the three areas closer to the core together.

To that aim, two distinguished speakers were invited from abroad: **Dr Ronne Marantz**, of the Sri Sathya Sai World Foundation Education Committee, former member of the Sathya Sai Education in Human Values Foundation of the U.S. A. (SSEHV Advisory Board), a retired Principal of Heathcote Elementary School, Scarsdale, New York and former Adjunct Professor at St. Josephs College, Patchogue, New York; and, **Georgios Bebedelis**, of Athens, Greece, who is the Representative of the ESSE Institute for South Europe, Deputy SSEHV Coordinator for Zone 6 and has a long history of connection with Sathya Sai Education.

These two speakers kindly agreed to come from their respective countries to address the conference.

The Programme for the day, which was attended by 150 delegates comprising many teachers and volunteers from the three areas, began with the 'Lighting of the Lamp' by Maurice Allen OBE. He is a retired senior

office bearer in the SSSSO UK and was a co-founder of the SSEHV Trust.

After an inspiring short film made by the National Youth Co-ordinator; a welcome and scene-setting for the day with a background to the SSSSO UK by the National Chair, Rosemary Perry; an overview of BISSE by its Director, Carole Alderman; Georgios then began his talk on: 'Ancient Greek Thought and Sathya Sai Education'. Georgios gave a spellbinding presentation with wonderful animated illustrations to add depth, interest and insight. He drew a marvellous parallel between the profound philosophies of the famous Greek thinkers such as Aristotle, Socrates and Plato; and the root of Indian spiritual philosophy, Vedanta. The audience had philosophical thinking from both the Western Mystery tradition and the Eastern tradition interwoven in a Universal way. The pattern of the material that arose from this skillful, inspired weaving became the five Sathya Sai Human Values themselves!

After lunch we were treated to some very moving and heart-opening music and song from Steve and Renata Ash who use music in a healing way for shifting dis-ease to ease. Interestingly, Steve Ash took his original inspiration from Pythagoras who was said to create an individual piece of music for each patient.

Then Dr Ronne Marantz took the stage and began to create her own magic! Her talk was: 'Educare: A Process Approach to Eliciting The Human Values Within'. Using her lovely voice, she began by reading a story to us all. Even though, perhaps, the story was written purely for children we could all immediately begin to see the powerful messages it carried in its simple style.

Steadily throughout her talk she tangentially and obliquely elicited from us the process of identifying and thinking in the way of the five Human Values. She gathered written statements from all members of the audience on any personal problem they might have. Then the audience was challenged to identify the Value or sub-Value that would relate to the problem and also invited to offer a creative way of dealing with an aspect of the problem such as anger. Total confidentiality and anonymity was maintained throughout. Ronne's creative and experiential approach to her subject was also filled with the jewels of anecdotes, refreshingly honest personal admissions and much warmth and serenity that were an education just themselves.

MC for the day, Shitu Chudasama, who led us beautifully through the programme with insights and humorous quips, finally

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introduced the Central Co-ordinator for the UK and Ireland, Ishver Patel, to provide a summary of the day's proceedings which he did very well and interspersed his comments with relevant anecdotes and humour and then concluded by officially thanked all the guests. Ronne Marantz had agreed to close the day with the 'Prayer of St Francis' and when she did so she was spontaneously joined by Steve and Renata Ash who were warmly welcomed by Ronne and the three of them led the whole audience in singing the prayer through a few times together very movingly.

**Rosemary Perry,
National Chair SSSSO UK**

National Sai Education Day:

Synopsis of the two main National

Sathya Sai Education Day talks:

Talk 1: 'Ancient Greek Thought & Sathya Sai Education' – Georgios Bebedelis, ESSE

Ancient Greek philosophy is at the root of Western civilisation and has many similarities with SSEHV, which is not really a new philosophy but only a revival of ancient wisdom – reminding us of our real nature.

Education as the foundation of society:

Athens, with its Temple of Goddess Athena, was then the Western centre of spiritual civilisation. The Academy of Plato was situated in Athens. Ancient philosophy had great messages including education and this was the most important aspect of that society.

EDUCARE: The etymology of education from the Latin 'educare' – to foster, nourish, feed and 'educere' – to bring out, manifest. Sathya Sai Educare includes both aspects. In 2000, Sathya Sai Baba pinpointed two aspects of education:

- ✓ Bookish knowledge
- ✓ Human values

Teachers are like sculptors as they reveal beauty from within the child (like the statue emerging from within the rough rock). Sai Baba says "Teach not just by saying ...but by doing'. I.e. First BE, and then DO, then TELL.

Socrates lived in 5 B.C. in Athens:

His father was a sculptor, so Socrates followed in his footsteps and became one too, and then he became a philosopher (sculpting the wisdom of his disciples). The crystallisation of his teachings is embodied in the metaphysical tenet: 'KNOW THYSELF'.

Once, as he himself reflected profoundly upon the question of, 'Who am I ...really?' he passed a proud egoistic man who confronted him by belligerently asking 'Who are you?' Socrates replied: 'Just what I was

wondering...' Socrates' mother also brought out from within (as a midwife).

Plato, aged 20, met Socrates and followed him for 10 years. Plato wrote *Dialogues* (logos – the higher part of intellect). He showed great reverence for his teacher Socrates. In an interview Swami asked Georgios: "What are the teachings of Plato?" then defined them as: TRUTH, GOODNESS, and BEAUTY.

All philosophy stems from the question, 'What is the Truth?'

Story on Truth: There are five blind men approaching an elephant. Each of the five men 'sees' the elephant as a 'rope' (the trunk), a pillar (the leg), a wall (the side of the elephant's body), a fan (the ear) and a robe. They quarrel about the different ideas and each gives his answer the true one. They then have to go and get the right answer from a wise man.

Example from the recent World Youth Conference in July 2007: both discourses by Sai Baba started with a poem on Truth.

Truth = has no beginning, no end. We see the world through our senses, but the world is like a tree (the roots are unseen but they are the foundation of tree). Similarly: the 'unseen' in the world is the basis of the 'seen'. Scientists investigate the 'seen', but it is metaphysics that investigates the hidden truth/consciousness. Science is like a semi-circle with no beginning and no end.

Plato describes an ideal society: 'education is gymnastics for the body and music for the soul'. Education was known as, 'Music' in Ancient Greece, (originating from the 'Nine Muses' that invoked all the arts encompassed by education in Ancient Greece). Music is important in SSEHV. Socrates saw the phrase 'Know Thyself' in a temple and took it as the core teaching of his life.

Important strands of education:

Selection of stories: find an inspiring story and add other components (SSEHV plan)

Inspect the work of storytellers.

A good story implies:

- ✓ God is responsible not only for good ...but for everything. (Prema Swarupa)
- ✓ God is straight and truthful in words and deeds (Sathya Swarupa)

Plato's values:

- Fearlessness
- Equal mindedness (making the best of circumstances - just like a shoemaker makes shoes from a particular hide, so a general uses his army well – Aristotle)
- Truthfulness
- Self-discipline (obedience/self- control)
- Endurance

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- ❑ No avarice/bribery
- ❑ Devotion to God
- ❑ Love for righteousness

Plato put importance on melody; rhythm and harmony as they go deep into the soul and make humans discern beauty, enjoy fine things and so become good.

The importance of drama: Children must take on the roles of good people as repeated representation leads to habit. Lawful games produce good human beings as their growth is guided (spiritually, emotionally and physically/desirous aspect – spirit, mind and body). Plato said we should be allies to the spiritual part of us.

Self-control is most important: E.g. 'Ceiling on Desires' programme, 3HV: 'Head, Heart and Hands' ...in harmony. The three parts of our soul must be in harmony like parts of an octave. A philosopher is a 'lover of goodness/wisdom' and aspires to be a pure being without attachment to external things.

A story on 'Truth, goodness, and beauty': Plato describes a cave with prisoners in it – the opening of the cave shows sunlight/Absolute truth. A prisoner who sees the light wants to tell others but their eyes take time to get used to it as they have only seen the shadows from a fire cast up on the cave's walls – the reflection of the light but not the true light itself! This is the journey of the philosopher: giving sight to others that are blind – correcting the sight of others. Education is the turning of souls towards the light of goodness.

Finally Plato says education must be dialectic: It should lead towards a primary cause. Truth, goodness, beauty = sathyam, shivam, sundaram.

Aristotle gave the foundations of logic and material science.

Born in Greece, Aristotle lost his father when he was 17. He taught Alexander the Great's son for 3 years. He saw India as a source of spiritual wisdom and wanted to unite the East and West. His most important book was '*Nicomachian Ethics*' named after his father. This work on practical spirituality gave the principles of 'Ethical behaviour' and the meaning of virtue (Arete): the aim of spiritual education is to make man virtuous. Aristotle explained **happiness** is the highest good and happiness is self-sufficient: man is happy when he is acting on the 'logos' (voice of God within/source of ethical spirituality). Gospel according to St. John 1 -14: *In the beginning was the logos (word)*. Logos is higher than body, mind and intellect. The word 'intellect' stems from the Latin

'*intellectus*' which means 'inner logos'. Aristotle said man has five levels (physical, vital functions, emotions, logos, bliss). The first four levels are scientific. Today's level of education is at the first three. The top two levels: 'Logos' and 'bliss' are where transformation and inspiration take place.

Conclusion: there is a great similarity between Sathya Sai Education and Ancient Greek philosophy. Both of them help us, and others to ... '*KNOW THYSELF*'.

Talk 2: 'EDUCARE: A process approach to eliciting the Human Values within.' - Dr. Ronne Marantz, Sathya Sai World Foundation - Education Committee.

Dr Marantz began with a Texan story, 'The Legend of Blue Bonnet' about a young girl who sacrificed her doll, her most prized possession, to save her people. The girl was an example of the highest virtue who listened to her 'heart song'.

EDUCARE is a process, which permeates all Sathya Sai Education:

- ❑ Divinity is Love
- ❑ Human values can be drawn out of each one.
- ❑ Unity of thought, word and deed = integrity.

This process is available to all and is a conscious process of spiritual realisation through watching our:

Words
Actions
Thoughts
Character
Hearth

'Maps' that helps us to do this:

Mindfulness
Awareness
Practice
Self-reflection

Mindfulness: E.g. the morning & evening prayers – given by Sathya Sai Baba.

Awareness: Through 'watching' ourselves throughout the day.

Practice: Purify our thoughts

Self-reflection: Introspect on the related sub-value that needs developing in yourself (e.g. in a challenging situation you may need to develop 'courage', 'determination', 'discrimination' etc.) as well as finding a practical strategy to overcome the situation, for example, sending love to someone while they're asleep and more receptive or using a Phyllis Krystal visualisation technique. Once we become mindful of the human values we need in a situation, the situation will heal itself. Look at a list of the related values and find the one that fits the situation.

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‘Only when the clouds are dispersed by Human Values, self-realisation occurs.’

When the mind is practically non-existent, we transcend our judgements and identify values needed = EDUCARE.

Dr. Marantz recommended ‘The Work’ by Byron Katie and ‘Frederick the Mouse’ which engender good questions for children such as:

- Who scatters the snowflakes?
- Who dims the daylight?
- Who lights the moon?

Whenever we speak, we should think:

...Is it true?

...Is it kind?

...Is it necessary?

...Is it worth disturbing the silence?

These excellent notes very kindly offered to ‘Love and Light’ by:

Anita Jethwani, Member of the Sathya Sai Schools Steering Group UK

Sathya Sai Bookshop

The bookshop has a regularly updated website.

Please find it at:

www.srisathyasaibookcentre.org.uk

The SSSSO UK Website

is to be found on:

www.srisathyasai.org.uk

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Love and Light SSSSO UK
Significant Diary Dates 2007 please ask your Centre or Regional Chair for details

Month	Date	Event
Sep	9 th	NWC Meetings
Sep	15 th	Regional Meetings
Sep	22 nd	SSLTP Alumni Meeting
Sep	23 rd	Blood Donation & Bone Marrow Clinic: Coventry (R4)
Oct	6 th	SAI-UN Symposium: Human Rights – Human Values
Oct	7 th	SSLTP Module 3 ‘Thought Leadership’
Oct	7 th	Free Walk-in Health Awareness Clinic: Coventry (R4)
Oct	13 th	Carousel SSE Training Day
Oct	14 th	BISSE Meeting
Nov	3 rd	National Spiritual Day
Nov	10 th	Akhanda Bhajans (TBC)
Nov	23 rd	Sri Sathya Sai Baba's Birthday
Dec	2 nd	UKCC Quarterly Meeting
Dec	8 th	SSLTP Module 4 ‘People Leadership Communication’
Dec	9 th	NWC Meetings
Dec	15 th	Regional Meetings