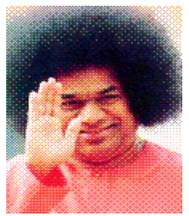




# SAI NEWSLETTER



## Sri Sathya Sai Baba Centre of Toronto - York

### FROM THE DESK OF THE PRESIDENT

Seasons' greetings and a very happy new year to all our members and families. An year has rolled by with ample opportunities to contemplate on His glories by way of listening to the experiences of many guest speakers including some of the blessed past students of Swamy's college. I am sure that this has strengthened our faith and deepened our devotion. But what does our Lord want from us? He says, "Devotion is good but I want transformation."

**Transformation** is the theme for the year as put forward by our organization. Mahatma Gandhi, who made the change in the lives of many and the great change in the political structure of a big nation that was impossible to many, once said, "If we can change ourselves, we have done our part in changing the world"

As we step into another year, let us all contemplate on our roles in His Mission and work together towards our transformation rather than be just mechanical in what we do. As members of the Sai organization, we are again reinforcing our pledge to practice the nine-point code of conduct this year. Also, I like to take this opportunity to thank all our members and their families for the tremendous support received during the year without which we couldn't have accomplished all the tasks we have done during the year.

May our Lord continue to keep us under His loving care and guide us.

Lovingly yours

*Param T. Parameswaran*

Sssssssssssssssssssssssssssssssss

### The Raj Samaroo Cup.

During Bhagawan's Birthday Celebration the recipient of the Raj Samaroo Cup was announced. The cup was established in memory of late brother Raj Samaroo. As all of us who knew him, he was a real role model at the Centre. He worked very hard for the organization for so many years. As president of the Centre he demonstrated his excellent leadership skills. He led a life in Swamy's teachings and was always an example of love, dependability, creative leadership and unconditional co-operation with each and every member of the Centre. The cup is to recognize and honour every year a member, who has demonstrated in his or her own life the values and ideals late brother has stood for in his life.

The past recipients were our youth Yalini Jegatheeswaran, brother Praful Mistry and brother Chantira Kumar.

After two years it was again awarded to a youth this year. After taking nominations from the centre membership, the honour was bestowed on Meera Gookool who is at present one of our youth co-ordinators.

Meera has completed the full term of the SSE program and has been with youth group since graduation and has done outstanding work within the youth group of the Centre. She is a resourceful, enthusiastic worker, always dependable who gave vitality and strength to the youth group.

We once again congratulate Meera and look forward for many many years of her excellent work and wonderful presence in our community and Swamy's organization.

*Dr. Peter Hacker*

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**Meera Gookool receiving the cup from sister Geeta Samaroo**





Namaskaram “meaning prostrating to another being symbolizes the humility and attitude of self-surrender by an individual. It has been considered as a great wealth a person can possess and enjoy. Also, it has the capacity to realize and experience other forms of wealth a human mind can comprehend.

This concept has been well brought out by Adi Sankara Bhagawathpada in the sixteenth verse of his famous work titled “Kanakadhara Sthothram”.

“Kanakadhara Sthothram” meaning “Shower of Gold” is an assemblage of twenty-one verses and is associated with an incident in the life of Adi Sankara.

When he was a Balabramhachari (young student of spirituality), prior to his taking up the vows as Sanyasi (ascetic order), on a day he went looking for alms as per the system ordained for young students for survival during students days. In the course of this ritual on that day, he approached a house occupied by a poor Brahmin family who were living much below the accepted poverty line. That day happened to be a Dhwadhasi (twelfth day of lunar cycle) on which traditionally the orthodox people break the fast they undertook the previous day, Ekadasi (eleventh day of lunar cycle).

The lady of that household, on seeing young Sankara and hearing his formal request “Bhavathi Biksham Dhehi” (please give me alms) was immensely disturbed since she had nothing to offer the Divine child Sankara. She searched and searched her kitchen and at last came up with a partially spoiled Amlika (gooseberry fruit) that she had kept for breaking her Ekadasi fast. On realising her plight, young Sankara was immensely moved and he at once commenced intense prayers in the form of spontaneous verses in praise of Goddess Mahalakshmi, presiding deity of wealth and prosperity, to shower her grace on the poor Brahmin family.

Goddess Mahalakshmi’s grace came down instantaneously in the form of a shower of Gold Amlikas (golden gooseberries) inside the house of the family. Hence these series of verses are aptly titled

## “KANAKADHARA STHOTHRAM”.

In the course of this happening, it is believed, Goddess desired to give some grace to young Sankara, impressed by his sincerity of purpose, dedication and compassion. She asked him to make his wish. Young Sankara was baffled by this offer.

Basically, he had no liking or need or aptitude for any form of wealth since the spirit of renunciation was his inborn trait. However, he realized that refusal of a boon from Goddess will be a sign of impertinence. His sharp intellect guided him to this verse.

“I do not need anything other than the ability to do Namaskaram to YOU, Oh Lotus eyed Goddess that will bring prosperity, ability to enjoy it with all senses, enhance my kingdom of concern and remove all sins I commit from time to time.” ( The sanskrit version is given below)

SUCH IS THE POWER OF A SINCERE NAMASKARAM. A SYMBOL OF TOTAL SURRENDER AND HUMILITY.

- Vidhya Shankar

Members of Sai organization are expected to practice the **Nine Point Code of Conduct** which is the spiritual discipline given by Bhagawan for our spiritual progress.

**1. Daily meditation and prayer.**

**2. Group devotional singing or prayer with family members once a week.**

**3. Participation in Sai Spiritual Education by children of the family.**

**4. Participation in community service work and other programs of the organization.**

**5. Regular attendance at the Center's devotional meetings.**

**6. Regular study of Sathya Sai Baba literature.**

**7. The use of soft, loving speech with everyone.**

**8. Not speaking ill of others, especially in their absence.**

**9. Practice placing a ceiling on desires - consciously and continuously strive to eliminate the tendency to waste time, money, food and energy - and utilize the savings for service to mankind.**

“S a m p a t h k a r a a n i s a k a l e n d r i y a n a n d a n a n i  
S a m r a j y a d h a n a v i b h a v a d h i s a r o u h a k s h i  
T v a d h v a n d a n a n i d h u r i t h a h a r a n e d h y a d h a n i  
M a a m e v a m a t h a r a n i s a m k a l a y a n t h u m a n y e “

Nine Point Code of  
Conduct

FROM WINGS

Service



fortnight), on *Ashtami* day, in a dark room, as a dark child. *Sraavana* means that which gives *sravanam*, delight to the ear. It is significant that among the nine forms of devotion, the first place is given to *Sravanam*, listening to the glories of the Lord, and the final stage is *Atmanivedanam* (total surrender). Today men tend to listen to all kinds of evil things, but do not lend their ears to hear what is pure and holy. What you should hear is *sravana*, all about God and not other trivial gossip. Krishna was born during the *Krishnapaksha*, the dark fortnight of the month. The effulgence of the Lord is seen with greater effect when it is dark. In a world of disorder, Krishna was born to establish order. He was born on *Ashtami* day. *Ashtami* is associated with trouble and difficulties. When do troubles arise? When righteousness is forgotten. Krishna's advent signifies the dispelling of darkness, the removal of troubles, banishing of ignorance and teaching mankind the Supreme Wisdom.

Krishna is said to have stolen butter from the houses of the gopikas. The butter, which He stole, was the pure, milk-white hearts of the gopikas. Butter is pure and soft. The hearts of the gopikas were like butter. People tend to look upon the devotion of the gopikas in worldly terms. Their minds never turned towards any sensory objects. They were completely free from sensual desires. All their desires were concentrated on God. They viewed the entire universe as the manifestation of God.

We must understand properly the meaning of the term Krishna. The word has three meanings. One is: "*Krishyathi iti Krishnah*" (The one who cultivates is Krishna). What is it that has to be cultivated? The *Hridayakshetra* (field of the heart).

Krishna cultivates the field of our hearts by removing the weeds of bad qualities, watering it with love, ploughing it with the use of *sadhana*, and sowing the seeds of devotion. This is how Krishna cultivates our hearts.

The second meaning of the word is: "*Karshathi iti Krishnah*." (The one who attracts is Krishna). Krishna attracts you by His eyes, His speech, His sports, and by every action of His. By His words, He softens and calms the hearts of even those filled with hatred and makes them rejoice.

A third meaning of the word Krishna is "*Kushyathi iti Krishna*" (one who is always blissful). Krishna was always in a state of bliss.

It was because He had these various qualities, the sage Garga named Him Krishna. The ordinary meaning of the word Krishna is "one who is dark." But people think only of this meaning and forget the deeper and truer meanings of the Lord's name. The essence of Krishna's life is, He proclaimed the Truth to the world, propagated the eternal verities and delighted the world by His *Leelas*. Every *Avatar* is an amazing phenomenon. When the *Avatar* principle is understood, you experience real bliss. When you have faith in the Divine, life becomes a victorious journey.

Swetha Shankar

## Youth Wing

### Cell Phone vs. The Bhagavad Gita

I wonder what would happen if we treated the "Bhagavad Gita" like we treat our cell phones.

What if we carried it around in our purses or pockets?

What if we turned back to go get it if we forgot it?

What if we flipped through it several times a day?

What if we used it to receive messages?

What if we treated it like we couldn't live without it?

What if we gave it to kids as gifts?

What if we used it as we traveled?

What if we used it in case of an emergency?

What if we upgraded it to get the latest version?

Does this make you think, "Hmmm. where IS my "Bhagavad Gita"?"

Oh, and one more thing. Unlike our cell phones, we don't ever have to worry about our "Bhagavad Gita" being disconnected because the Lord has already paid the bill!

**Yamuna Muruganandan**

# TWINKLE

Sai Ram and Neighs to you all!

Hi! I'm back! It is Twinkle, Twinkle, Twinkle—little star...! Suspense, Suspense! I know you can't wait to read this story; but, but, please, let me go on for a little while. The past few months have been long, challenging, and strenuous. They have been filled with despair, hope, and of course, hard work. Oooooooh! But the ending is great, just great! (However, you'll never know it, until a long, long time) (Well, maybe not THAT long). Enough nonsense; let's begin!

I was sitting under the shade of a large apple tree, chewing a super delicious apple (Mmmmmmm) as the sun was setting on the horizon. My thoughts whizzed.

"Hmmm, what do you think—apple tree," I added just in case the tree was listening, "Wouldn't it be nice to go see Baba again? Yup! How 'bout I ask him!"

I loped off to a quiet place in the pasture where the wind whispered in the trees and prayed, "Dear Baba, can I come see you? Please?"

I listened and waited. Then the wind rustled again and I heard, "Not now, Twinkle." I began to pout, my lower lip wiggling (wein, wein). Stomping my hoof, I thought until my brain almost broke. (Just to let you know, it's still in one piece) Light bulb! I know! If I do lots of good deeds, I can earn the reward of going to see Baba! And so it began. One day, I was wandering around the pasture when I came across a fellow pony who seemed to have too many carrots to eat. Therefore, I decided to help—by eating some of the carrots. What a handy good deed! (Not)

Another day, I decided to do something of more value. I was wandering around the barnyard, when I saw a big truck coming towards the farmhouse. I ran up to investigate. A man was lifting some stuff into the back of the truck. Hey, I could help! So, I took some papers in my teeth and threw them into the truck. The man looked up with surprise and horror in his eyes. (hey, I'm helping you) I grinned my horsey grin and continued to help. (Pooh! That stuff tasted bad!) Despite the awful

taste that lingered on my tongue, I loped off, pleased to have helped.

Days later, one of the farm hands was working nearby, and I noticed that the back of his shirt was full of dirt, hay, and straw. I think he needs a good grooming! And who would give it but me! I walked up to him and began cleaning his shirt with my lips and teeth, just like I would do to my fellow pony friends. Instead of being grateful, the farm hand shrieked his head off! Then, he chased me away! (What is going on? I'm cleaning him! Humph, I guess humans have very different opinions about cleaning methods!)

At another time, I was walking in the woods when I encountered a flooded stream. I noticed a big group of people across, wondering how to cross it. They seemed very worried. Fireworks (Poom, pam, pam)! I can carry them on my back! I joyfully trotted through the stream and motioned to my back as if to say, "Come on my back, I'll take you across!" Finally, the humans understood. One by one, I brought them safely to the other side. In the end, they showered me with pats and scratches.

Later that evening, I went to the same quiet spot in the pasture where I had first prayed. I now prayed again. "Dear Baba, may I come now?"



And the voice replied, "..."  
Sai Ram and Neighs to you all!

P.S. I hope you'll all live through the suspense to hear Baba's reply in the next issue!

- *Francesca & Emmanuela*

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# Transformation

My Name is Non Violence,

I follow the trail of war, mending wounds of grief

My companions are Love, Respect and Kindness.

I am Non Violence,

Mankind has always had me,

Trust in me and you will have no wars.

I am Non Violence, I am Non Violence,

Sit a moment and think in Silence

You will know the best way is Non Violence.

Sai Sumithra Voora  
Group 2 B

## Do You know

1. In Indian mythology, which king was the symbol of self sacrifice?
2. Name the twin sons of Madri in Mahabharatha?
3. Which is the most ancient living instrument in India?
4. What does Quran, The Holy book of Muslims, mean?
5. What are the prophets or Gurus of the Jains known as?
6. Name the king who played veena?
7. Which great dramatist is known as the Indian Shakespeare?
8. Who is known as Saint of the Gutter?
9. who said, "Awake arise and stop not till the goal is reached"?

Sandhya Shankar

## Answers to Sai Jumble:

**Good:**

LOVE  
PEACE  
TRUTH

**Evil:**

ENVY  
HATRED  
MURDER

**Mystery Phrase:**

HELP EVER; HURT NEVER

**Answers to Do you Know !!!**

1. King Shibi
2. Nakula and Sahadeva
3. Rudra Veena
4. Recite
5. Tirthankaras
6. Ravana
7. Kalidas
8. Mother Teresa
9. Swami Vivekananda

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](mailto:neralla@sympatico.ca)) or to Vidhya Shankar via e-mail : [apvshankar@rogers.com](mailto:apvshankar@rogers.com) .

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

**1 MARCH 2007.**

Please ensure that the contributions are sent on time.

*Vidhya Shankar & Dr.Venkata Neralla*  
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**Upcoming Events**

14 Jan 2007 : Makara Sankaranthi

16 Feb 2007 : Maha Shivarathri Venue:  
Gur Mandir  
Time: 8:00pm – 6:00am (Saturday)

20 Mar 2007 : *Ugadi*

27 Mar 2007 : *Sri Rama Navami*

**KINDLY NOTE THE CHANGE**

**Date for Walk for values changed**

Fm: 27<sup>th</sup> May , 2007

**To:10<sup>th</sup> June , 2007**

**Center WEBSITE – New look**

Please visit our elegantly newly designed site at:

[www.sathyasaitoronto.org](http://www.sathyasaitoronto.org)

For more information or comments, contact us at:

[feedback@sathyasaitoronto.org](mailto:feedback@sathyasaitoronto.org)

**Please do not forget to BOOKMARK** our website on your browser!

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**FAMILY NEWS**

Congratulations to Dhiraj & Monika Sharma who got married on 23<sup>rd</sup> September 2006 in India.

Congratulations to Sindu Govindapillai for achieving a perfect score of 100 percent average, and became the top student in Ontario.

**WE WISH ALL OUR READERS  
A HAPPY AND PROSPEROUS  
NEW YEAR.....2007**

**Jai Sai Ram**

**Man is a spark of the Divine.**

**“The year becomes new, the day becomes holy, when you sanctify it by spiritual discipline, not otherwise.” - BABA**

**Notes:**