



SAI NEWSLETTER

Sri Sathya Sai Baba
Centre of Toronto - York

**"It is only through love that man can
acquire peace"
- Baba**

Volume No. 10, Issue No. 2

AUGUST 2005

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A FEW WORDS

'Thought, Word and Deed' the practice of which, Swami says always is an important component for our spiritual progress. The easiest way to interpret is - **Say what you Think, and Do what you Say.**

As noted in previous issues, the newsletter can only exist with your contributions. For those who have never contributed yet, we look forward to your participation in our newsletter. For those who have contributed, please continue to do so.

We thank all the contributors for submitting articles for this issue, on time.

All contributions must be sent to the Editor, Dr. Venkata R. Neralla, via e-mail (neralla@sympatico.ca) or on a 3 ½" diskette, in Word format.

Please ensure that the contributions are sent on time.

- *Dr. Venkata Neralla*

**The deadline for submissions to
the next Newsletter is:**

1 November 2005.

PRESIDENT'S CORNER

Dear and respected brothers and sisters,

Sai Ram!

Hope everyone enjoyed the beautiful summer Swami had blessed us with. Last few months have been full of activities and the remainder of the year will not be different either.

It seems the year is just fleeting away with all the activities taking place. Since April we have had Tree Planting, Easwaramma Day competitions, workshop on Unity, Purity and Divinity, SSE Parents Day, and graduation. This year graduation was complemented with the hosting of the first ever Bal Vikas/SSE Alumni Reunion.

Earth Day and Environmental week was celebrated with Tree planting. In spite of the rain the members diligently planted over 100 trees.

Bhagawan says " Namasmarana is the best means. Only, you do not really believe that it can cure you or save you: that is the tragedy. People believe on the efficacy of only costly, brightly packaged, widely published drugs; the simple, easily available remedy which is in everybody's backyard is ignored as useless". For those of us who attended the Easwaramma day competition in May would attest that the children of group 2 conveyed the same message in a very emphatic manner. Our thanks to the gurus, parents and Education wing leaders for assisting the children with their outstanding presentations. The

quality of the presentations had put the judges to task.

In June members of our centre took upon the challenge of participating in the planning and presentation of the first Regional workshop on Unity, Purity and Divinity. This was part of the 80th Birthday Celebrations.

The first ever Alumni reunion held in June was a great success. Although put together in a very short time, it was well received by those who attended. In spite of the short notice alumni were enthused at the invitation and tried their best to attend. Presentation by the Alumni brought back some fond memories not only of the class mates but also of their gurus. Nostalgia prevailed in the air. A beautiful video presentation took us through a span of 23 years. Centre has committed to host the 25th anniversary Bal Vikas/SSE Alumni get together in 2007.

In July centre members volunteered their love and effort to build for Habitat for Humanity. The following week members served a sumptuous meal to other volunteers. Youth members and adults volunteered time to clean the James Edward Park in Markham which a couple years back was adopted by our centre. Also Global Handicapped day was celebrated by cleaning wheel chairs for the residents of the seniors lodge. It was a bright day and the youth, children and adults thoroughly enjoyed every minute of this activity.

We thank our Beloved Bhagawan for providing us with the energy to share our love with human kind.

On behalf of the centre I extend our heartfelt sympathy to Brother Satish Pathak and sister Savita along with brother Chetan and sister Geeta on the sudden loss of their loved ones. May Swami grant eternal peace to the parents of brother Satish and beloved mothers of brother Chetan and sister Geeta.

May the blessing of Beloved Swami be with you all!

Jai Sai Ram!

- Preeti Grover

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The rich, the healthy, the strong, the powerful, the influential - all are equally afflicted with discontent, worry, fear and anxiety. They have no peace of mind. Shanti (Peace) comes from within; contentment is a mental condition. Do not feed the roots of attachment to worldly comforts more than is absolutely necessary. They lead only to anxiety and fear; they can never satisfy the innermost craving of man. Lead your mind on to the path of devotion and dedication; this is the true path to contentment and joy.
- Baba

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“Hands that help are holier than lips that pray.”
– Baba

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SAI and SCIENCE



Does Swami teach only Philosophy? Is there a place only for devotees? Does not Swami promote scientific thinking? Sai does see the inner-significance of things. Neither Science nor Philosophy is far from Swami. Swami loves both. Hence, both have not obliterated in time. Instead, they are growing up by leaps and bounds. The understanding of the Science as a subject, the Science as a spiritual pursuit and the Science for realization gives us the depth of objectivity in Science and the depth of realization in spirituality which is nothing but super-Science. The Science as a subject is being taught in schools and colleges in the various departments viz., physics, chemistry, biology, astronomy, etc. While teaching and writing the tests, the method of its understanding is tied down to appreciate the particular orders of facts. Truly, these disciplines have limited scope whereas the Science itself has unlimited scope. The Science is a remarkable adventure of the human spirit which yields abundant fruit, not only cognitive but also material. Purity, love, compassion, work-efficiency, dedication and service - these are wonderful fruits, which are produced by the science of spirituality for us. Practicing Science is spirituality, and the quest never remains satiated with only Science. Both these disciplines have identical aims of discovering truth. Understood in this light, there is no conflict between Science and religion and between the Science and spirituality. Both have facilitated man to refine himself spiritually and achieve fulfillment.

Science and Spirituality are the two disciplines which, in the modern context, reveal that, when relied on

separately, can be counterproductive in the long run, but, when combined harmoniously, can bring about an all-round expression of human personality. In consonance with this, Sai has moulded His educational institutions to train the students in an integral approach getting them exposed to both material science and spiritual pursuits. Pure science with its approach towards truth and human welfare will always remain as one of the noblest pursuits of man. What we observe today is a worldwide technological challenges resulting from the great saga of modern scientific discovery in a variety of disciplines viz., surgery and diagnostic tests in health sciences, bio-diversity, bio-molecules, bio-pesticides, polymers, information technology, embedding systems, communications and nanotechnology. The architect of the modern world is Science. The pure science envisages understanding the truth of the Nature through an unemotional inquiry and the applied science, in which the truth discovered by pure science flows as technical inventions for the enhancement and enrichment of human life. These two, the pure science as lucifera i.e., light emitting and applied science as fructifera, fruit bearing, are intimately interrelated.

Sai discourses always focus on a number of factors in *Upanishads* through scientific jargon. The five elements viz., earth, air, water, space and fire and five *indrias* (senses) viz., taste, smell, sound, sight and touch, in governing the cognitive principles have been elaborated by Bhagawan. For instance, eyes cannot see anything in the dark, where there is no light. Even if there is light nothing is visible upon closing the eyes. Thus, eyes perceive through the medium of light. The entire creation (*Srishti*) is perceived through sight (*drishti*). The concept of creation is through perception. Perception is fundamental. Through these instances Bhagawan has elucidated the vastness of Universe and a narrow approach of science in exploring the components of

Universe. What science has discovered so far is very little. Scientists feel overconfident of their miniscule knowledge. Spirituality affirms that even in the microcosm there is the macrocosm, *Anoraneeyaan Mahathomaheeyaan*. Similarly, the seed conceives the plant and the egg becomes an adult. Their underlying principles to understand the growth and differentiation are elucidated by the Science of Becoming. The science of Spirituality foresees the hidden programme of germ-plasma akin to microcosm. Thus, Swami says that those who realize this truth have true knowledge of self, *Atma-Jnana*.

Mere absence of disease does not indicate that the man is healthy. The symptoms for a good health are indicated in a variety of diagnostic approaches viz., physical, mental, emotional, social relations and spiritual pursuits. Primarily, human beings, like advanced mammals, concern themselves mostly with the food sheath (*Annamayakosha*), the breath sheath (*Pranamayakosha*) and the mental sheath (*Manomayakosha*) as vividly explained by Dr. Charanjit Ghooi (2003, 2004). They do not cultivate the capacity to transcend the vagaries of their mind. They are prompted more by stereotyped behaviour such as instincts and impressions rather than by intellect (*Vijnanamayakosha*). Even among the mammals, the learning exercise brings about a change in the pattern of their behaviour. Similarly, the spiritual exercises being practiced by man facilitates him to get endowed with intuition. The intellect enables man to discriminate and he can exercise this faculty on a course of action, which can lead him *Ananda*. Swami says "Sathyam Jnanam Anantham Brahma". To begin with Brahma manifested the space (*Akasa*), which further led to the cascade of the realms such as the establishment of the primordial components of the universe namely *vayu* (Atmosphere), *Agni* (fire), *Aapa* (water) and ultimately *Prithvi* (earth). Brahma blessed the planet earth with

the germ plasm, which has taken the shapes of present day flora and fauna. This chain links man with Brahman and persistently draws man unto His source through the "science of spirituality" and certainly not through the "subject of Science".

The source of knowledge is Brahman. The scientific tools of man cannot comprehend the repertoire of knowledge of the Universe. Within the available time and space man was bestowed with opportunities to expand his thinking processes. This made him explore his vicinity through the scientific techniques prompted in him by the universe. That is to say that man is subservient to the laws of the Universe. The phenomenon of gravity continues to exist in the universe. However, Newton realized the same. The DNA, as life principle, has been there in all flora and fauna since the time the life originated on earth. It was in 1952, J.D. Watson and F. Crick made others to know the helical structure of DNA. These scientific discoveries have been directed by intuition and intellect. The intuition is a direct perception, which comes from the higher mind. The intellect takes man to the door of intuition. Thus, the realized man is endowed with the enormous scope to explore the Nature.

- Prof. S. Krupanidhi

The Avatar and His purpose

When a human being is born, it constitutes a mixture of matter and consciousness, where the latter component is striving to disentangle itself from the coils of attractive shapes and forms, tastes, smells, sounds and experiences. This mixture of wishes, aspirations and characteristics comes into being with a burden of tendencies and desires accumulated through

former experiences as well as a number of tasks it wants to fulfil and a variety of experiences it yearns to go through. During its association with matter, also called **life**, it can fulfil some of these wishes and ambitions and accumulate more of the same.

However, it can also, through a process of learning, suffering and purification, rid itself of all the burdens and tendencies or attachments to matter and separate or liberate itself once more from the material encasement, destroy the barriers, lift the veil of illusion and realise that between itself and the all-pervading Superconsciousness which is God, there is no frontier, no limit, no wall; that there never was, except for its own delusion and ignorance. All of this becomes the crowning of the process of evolution, education or expansion that destroys man's animal nature and finally merges him with Divinity making him exclaim in amazement and utter bliss, 'I am Brahman', or, 'My Father and I are one'. Examples are too numerous to be counted but they include the Christs, Buddhas, the great yogis and saints.

But there is also an other kind: the Avatars.

The Avatar, instead of raising into Divine consciousness, it descends by His own volition into a body, but, because it is not limited by self-consciousness or ego, but cognises only through pure awareness, therefore He has no notion of any separate, limited individuality. It is from beginningless eternity the

glorious fullness of the Supreme Consciousness, the Absolute Reality. For Him, the birth of the body is not the beginning of conscious existence, since His awareness in an uninterrupted continuum. The birth of the body is merely the beginning of a specific task or mission among humans. The Avatar is God in all His wisdom, power, glory and majesty, full of auspiciousness and the fountainhead of bliss.

Avatars have only one aim: to save mankind, guide men back to the right path, raise their level of consciousness, show them their destination and make the human adventure on earth worthwhile to be lived. By showing men the right path, Avatars remind them incessantly of the reason behind consciousness donning a human body; only going through the stage of human being or coming to self-consciousness can awareness become again its own pristine eternal self, devoid of limitations and ignorance and understand that it does not die with the disintegration of the body. The purpose of human life is to become aware of our capacity to transcend time and space and know that we are permanent, all-knowing truth.

The Avatar awakens the individualised consciousness by showing His superhuman powers (Leelas and mahimas). This attracts the masses to Him and some come within His orbit. The assimilation of the spiritual truths and the realisation of the purpose and realities of life through mental and intellectual processes occur. All the while a tremendous amount of love is

generated which starts the process of burning negative attributes at the level of the heart (emotions and feelings). This leads to surrender and renunciation and the fulfilment of the Kaivalya Upanishad's statement, 'Not by progeny, not by wealth, not by works, but by **renunciation** alone can immortality be attained'.

Thus, the Avatar's mission is accomplished when everyone realises that they, too, are Avatars.

- *Dr. Sarma Vangala*

DIVINE NAME OF THE LORD

It is so sweet, to repeat your name,
my blissful;

What other way that would make us so
wishful

Continuingly chanting with love and
faith;

Gaining your garce, will shorten our
wait

Reciting in ecstasy, we enjoy thee
more and more;

Melodies of your divine names live
forever more

Echoes of your holy names are heard
far and near;

Brings joy, peace, love everywhere

So is the power of reciting your
name;

An eternal purity for all I one

- *Nirmal Kupchand*

Conserve sound, since it is the treasure of the element Akasha (space), an emanation from God Himself. Reason can prevail only when arguments are advanced without the raising of voices. Silence is the speech of the spiritual seeker. Soft, sweet speech is the expression of genuine love. Hate screeches, fear squeals, conceit trumpets. But, love sings lullabies, it soothes and calms. Practice the vocabulary of love and unlearn the language of hate and contempt. - Baba

Tree Planting - April 30, 2005

I was looking forward to spending some time outdoors, planting trees on "Environmental Day" on Saturday, April 30, 2005, in Earl Bales Park in North York. The weatherman predicted rain but still I kept my optimistic thoughts. I woke up on Saturday morning to drizzling rain. Thoughts of 'just not going' crept in my mind but I persisted and decided to go to the nearby Earl Bales Park and see if anybody else showed up. To my great surprise when I got there, many devotees from our center were already there busy planting and digging in the rain. Our center was one of many different groups planting little trees in the muddy clearing that was prepared by the City of Toronto.

Once again I was thinking if I really want to get in the mud but decided to go ahead and just do it. After filling out a form, I received a pair of working gloves and went around looking for familiar faces. Soon I saw Preeti and many others hard at work not paying attention to the rain at all. As soon as I started I realized it was actually a lot of fun.

At the very beginning Preeti warned me not to stand in one spot for too long and try levitating as much as possible. That was a challenge, sure enough soon my shoe started sinking and I needed help to be pulled out. Slowly but surely I became 'mud smart' and learned to move around with agility. There was lots to do; digging a hole with a shovel, planting little trees, spreading mulch to protect them and putting a plastic tube over the tree so it will grow straight. Basically relating to what we have to do in our day to day lives. Most of all add love to every act performed.

Our centre planted over 100 trees. Veggie hot dogs and drinks were served by City volunteers and door prizes were given out. A great muddy fun was had by all.

Julie Shuter

FROM WINGS

We regret to say that no contributions from wings were received, before the deadline, for this issue.

YOUTH CORNER

SSE Alumni Reunion

"The Bal Vikas is the primary basis of the great movement to restore dharma in the world. The ideal of the Bal Vikas is to raise a generation of boys and girls who have a clean and clear conscience."
-SSSB

A celebration of the past, appreciation of the present, and a promise for the future were sentiments of this momentous occasion. On June 26th, 2005 the Sri Sathya Sai Baba Centre of Toronto-York hosted it's first Bal Vikas Alumni reunion celebrating the successful operation of this program for the last 23 years from 1982-2005.

The festivities for this program began a few weeks in advance when the adults had the brilliant idea to combine the SSE graduation with this memorable event. In the initial planning meeting, the task at hand seemed quite overwhelming. With the short time at hand, hundreds of invitations had to be sent, a program committee had to be formed to be plan and execute this program. However, adults and youth welcomed the event with great enthusiasm and under the direction of Uncle Param and Aunty Varatha many of the alumni youth took leadership roles ensuring the success of the program - a success it was!

Often, people may refer to a memorable event as a Kodak moment. However, not even Kodak could have captured the love, bonding, and feeling of togetherness that was experienced on that day. This event was blessed with the presence of many of the old Bal Vikas students and Gurus who came from far and wide to participate in this event, and every one of them walked away with smiles on their faces rejuvenated with the love.

The event started with a scrumptious lunch prepared by the ladies wing. Many of the alumni seized the opportunity to mix and mingle with other alumni and gurus, sign the guest book and receive their memento - a beautifully designed card that was to be signed by their fellow alumni. The program began with Veda chanting followed by a procession of all alumni and SSE graduates.

Shortly after the alumni felt it was necessary to express their gratitude to the Gurus- the teachers who had dedicated their time and love to nurture them into the individuals they have become. All the gurus were presented with a laminated card that had Swami's photo as well as two inscriptions that read "Thank you for being an inspiration in our lives" "A Guru is the signpost indicating the road. It is the

traveler who has to negotiate the obstacles and pitfalls.” –SSSB

The next item on the program, a slide show, recaptured many of the memorable moments that occurred over the past 23 years. Pictures and video clips brilliantly choreographed by the youth was an entertaining and light-hearted look at the many wonderful moments created and shared during the Bal Vikas/SSE program. It was a reminder of where we came from, who we are and who we want to become in the future. The final item on the program was a game that involved the audience. This game truly brought a sense of true family.

On a closing note, the Bal Vikas/SSE Alumni reunion was a great success and will be an even greater success when we celebrate the silver anniversary in 2007. Please keep in tune for further announcements to this effect.

Jai Sai Ram!

- Meera Gooool

SPIRITUAL SAADHANA

I decide I WILL do my meditation and sadhana and prayers today. So I sit down. I have just had a shower and so I'm relaxed. Then on to meditation. I'm AMAZED that I have barely moved a muscle through Jap. It was faster than Gayatri true, but still!

I sit for meditation. My mind is calm. The thoughts eventually come, but they seem to exist on the surface. Then I find myself falling, falling into a weird state. I feel light-headed. I think to myself, *am I sleepy?* But I'm not. Then I wonder if it's a rush of blood to my head. Its not because those only last for a few seconds and its already been minutes. Blackness surrounds me. The closest I can describe it as is, being *aware* of falling asleep. It was very interesting – not blissful, but I felt happy and felt as if I

could have gone for 2 hours like that. Eventually I opened my eyes. Then I sat in silence for a while. Interestingly enough, I just said “OM” after a while, but my mind didn't will it. I remained sitting down. I then went upstairs. I was standing in my kitchen and just stared. It was like staring in awareness.

I sat down, and was conflicted whether to chant Sai Gayatri as per last week, or Gayatri as in the Sunday satsangh. I decided to continue with Sai Gayatri. I couldn't focus. But then I got to the meditation! It worked. The “falling” sensation came immediately! Blackness. Blankness. Then it got painful, my eyes started to hurt. I ignored it, and then the pain got worse. I opened my eyes and waited for a while with them open. Then I just could feel the state coming back and I just exclaimed, whispered “I love you Swami.”

For me it was strange because I'd never really felt that I “love” Swami or God. I felt that God was just an all-knowing entity that, I mean what does it mean to love an entity that is virtually invisible? Certainly Sathya Sai is God, but what does that mean to me here in Canada? Not much I felt. Subsequent to that experience though I *felt* what it meant.

Anyway, I remained silent and then my arms went numb. I couldn't move them – or I didn't try. But various parts of my feet started to itch. I ignored them. The phone rang and then I was thinking about answering it but I didn't. I was able to successfully ignore it without too much pain.

I now truly understand Swami's statement that we should pray not for an “interview, but for an inner-view.” Bhagawan exists for us to reach Him, and attain self-realization, and not for us to artificially measure our spirituality by how many rings we get, or how well we can sing. I used to measure my spirituality by those evaluators but now I realize that even that too is Maya.

-Yossarian Patel

TWINKLE



Sai Ram and neighs to you all!

“Twinkle, Twinkle little star...” I hummed. (That's my national anthem you know.) Anyways, I have a wonderful story to tell! Can you wait to hear it? Best of all, you will get to meet my new friend, Misfit, the cat. Here is my story:

I was then living at Cedar Creek Show Stables. This was a large facility with many tall, elegant horses and a number of flashy ponies. And what was I? A little shaggy Shetland pony! I certainly wasn't flashy. Anyway, you may wonder how I ended up here. Well, my previous owner was forced to sell me due to financial difficulties. Nevertheless, I was eager to explore.

“Hi there, how's life here?” I asked my fellow pony across the barn hallway.

The pony did not answer, but just kept on eating. (Humph!)

One day, I stood in a lonely stall in a corner of the barn. A young girl came up to me with a scary, long, green snake that let out torrents (what vocabulary!) of water from its poisonous mouth. (Ahhh!) But it had no teeth! (Yikes!) And the water sprayed all over me. (Yikes!) And it was brrrr... cold! I fidgeted and shivered as I stood there dripping wet. Then, she poured on me a substance that created white clouds. (Have I ended up in the sky?) Pooh! Then I stood helplessly as the snake squirted more water on me

and she applied some odd, alien (from another planet), greasy substance. As I looked at myself, I was no longer shaggy! (Oh, no!) (Am I still a Shetland pony?) But I gloried as she brushed and untangled my beautiful tail. (Now I can use it better!) Delighted with my newly improved tail, I swished it merrily. With a sharp reprimand, the girl inserted my luxurious tail into a cloth bag. (What's going on?)

Throughout the night, the flies hovered around my shiny coat and I could not efficiently swish them away. Oh! I could not sleep that night. (My poor tail!)

The next day, I was in a sunny area with plenty of lush grass (my stomach's rumbling!) and many, many other ponies and horses. (Neigh, neigh!) I stood at the centre of the ring with the girl on my back. (By the way, I got my tail back!) I cantered and trotted and walked around in meaningless circles. Then I popped over jumps that got higher and higher. (Quite a new concept to me.) This got tiring. After going on this way for awhile, I could no longer handle the strenuous work I was asked to complete. So, I refused to jump over and over, but the girl urged me on. I resisted. (You can't treat me however you like, you know.)

After the ride, the girl was very displeased and so was I. From then on, whenever that girl approached me, I faced her with barred teeth, pinned ears, and an accurate kick.

Because of my antics, I was sold (gladly). I enjoyed this new place much better. Nonetheless, I would not allow myself to be ridden and would always give the arena my coldest glare (Brrrr), since I never forgot that riding incident and never forgave my previous owner. As I took a deep gulp of fresh water, I heard a tiny meow. (What was that?) I turned around and I saw a tiny cream coloured kitten slip under the stall door.

"Hi there, I'm Twinkle!" I greeted as I lowered my muzzle to nuzzle the cat.

"Hi, I'm Misfit!" the cat replied.

"I'm mighty big and you are mighty small. Aren't you scared?" I inquired.

"No, no," misfit shook her head, "but may I go on your back? I kind of feel safer there. Your mighty hooves are dangerous to small cats like me. One trample is enough for one life time."

"Go ahead," I said, allowing the cat to jump onto my shaggy back. (Hee, hee, I'm a Shetland pony again!) "And tell me your story please."

"Ok, I'll tell you a cat tail," Misfit said with a wink as she arched her tail. "One day, when I was wandering around catching mice, I went into this one horse's stall. As the horse took a step back, he placed his mighty hoof on my leg, breaking it. Luckily, the barn owner passed by just then and saw me. So, I was well taken care of until my leg healed. Now I am once again a normal cat. Meow, meow!"

"And you are still friends with horses?" I wondered.

"If I had not forgiven horses, I would lose all my very best friends!" Misfit replied, curling up on my back.

Just then, my new barn owner opened the stall door. Misfit jumped down from my back and scurried into the barn hallway. I was lead to my paddock. (Yupee!) With my lush tail and main flying, I galloped across the paddock relishing (yum) my freedom. Then, as I rested and chewed grass, I thought of what Misfit had told me. Should I forgive the girl, my previous owner? Should I give my new owners the privilege of riding me? (ooh! I am becoming a thoughtful, reflective pony-a pony Philosopher!) I should ask Misfit; she is a very spiritual cat.

In no time, my new friend came to visit again and sat on the fence post. I told the cat my dilemma.

Misfit was silent, "Baba explains this well. He says, '*You should forgive even those who harm you. Forgiveness is to be cultivated by oneself in times of difficulties, trials and tribulations that one is forced to meet. Only when we face problems and difficulties that cause grief and misery this quality of forbearance and forgiveness has the scope for taking root. When you are confronted with problems and difficulties you should not get upset, and become victims of depression which is a sign of weakness. In such a situation, you should bring tolerance and an attitude of forgiveness into play and should not get agitated giving rise to anger, hatred and revengeful attitude. You are embodiments of strength and not weakness. Therefore, in times of despair, you should be filled with the feeling of forbearance and be ready to forgive and forget. This quality of forgiveness is the greatest power. If one loses this quality, he becomes demonic. Forgiveness is a quality that everyone should possess. That forgiveness is Truth itself, it is Righteousness, it is the Vedha. It is the supreme virtue in this world. People should remain unaffected by what others may say. A true man is one who overcomes the ups and downs of life with fortitude. Whoever aspires to win the grace of God should cultivate at the outset the quality of forgiveness. It is a divine quality.*'"

I thanked the cat for her outstanding (wow) knowledge and went back to eating. I resolved to forgive my previous owner and to give my new owners the opportunity and delight of riding me. Then a light bulb went on (from darkness to light...). How could I have forgotten Baba's simple teaching: '*love lives by giving and forgiving, self lives by getting and forgetting*'?

As the evening came to a close, I stood silently nose to nose with Misfit.

Sai Ram and Neighs to you all!

p.s.: Come join me on my new adventure, so we can improve spiritually together.

P.S. *Come join my future pony adventures and become wiser and better!*

- Francesca and Emmanuela

Excerpts of Swami's Discourse given on 18th September 2004

Once Mother Parvati and Easwara called Vinayaka and His younger brother Subrahmanya, and advised them to go round the world. They also told them that whoever came first would be given a reward. This competition was intended to demonstrate the greatness of Vinayaka to the world. The younger brother Subrahmanya immediately plunged into action. He mounted His vehicle, the peacock, to fly round the world. But, Vinayaka did not move and sat in His own place. Easwara then enquired, "My dear son! Why did You not start on Your journey round the world?" Vinayaka laughed at this question and replied "Oh! Father! I need not go anywhere. The fruit of all My journey round the world is right in front of me." So saying, Vinayaka made a *Pradakshina* round His father and mother and sat down calmly. He claimed victory in the race. Easwara declared Vinayaka as the winner in the race and handed over the fruit to Him.

The underlying meaning in this story is that the parents are the very embodiment of divinity and it is enough if one does *pradakshina* to them in reverence. That would be tantamount to the merit acquired by visiting all the holy shrines in the world. The parents are responsible for the success of their children in all the endeavors.

If your parents are satisfied, you are sure to succeed. If you want to obtain the grace of God, it is enough if you obey the command of your parents

lovingly. There is no greater divinity than the parents who are present right in front of your eyes. They have struggled hard in several ways to bring you up to the present state. They made a lot of sacrifice, so that you may come up in life. No parent would ever like to displease the children. They appear to be angry sometimes and may even give some punishment, but that is only outward. In their heart of hearts, they have abundant love for you. Even if they pretend to be angry, it is for your own good. The stream of infinite love ever flows in their hearts. Their anger is borne out of love only. On certain occasions, they may show anger, but it is only temporary. It is never permanent. You may think that your parents are angry with you. But, that is your own misunderstanding; you may not be able to understand their love, which is lying dormant. Even if they show anger and disapproval, it is only out of love. You should, therefore, try to understand the real nature of your parents.

The parents, especially the mother, will be even ready to sacrifice her life, in order to save her children in times of danger. Unfortunately, today there are sons who even go to a court of law against their mothers. It is, therefore, essential that they change their attitude towards their parents and realize that they are verily embodiments of love.

Any number of diversions or silly thoughts may arise in children, but the parents' love towards their children remains unwavering. Whatever differences that may arise between them are only temporary. The relationship between parents and their children is one of love, nothing else. From today onwards, you give up whatever little anger you have towards your parents and cultivate pure love towards them. Love begets love. Receive love from your parents in abundance and prosper in life.

Excerpts of Swami's Discourse - prepared by *Pala Seetharam*

Upcoming Events

Date: 20 July 2005
Event: Global Handicapped Day

Date: 21 July 2005
Event: Guru Purnima

Date: 7 September 2005
Event: Ganesh Chaturthi

Date: 16 September 2005
Event: Onam

Date: 28 September 2005
Event: Shirdi Sai Jayanti

Date: 4 October 2005
Event: Ramadan

Date: 12 October 2005
Event: Vijaya Dasami

Date: 12 November 2005
Event: Global Akhand Bhajan

Date: 20 November 2005
Event: Swami's 80th Birthday Celebrations

WEBSITE of our Centre

Please visit our elegantly designed site at:

www.sathyasaitoronto.org

For more information or comments, contact us at:

feedback@sathyasaitoronto.org

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