



SAI NEWSLETTER

Sri Sathya Sai Baba
Centre of Toronto - York

**"The secret of happiness is not doing
what you like but liking what you do."
- Baba**

Volume No. 11, Issue No. 1

APRIL 2006

Inside.....

- 1. A Few Words**
- 2. From the desk of the President**
- 3. The God**
- 4. Molecular Interplay**
- 5. Lord Ganesha**
- 6. FROM WINGS**
- 7. Youth Corner**
- 8. Children's Corner -
Twinkle**
- 9. Discourse – Control of
Senses**
- 10. SAI Spiritual Quiz**
- 11. OUR Website**
- 12. Our Sai Family News**

A FEW WORDS

The devotees are urged to read the item 'From the Desk of the President' column contributed by our new leader – President Thuraisamy (Param) Parameswaran. With his tireless work ethics and dedicated service, I am certain that we will all be inspired, motivated and uplifted in our spiritual journey during his term.

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 have introduced some interesting items – 'Sai Spiritual Quiz' contributed by the recently joined Newsletter team member, Vidhya, and 'Our Sai Family News'.

We are planning to implement some changes to the format of the Sai Newsletter. We would really love to have your suggestions. Please send them to us via e-mail.

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 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 JULY 2006.**

FROM THE DESK OF THE PRESIDENT

Aum Sri Sai Ram!

It gives me great pleasure in welcoming all our readers to another year. Traditionally as we begin the New Year, we reflect on the past and look towards the future. Every challenge we went through was a step designed by Swamy in our spiritual journey. We would like to thank each and everyone who has been with us together without whose support what ever we accomplished wouldn't have been possible. Especially I thank our past president Sister Preeti Grover on her successful completion of the role assigned to her, with all her energy, enthusiasm and devotion. Also, my gratitude goes to our dedicated editor Dr. Venkata Neralla and other members in his team for all their hard work in bringing out every issue promptly.

have something in the name of god that is cognisable, substantial and formal; one that cares for us, a parental figure. Our god should be not only supremely conscient, but also sublimely human. It is the human mind that created a human god; as the human needs increase, so do the gods multiply in numbers. These may be propitiated by prayers and offerings, to serve human purposes, personal purposes even.

God is given a human form and installed in temples. These are divine images conceived as human, a compound of divinity and human sublimity. The conceptual paradigm does not amount to either erosion of divinity or replacement by metaphoric human dignity; the valency is still the Paramatma. Human sublimity is symptomised by multiplicity of body parts and lavish decoration. Elaborate canons of image worship were composed and paraphernalia therefore were devised. The worshipful image is as much divine as human; a symbol of equalization of divinity with human excellence; a figurative expression of human aspiration.

“Cultivate detachment and God will attach to you.”

– Baba

Sublimity, simply stated, is neither meaning nor committing harm to other living beings, a positive expression of it being helping the needy. The Buddha stated that mytri: (companionship), karuna (compassion), mudita (joy) and upekkha (equanimity) are sublime qualities. The reward of sublimity is a sense of fulfilment, ananda.

Temples are the arena of intimate interaction of the divine and the devotee; the interaction occasionally exuberating to frenzied ecstasy of song, music and dance; a human effort for mind elevation. It is the cultivation of mind for emotional experience of a metamorphism that takes him into the

divine fold. The temple, the idol and the ecstatic devotee, altogether make an amazing display of human grandeur in all its elaboration.

Some of us disparage idol worship as shameless barbarism that needs to be condemned.

But whether going about demolishing holy places is a measure of civilisation is any anybody's guess. The devotee knows that he does not address his prayers to the figure before him, but to the god condensed to image form. One that is able to perceive the god in the idol, is also the one that perceives mother in a woman, divine in mother, guest in a beggar, friend in a foe and Paramatma in oneself. One that cannot perceive the Paramatma in oneself does not find it elsewhere. One that finds it all around is human par excellence. Here forms an inseparable union with the god that takes him aloft to hover on the wings of peace and joy.

Our religious structures rest on the firm foundation of faith. The idols in temples are given different names, based on local preferences fully aware of the fact, however, that the almighty does not have a name. It is logical that the nameless can have any name as does the amorphous take any form. All the same what matters is neither form nor name, but the depth of devotion. There is no road map of devotion to tread along; it is also doubtful that such a map can be drawn at all. Faith is the foundation of devotion and if the foundation is properly lain, the superstructure will take care of itself. Here arises the useful purpose of our images. A visible image has a better grip over the mind than the invisible Paramatma. Better still is a live image the Guru (preceptor), who combines both precept and example in him/herself.

- Venkata Annapurna Matha

MOLECULAR INTERPLAY

Molecules make life

Organisms studded with molecules.
Molecules facilitate cells to communicate.

Cells talk each other through signal molecules.

Molecules recognize self and non-self.
Molecules either down or up regulate metabolism.

Cascade of STAT is through molecules.
Molecules determine axes.
Molecules develop regional specification.

Contemplation is through molecules.
Memorisation is owing to Molecules.
Tranquility and turmoil are due to molecules.

Molecular interplay brings beauty to the bearers.

Ultimately, Molecules regulate gene expression.

Gene through DNA-Protein complexation.

- Prof. S. Krupanidhi

FROM VALUES TO PEACE THROUGH EDUCATION

Values are for education,
Education is for life,
Life is for Love,
Love is for man,
Man is for spirituality,
Spirituality is for the world, and
The world is for **peace**.

So, one should travel from values to peace.

- Baba

Lord Ganesha

Swami says repeating mantras slowly purifies the mind. A fresh stream of water causes the mud at the bottom of a container to rise and flow out of a container, eventually to be replaced by crystal clear water. Similarly, japa cleanses the mind of impurities as the pure vibrations of the mantras loosens and washes away the impure vibrations.

Lord Ganesha is invoked through the mantra of AUM. The meaning of AUM

is it represents the highest wisdom. *AUM* has three syllables. A- the waking state, U-the dreaming state, and M- the deep sleep state. *AUM* and the moment of silence represents *shanthi*, peace of mind. *AUM japa*, is performed as an invocation to Lord Ganesha, the lord of wisdom and knowledge. Proper chanting of *AUM* is a high form of *YOGA*, moving energy from the lower chakras of the body up to the highest chakra or energy centre- the sahasrara chakra at the crown of the head.

Two other Ganesha mantras commonly used are:

a) *AUM Sri Ganeshaya Namah*- Meaning Praise to Lord Ganesha

b) *AUM Gam Ganapathaye Namah*- By saying this, we merge ourselves with his supreme knowledge and peace.

The simple practice of mentally chanting *AUM* followed by a period of meditations and self-reflection makes us devotees strong enough to face the external world with increased will power, confidence and a heart filled with love, realizing that we are truly one world, one family.

Lord Ganesha is the closest to material plane of consciousness and the following list of 11 ways in which the worship of Ganesha could help us in our everyday life:

1. Strengthen memory; 2. Stimulate intelligence; 3. Solve problems easier; 4. Study well in school; 5. Stabilize emotions; 6. Improve your character; 7. Experience good timing; 8. Increase domestic harmony; 9. Increase self-control; 10. Remove obstacles in your path; 11. Be more successful in your life

Through the worship of Lord Ganesha, we feel better about our lives as we can rise above the bad emotions and experience peace and mental satisfaction. Just visualizing him in your heart, helps raise you up into the muladhara chakra and therefore out of anger and fear into a calm state of mind.

When we are stable in that chakra, focused, our memory is strong and our intellect keen.

Everyone knows Lord Ganesha is the Lord of obstacles. He removes barriers that keep us from achieving our highest aspirations in life. By bringing ourselves close to him, we give permission to him to positively influence our life in these subtle, often unseen ways.

When you start each day's study, or come upon a difficult subject, pray to Ganesha with a clear mind. When you have a problem in life, at school, home or work, Lord Ganesha will help you.

"Vakra Tunda Mahakaya, Surya Koti Samaprabha.

Nirvighnam Kurumey Deva, Sarva Karyehsu Sarvada"

The easiest way to get Lord Ganesha's love into our homes is through the traditional ceremony known as puja. Lord Krishna says in the Gita, pujas can be as simple as lighting a lamp and offering a flower at the Lord's holy feet.

Believing that the Gods are real beings and that the purpose of going to the temple and satsanghs is to experience their blessings, is what transforms temple from a cultural hall to a truly sacred place.

- *Selvan Rajah*

Answers to SAI Spiritual Quiz

1. Bhagavan Sri Sathya Sai Baba was born on 23rd November 1926, at Puttaparthi in Ananthapur District.
2. (Mother's name) Eashwaramma and (father's name) Pedda Venkappa Raju.
3. Putta means ant-hill - place full of ant-hills.
4. He threw a handful of jasmine flowers on the floor. To the utter amazement of one and all,

the flowers on the ground re-arranged themselves into letters in Telugu, "Sai Baba".

5. Sanathana Saarathi: 1958.
6. BABA means: B = Being, A = Awareness, B = Bliss, A = Atma. Baba is: Being, Awareness, Bliss and Atma.
7. The six basic principles of Baba's philosophy of life and education are SATHYA (truth); DHARMA (Righteousness) SHANTHI (peace); PREMA (love), AHIMSA (Non-violence) and THYAGA (Sacrifice).
8. 3-HV stands for head, heart and hand. V = values.
9. Purity, Patience, Perseverance.
10. Follow the Master; Face the devil; Fight to the end; Finish the game. They stand for Dharma, Artha, Kaama and Moksha (Righteousness, prosperity and fulfilment through service and liberation).
11. Dedication, Devotion, Discipline, Discrimination and Determination.
12. Complete the quotations

i.) Study in order to be **steady**.

ii) Truth is more fundamental than the **Atom**

iii) Spirit of love is **spirituality**

iv) Science is **split of love**

v) Body is a **water bubble**
Mind is a **Mad Monkey**. Don't follow **the Body**. Don't follow **the Mind**. Follow your **conscience**.

FROM WINGS

EDUCATION WING

Om Sri Sai Ram

Swami says “Divine sprouts in the heart, grows in the consciousness and blossoms in all the physical and mental activities”. The aim of SSE program is to follow this Divine dictum. Bhagawan also says, “Education is for elevation not for agitation”. With this in mind the gurus came back in January 2006, to start the new term, fully charged with loving energy towards this sadhana that each one of them have selflessly committed to.

They ushered the new term with love, excitement and dedication after the winter break. As January rolled in the first meeting of the gurus was held to start the planning for the upcoming events. One which the gurus look forward to is the parents/guru/child interview. It is a time to share and learn about the child/children. This took place in February. Shortly after, preparations started for the upcoming Easwaramma day competition to be held in May.

The rendering of Bhajans by the group 3 SSE children along with the teen youth has been received well by all the members. This started late last year and has provided the SSE children and teen youth a lot of confidence and interest in the bhajan satsangh. They are becoming responsible bhajan leaders. This was very evident at the Shivaratri celebrations. It was a delight to see the group 1 children chant the Vedas on Shivaratri. Their enthusiasm was beyond imagination.

We thank Bhavna Patel and Kenya Ramjeyam for their continued time and effort in volunteering in the SSE classes. In addition we welcome sisters Suma, Varatha and brother Paul as the Education wing leaders. Sister Thayalini and brother Ashok as the SSE coordinators.

For your diary, please note upcoming events,

Jai Sai Ram!

SSSSSSSSSSSSSSSSSS

SEVA WING

Seva wing welcomes our New Co-ordinator **Brother. Praful Mistry** and Thanks our outgoing Co-ordinator **Brother. Chandirakumar** for his dedication over the past 4 years.

All regular activities are going on well with the Grace of Swami and the dedicated volunteers of our centre.

The Seva wing met with all other office bearers of the centre and had a fruitful discussion on the Vision and Goals of the wing for the Next 2 years.

The vision of the Service Wing is the Vision of the Centre and the Vision of our Beloved Swami. Spread the message of Love through Service.

Volunteers Wanted:

For Walk For Values conducted by the Sathya Sai School and for the Public Meeting of Prof. Anil Kumar. In addition, Seva Wing requires volunteers to support our existing community projects and to help out internally at the centre. Please visit our centre website for a list of activities or contact any of our wing co-ordinators for more details.

“ **Love is God, God is Love , Transform the Love into Service, Transform the Service into worship**”.

YOUTH CORNER

GAYATHRI – THE PROTECTOR

The Gayathri Mantra is the protector of all beings. In chanting this mantra, intelligence, success and learning are bestowed upon you as well as protection from calamities. Swami emphasizes that we should all chant the Gayathri Mantra 3 times daily. The most sacred times being 4 -6 AM, Noon and 4-6 PM.

Unfortunately, we find that our lives are too busy, too hectic. But, taking the time to say the mantra atleast twice can prove to be worth the time. This is something I learned first hand.

One early, rainy morning in February, my father was driving to work. However he was running a few minutes late so he decided to take the highway. Normally, my father listens to the news from a radio station but for some reason, he decided to chant the Gayathri Mantra instead. Concentrating on Swami, he continued driving. While trying to merge into another lane, a car which had lost control, swerved in front of him 100-150 ft. away. The car continued to spin closer until about a few feet away, it hit the rails. Because, there were no cars on either side of him, my dad managed to avoid contact with the other car. He immediately called my mother and told her what had just happened.

I can still remember waking up that morning and my mother telling me the story. If my father had left home at his usual time that morning, he would’ve indeed made contact with that car. Swami saved my father from a heart attack, stroke, by showering His Grace and now, He saved him from that swerving car!

- **Santhy Rajah, Group: Teen Youth**

TWINKLE

Sai Ram and Neighs to you all!

Guess who it is? Twinkle! (Let me here the cheers, the roars!—just kidding) This story is going to keep you at the edge of your seat! I had the most exhilarating adventure ever! (I still get the shivers!) Alright, alright, I’ll get to the point now; I won’t keep you waiting anxiously any longer. Let me begin:

It was early summer and I ended up in Mustang territory, because I was abandoned. I had been wandering alone

for a while when I came across a herd of wild horses. I was so excited that I ran towards them, leaving my pony manners behind. And guess what happened? The stallion of the herd came charging towards me! (oh no) When he reached me, he rose to his full height, threatening to rear up and fight. I arched my neck and made myself as tall as a wee pony can get.

“Pardon me, your majesty,” I apologized (my manners caught up) “I have been wandering alone, and I need a herd for safety, protection, and companionship. Will you please accept me?”

The stallion pinned his ears as the lead mare came charging, bumping into him. The stallion loped away to his lookout point.

“Welcome, Twinkle,” the lead mare greeted, “We are a herd of wild Mustang horses. We have been roaming in western and central Canada and the USA for centuries. Here, we rule!”

“Come Twinkle,” the lead mare led the way to the rest of the herd, “We can’t stay standing around; there is danger lurking in every corner.”

As I joined the grazing horses, I noticed the scant supply of grass. It was found in small clumps spread far apart and scattered on the ground. Being a pony, and being used to a fulfilling diet, I was astounded. (How could I survive?) Despite my size, I was sure I needed a bale of hay a day! (Though my belly might stretch.)

“Twinkle,” the lead mare said upon noticing my displeasure with the scant food supply. “This is a wonderful place for grazing with an abundant supply of food; be grateful.”

My eyes widened meaningfully. (What!?!)

“Rule number one: every blade of grass counts. Eat it now. There may be none later. Rule number two: do with

what you’ve got. You must thank the Creator for granting us this nutritious food that allows us to flourish and live.”

Just as I was chewing on some delicious grass, I felt the mares around me begin to bunch together. (My meal!) Then I saw the stallion snake his head to gather his herd as the lead mare led us down a narrow trail. I followed the lead mare to a river where the herd stopped to drink. The lead mare drank first and the rest of the herd soon followed. I was peacefully drinking when snorts sounded all around me. (Yikes! Danger!) Nipping at our rumps, the stallion urged us forward. The herd surged into a full gallop. (Could my little legs keep up?) Ouch! Yikes! The rocks! The roots! I almost stumbled! No! it’s going to get me! The rocks! They are so hard! My poor hooves! Ow! Yikes! Why don’t they choose another path without all these obstructions? Finally, away from danger, the herd settled to graze. (Phew)

“Twinkle,” the lead mare began, grazing beside me. “The rocks are one of the greatest gifts from the Creator.”

(Rocks?!?)

“As we run from danger, the rocks hide our footprints and dispel our scent, leaving no hints for the predator in pursuit. Every time we successfully escape with the help of the rocks, we thank them for disguising us so well, providing us with safety and protection.”

Grudgingly, I nodded my head. (I still don’t like those rocks.)

“But the trees and roots! They are so annoying! They always get in the way!” I complained.

“No, Twinkle, no,” she went on, “the trees are a blessing. Not only do they blur us from our predator’s view, but they also provide us with food and shelter from the sun, wind, rain, sleet, and snow. Thank the trees for their wisdom, generosity, and sacrifice.”

Night soon settled in as the lead mare and I stood together. “Love Nature. Thank her. We need each other for survival. We are interconnected, interdependent, and cannot live separately. Learn from nature: from her generosity, sacrifice, and wisdom.”

I dozed as dawn was breaking. Suddenly, I noticed that the herd was a couple of metres ahead and running. I glanced back (AHHHHHHHHHHHHHHHHHHHH!!!) A cougar!!!! Oh, my! It was headed straight (yikes) for (yikes) me! (Aaaaaahhhhhh!) I began to run for my life! I went on the soft earth beside the rocks (smart me or...). As my heart was pounding, I felt the cougar gaining on me. As he was just a few feet away, I feared that this would be my last moment. (Om Sri Sai Ram!) Then, a light bulb went on (click): the rocks! They are my friends! I bounded onto the rocks beside me and began to run for dear life! And I ran! Ran! Ran! And ran! (My feet did not hurt!) For a while, I could still hear the cougar behind me! Ah! Am I safe? Ah! Yikes! As I was just about to give up, I no longer felt the cougar’s presence. (Whew) Oh, thank you rocks!

As I recovered from my scare (boy was it ever scary!), I made the best of the available grass. Once I was full, I rested beside a large tree, so that I would be shaded from the hot summer sun. As the winds whispered through the trees, I thought I heard them say in a voice so much like Baba’s, “*There are valuable lessons to be learnt from the Sun, Moon, the clouds, the sea – all are teachers of the importance of discharging one’s duty. Trees distribute their fruits and grant their shade to everyone, even to those who lay their axe on them with intention to destroy them! Nature is your school, your laboratory, the gateway to liberation and the reflection of God’s manifold majesty. Seek to know the lessons it is ready to teach, all things in Nature are Brahman just as you are. So, any act is Divine; all work is worship; build the*

mansion of your life on the strong foundation of the faith that all creation is Divine.”

As night settled in once again, I silently said a little prayer:

Lord, I thank you for the grass,
And the rocks for when I run fast.
I thank the trees for shelter,
So that I do not swelter.

Today I learned an important lesson,
That interdependence cannot lessen.
I need you and you need me,
Let's all live as family!

Hee, hee, hee!

Sai ram and neighs to you all!

P.S. Hop on my back and let's go for a ride! (With no cougar this time)



- Francesca & Emmanuela

CHILDREN'S CORNER

Christmas Eve, Christmas Eve
It's finally here, Christmas Eve
Twice a day, two weeks we have practiced
The Children's Choir we are ready

Three languages we sing from the heart
We are ready, Christmas Eve
People have come from all over the world to sing, sing for the Lord

Dressed in gold and white, with flowers in our hair
As part of the Children's Choir we sit at the front
Feeling both nervous and excited we are ready to start
The Lord sits smiling while we perform is quite a sight

This day I will remember as a Christmas Delight!

- Sonia, Group: 2B

In the spiritual sphere, the responsibility for success or failure is entirely one's own. You have no right to shift it on to others. The fire will rage as long as it is fed with fuel. Hence, do not add fuel to the fire of the senses. Detach the mind from evanescent and attach to the eternal. Plant the seedling of Bhakti (devotion) by the practice of Naamasmarana (remembering the Lord's name). That seed will grow into a mighty tree with the branches of virtue, service, sacrifice, love, equanimity, fortitude and courage.

- Baba

Paropakaraaya Punyaaya Paapaaya Parapeedanam – one attains merit by serving others and commits sin by hurting them . – Vedic Dictum

CONTROL OF SENSES IS THE REAL SADHANA

Humanness consists of five components – the gross body, mind, intellect, consciousness and the senses. If a human being is to attain liberation, he has to cleanse his mind first. The mind has to be kept absolutely pure and sacred. Do not taint the mind with the impurities of conflict and agitation.

Whatever you do, you must do it with a sense of dedication and surrender to God. All the work you undertake must be carried out with this spirit. Sarva karma Bhagavad pretyartham (do all actions to please God). In fact, what you think to be yours is not yours.

First and foremost enquire into yourself, "Who am I?" The entire universe, right from the microcosm to the macrocosm, is permeated by Divinity. Sugar, sand, an ant, a mosquito or an elephant – all are Embodiments of Divinity. God is assuming all these forms like the different characters in a drama. The entire creation is an Embodiment of Divinity. In fact, He dons all the characters in this cosmic drama. All dialogues and songs are His only. Yet, the characters He dons appear to be different. Hence, whatever we do, whatever we see and whatever we say – everything is God. One has to realize this truth and conduct himself accordingly.

Whomever you come across, treat them as Embodiments of Divinity. Whatever you say, it must reflect Divinity. When you conduct yourself in such a manner, that itself is Mukti (liberation). One has to cleanse his five senses. One should conduct himself in such a manner that neither he hurts others nor is hurt by others. The words you use must be sacred.

It is only the senses that bring us good or bad. Hence, controlling the senses should be our top priority. It is said, Jantunam nara janma durlabham (of all living beings, human birth is the rarest). To be born as a human being is a rare gift of God. Having obtained this rare gift, you should strive to achieve sense control.

I have been showering My love and grace on one and all, whether I talk to them particularly or not. What is My property? Love! Love! Love! I

have no anger whatsoever on anyone, at any time.

In fact, it is only the one who has gained control over the five senses that can comprehend Divinity. Divinity is not limited to one name and form. There is nothing but Divinity in this world.

All are God's children. All are reflections of the Hiranyagarbha present in the human body. Hence, from now onwards all of you should live like brothers and sisters with mutual love and affection. Control your five senses. Then God will be constantly with you guarding and guiding you.

Swami's Discourse – Feb. 23, 2006

-Suma Seetharam

SAI Spiritual Quiz

1. Where and when was Bhagavan Sri Sathya Sai Baba born?
2. What are the names of His parents?
3. What is the meaning of Puttaparthi?
4. How did Baba prove that he was Sai Baba?
5. What is the name of the magazine published in Parthi? When did the publication commence?
6. What is the meaning of Baba?
7. What are the six basic principles on which Baba's philosophy of life and education are based?
8. What are 3 - H.V.?
9. What are the three Ps of life?
10. What are the four Fs of life? What do they stand for?

11. What are the five D's that students have to cultivate to achieve anything in life?
12. Complete the quotations:
 - (i) Study in order to be....
 - (ii) Truth is more fundamental than....
 - (iii) Spirit of love is
 - (iv) Science is.....
 - (v) Body is a Mind is a Don't follow... Don't follow follow your....

[Answers – elsewhere in this Newsleter]

- by *Vidhya and Shankar*

Upcoming Events

Date: 2 April 2006
Event: Sri Rama Navami

Date: 7 May 2006
Event: Easwaramma Day Competition

Date: 21 May 2006
Event: Prof. Anil Kumar's Address;
venue will be announced later

Date: 10 June 2006
Event: Bhajan Sandhya

Date: 25 June 2006
Event: Parents Day Celebration & SSE Graduation Ceremony

Date: 29 July 2006
Event: Fun-filled Sports Day/Picnic

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

OUR SAI FAMILY NEWS

Suravi Naipaul was born on March 2nd to proud parents, Vashti & Bobby Naipaul. Congratulations.
Sister Nila and brother Shashikant Misty celebrated their Siver Wedding Anniversary recently. Congratulations.

Let your mind be possessed of noble thoughts and intentions. - Vedic Wisdom (Yajur Veda)

Notes:

Let us keep the flame of sharing burning bright!