



# SAI NEWSLETTER

Sri Sathya Sai Baba Centre of  
Toronto - York

**"The end of education is character."  
- Baba**

**Volume No. 12, Issue No. 1**

**JUNE 2007**

**Inside.....**

- 1. A Few Words**
- 2. From the desk of the President**
- 3. The Guru**
- 4. The Illusion of Reality**
- 5. The founder of Red Cross**
- 6. From Wings**
- 7. Youth Corner**
- 8. Children's Corner**
- 9. Brother Pravin Lad**
- 10. Our Website**
- 11. Our Sai Family**
- 12. Discourse – Who is Sai?**

## **A FEW WORDS**

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 were overwhelmed with response to this issue. We could not accommodate a few articles. Our apologies. We shall provide space to them in the next issue.

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.

A minor counting error for the last issue – should have been Vol.11, Issue No. 2 (not Vol. 12, Issue No. 1).

We thank all the contributors for submitting articles for this issue.

All contributions must be sent to the Editor, Dr. Venkata R. Neralla, via e-mail ([neralla@sympatico.ca](mailto:neralla@sympatico.ca)) or to my associate Vidhya Shankar via e-mail ([apvshankar@rogers.com](mailto:apvshankar@rogers.com)) on a 3 ½" diskette, in Word format.

**Please ensure that the contributions are sent on time.**

*Dr. Venkata Neralla and  
Vidya Shankar*

## **FROM THE DESK OF THE PRESIDENT**

Aum Sri Sai Ram

Greetings to all my family members and children and welcome to the summer issue of our newsletter. In our commitment to have our newsletter as a great tool to communicate with our Sai family of Toronto – York, we look forward to having your full cooperation. We encourage you to submit your contributions and widen the circulation.

We associate summer with lots of excitement such as warm weather, time with family, traveling etc. Additional great excitements for us this year are our work in moving to our new home, "Sathya Sai Temple", and our youths traveling to Prashanthi Nilayam for Swamy's darshan and the 8<sup>th</sup> World Youth Conference.

I request each and every member of our Sai family to be part of this joyous and holy project of our Sathya Sai Temple which is a rare opportunity of many lifetimes Swamy has bestowed on us.

We wish all our youths a great trip to our Lord and assimilate the maximum benefit from the conference and His darshan.

Wish you all a very happy and safe summer. Please take advantage of the prayer learning sessions we have for everyone during summer on Sunday afternoons from 2:30PM to 4:00PM.



synonym of the guru. As the meditation fructifies the guru takes over the charge, guides into world of consciousness, of cosmic consciousness, which activates the pranasakti (vital force) to sprout as parasakti (transcendental force), the whole taking place as thought simulation of cosmic creation. Guru is verily the Parabrahma (transcendental creator) incarnate. Creation follows dissolution; here it is the dissolution of 'I', effortless flow of mind from known to unknown, to uncharted planes. What the mind knows is knowledge and all that beyond is ignorance. Knowledge has limits but ignorance does not have any. It is to that unbounded plane of, ignorance no longer, but of pure consciousness, that one passes, only to loose all identity. It is no knowledge, but experience, experience of all in one and one in all. There is neither time nor space, only consciousness, pervasive consciousness.

In the ambience of supreme consciousness the parasakti does the creation afresh. Here is born, rather reborn, a new individual, divinely charged. The guru is the agent of the total catalysis, feigning the role of Parabrahma. In the physical and psychic life of an individual, the mother earth and the genetic mother are the known significant characters. They are the source of body, life and sustenance. The divine mother and the guru are the source of divine charge. The idol in the temple is a combination of the mother earth, the genetic mother, the divine mother, and the spiritual mother (agent). Blessed is the one that worships the Mother.

- Venkata Annapurna Matha

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## THE ILLUSION OF REALITY

One evening, there I sat between  
Two extremes of life  
Not knowing the direction to be in  
Not knowing the platform to be on  
I went round the twist about nothing  
At last, I landed on the stage

That bid me adieu  
Then, there came the ray of hope  
Delivering a discourse  
'Think Not, None helps you  
Speak Not, None comes to your rescue  
Say Not, God sits and smiles  
For, I am your Friend  
I come to your rescue  
I relieve you with a smile on your lips'  
That took me to the Divine Ensemble  
Later it rejoiced me at Thy Lotus Feet  
Saying life was a challenge and you met it.

- Sai Ganesh Chintala,  
Sathya Sai University, Prasanthi  
Nilayam

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**Serving one's own people is  
mundane**

**Serving known people is humane**

**Serving the unknown people is  
Divine**

- Baba

## THE FOUNDER OF THE RED CROSS

*He who has a why to live can hear  
almost any how* - Friedrich Nietzsche

Henri Dunant, at the age of 30, was a wealthy Swiss banker and a financier. His life would probably have continued much as it had except for one fateful day, June 24, 1859, that changed everything.

Dunant had been sent by his government to talk to Napoleon III. He was to discuss a business deal between the Swiss and the French that would benefit both. But Napoleon was not in Paris; he was on the plain of Solferino about to do the battle with the Austrians.

Henri Dunant tried to reach the scene before the battle began, but he was too late. His carriage came to a halt on top of a hill that overlooked the battlefield. Suddenly trumpets blared, muskets cracked, cannons boomed. Henri Dunant, as if in a box seat at the theatre, sat transfixed. He could see the dust rising, hear the screams of the injured and the dying. Dunant sat as if in a trance at the horror below him. But the real horror was later- when he entered the small town after the battle was over. Every house, every building was filled with the mangled, the injured, the dead. Driven by pity at the suffering he saw all around him, Dunant stayed in the town for three days doing everything he could to help.

He was never the same man again. War was barbarous. The world should abolish it. This was not the way to settle differences between nations. And most of all, there ought to be a worldwide organization to help people in times of suffering and chaos.

Henri Dunant returned to Switzerland, but in the next few years he became a fanatic on the subject of peace and mercy. He began to travel all over Europe preaching his message. Eventually his business suffered in the effort and he was soon broke. But he persisted. At the first Geneva Conference, he carried on a one-man assault against war. As a result, the Conference passed the first international law against war- a movement that was to give birth eventually to both the League of Nations and the United Nations (UN).

In 1901, Dunant was awarded the first Nobel Peace Prize. And though he was penniless and living in a poor house, he gave the entire prize to the worldwide movement he had founded. Henri Dunant died in 1910 almost totally forgotten by the world. But Dunant needed no monument to mark his grave. As a symbol of the organization he had fathered, he had taken the Swiss flag, a white cross on a red back ground and reversed it; a red cross on a white back

ground. The organization that became his everlasting monument was the Red Cross.

- Purnanand

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## FROM WINGS

### EDUCATION WING

As we all know the heart of our centre is the SSE program. It is this program that keeps the hallways of the York University buzzing with joyful, energetic and enthusiastic children. It is them who keep the satsangh hall resounding with their voices, and the beat of the manjeera.

Our Beloved Lord declared this year as the Sarvajit year. He said "It is the most important year in all these sixty years. 'Jit' signifies victory. *Sarvajit* means victory in all fields of human endeavor. If one were to progress in life, one has to cultivate truthful desires in this *Sarvajit* year". For our children too, this year has been a blessed year, in March 2007 they were informed that soon they will be relocating in our new home the "Sathya Sai Temple". This set the excitement in full gear.

The SSE calendar is a very busy one for us all. As the year started the Guru's got busy preparing for the Parent-Guru meetings. These meetings provided an opportunity for the Guru to be able to share the child's progress with the parents and also know about the child's progress at home and in the community. Shortly after in the month of March were the Easwaramma Day Competitions. It was indeed a delight to see the enthusiasm of our pre-SSE children who put the judges to such a task in having to judge their presentations. One would wonder why? Well it is because they present it from the inner core of their heart. They do not spend time surfing the net like their other brothers and sisters in higher groups. The theme for this year's

competition was in sync with our centre which was encouraging devotees to focus on the Nine Point Code of Conduct.

This was followed by the Parents Day celebration in May. Each group prepared their offerings with love, for love and delivered it with selfless love. From the youngest to the oldest participated in this sacred offering. Unlike other years this year two young children delivered the opening and closing remarks, they truly out did themselves. Kudos to them both for an excellent delivery! If you did not know, this was also the first year that Bhagwan had asked a young Bal Vikas child to speak to the thousands gathered on Easwaramma Day in Puttaparthi. Was that a coincidence? Absolutely not. It was Divine will that inspired our SSE coordinators to have two young children deliver the opening and closing remarks. Beloved Bhagawan is surely grooming these children to be true ambassadors of the Sai mission – messengers of Sai.

As Swami says 'Dear ones! You are not different from Me; I am in you and you are in Me. As I love you, you should also love one and all. Then your love and My love will unite. If you add love to love, it will increase immensely. You can achieve greatness only when you develop love in you. This is the service you have to render. Only when you develop love will you become deserving of God's love and grace'.

We pray that these children will continue to blossom as fragrant flowers in His garden of Love.

Jai Sai Ram!

- Preeti Grover

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### SEVA WING

**Tree Planting** :Swami says "*The fulfillment of human life consist in the service that man renders, without any thought of return, in an attitude of selflessness.*" This was displayed at the

Annual Tree Planting event, we thank all our brothers, sisters, youth and children for their overwhelming participation , for the first time we had a very good turnout and were able to plant over 400 plants.

**Walk For Values:** Seva wing would like to take this opportunity to thank all volunteers who helped us for the floats, banners and marshalling at the this year's Walk for Value ,we especially would like to thank our youth for their overwhelming support this year.

**Sprit Of Seva** : A workshop on Seva was conducted for the teen youth girls and as a direct result of this workshop according to Sisters Geetha Vora and Bhavna Patel the teen youth girls have made a commitment to visit Carefree lodge once a month, on the very first visit we were fortunate to hear some encouraging and positive comments given by Carefree lodge's volunteer coordinator, truly our teen youth have touched the seniors at the facility, we hope and pray that Swami will provide the motivation to these youth to continue this noble cause

**House Maintenance** : A hands-on study circle was conducted over two weeks on 'House Maintenance'; this workshop was conducted by our very own Brothers Praful, Kris Surinder Sharma and our beloved Brother Praveen Lad, the workshop was aimed at educating our sisters and brothers on simple maintenance around the house, practical demonstrations were provided. The entire study circle was video taped. We hope to have some copies made for your reference. The seva wing is planning on more of such study circles - stay tuned for more details!!

**Norwood Nursing Home** : The Seva wing is humbly requesting all members to support the Norwood Nursing home visit; we urge members to make atleast one visit a year. Please contact Brother Purnanand for more details.

**At Your Lotus Feet :** Reminder to all those who have pledged Seva hours for the 'AT YOUR LOTUS FEET' to keep track of the hours you have committed, there are lot more opportunities to complete those hours, just visit our centre web site/calendar for a list of all seva activities.

**Upcoming Events:** Park clean up / Wheel Chair clinic

- Sudhakar Voora

### INSPIRING QUOTE

**It is said that if you cut down a tree, it could still sprout; or if a piece of iron were broken in two, a blacksmith could repair it. But, if you were to break a heart with venomous words, it would not be possible to ever make it whole again. Words can cause endless troubles, and they can give boundless joy. You should therefore be most careful that your words you use should not give pain to others. If you were to physically slip, there might be some small injury that could be dressed and might give inconvenience for a while, but it would be of no great consequence in the long term. But, if your tongue were to slip, and you were to hurt the mind or heart of another person with harsh words, it would create a wound that could not be cured by any doctor in the world. Never hurt another's feelings. One day, the words you have used will come back to you. So always use words that are sweet and good.**

-Baba

**WALK FOR VALUES TOUCHES THE HEART OF TORONTO - City revitalizes with the resurgence of values**

Over five thousand caring and responsible Toronto residents along

with scores of Americans and a few Europeans put their best foot forward as they converged at Yonge-Dundas Square which is the heart of Toronto and then they lovingly walked 2 ¼ Km. in the prime streets through the downtown core, raising the level of human commitment towards universal human values of Truth, Right Conduct, Peace, Love and Non-Violence that transcend barriers of race, religion, culture and ethnicity. Thousands of onlookers, tourists, drivers and shoppers along the busy streets got the message about character development and practicing human values in our daily lives.

Most residents of this beautiful City are used to seeing the walkathons every weekend in summer but most of them are for causes to raise money or promote an organization but this is the only major event that aims at individual transformation and bringing communities together.

Here is an email received from one of the onlookers and it speaks of the impressions it had after seeing the polite Sai devotees and volunteers. It shows the strong impact that such events are having in the society due to the universal message of Sri Sathya Sai Baba:

*"While walking in downtown Toronto on Sunday I ran into the Walk for Values. I was impressed by how polite people were and the avowed purposes of the walk. I would like to learn more about who Sathya Sai Baba is and his teachings. I would be grateful if you could arrange to mail some literature to me, or forward this e-mail to his organization so they would.*

*Thank you,*

*Rob Barlow, Toronto*

Another peace loving Citizen wrote to the Organizers:

*"I am glad that I was able to join the parade organized by the Parents*

*Council under the name "Walk for Values" today. It was good to be able to walk with those concerned about violence and its escalation all around the world. I hope that there will be others who follow your example and organize bigger parades and marches for peace elsewhere in the world as well. I believe that running in marathons (such as The Boston Marathon or the New York Marathon) appeals to the strong and sturdy, while "The Bay Street Rat Race" in Toronto might appeal only to cut-throat Canadian lawyers of my own class. A walk such as yours involves the whole family and can include the weak as well as the physically handicapped and those with personal limitations*

*It was wonderful weather and I hope all the other participants enjoyed the Walk for Values as much as I did.*

*Sa'ad A. Saidullah; Advocate, Barrister, Solicitor & Notary – CANADA"*

- Surinder Sharma

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### SPIRITUAL WING

*"I never asked you to earn me. I want only that you should need me. Your path is not one of merit. Bring the recurring desires of your mind to me, every time they emerge. They cannot shock me, for I willed them! Bring me your confusion, your fear, your craving, your anxiety, your inability to love the world, your hesitation to serve, your jealousy, all the deficiencies that defy your spiritual disciplines."*

- Sathya Sai Baba

In a pursuit to assist every one of us in the center with the individual transformation the spiritual wing has embarked on the following initiatives:

- Bhajan Practice sessions for regular singers and aspiring singers are being held on Fridays at the Sathya Sai Temple

- With the assistance of the web team, a section will be developed – called **Bhajan Tutorial** in our website giving an opportunity for the devotees to learn the lyrics and the meanings of bhajans

- The youth and teen youth bhajans have been combined to improve the quality and vibrations of the satsang along with providing an opportunity for the teen youths to be mentored by our senior youths

- During summer we will have sessions to teach Hanuman Chalisa and other prayers

Please continue to provide us with your feedback and suggestions so that we can help each other in our spiritual journey.

- Kala Devanand

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## **CANADA DAY SUMMER PICNIC – Saturday June 30, 2007**

This year's annual Picnic cum Canada Day celebrations will be held on Saturday, June 30, 2007 at Downsview Dells Park – Area 1 on Sheppard Avenue between Jane St. and Keele St. on the south side.

The program will begin at 10:00 a.m. and the day will be filled with fun activities such as organized games, races for all ages, water balloons contest, pinaetta contest, Tug-of-War and Canada Day themed Amazing Race, and much more. A professional clown, face painting and other fun activities will entertain the children. There will be plenty of food and beverages available throughout the day.

**We will décor the park with the Canadian colours of red and white. This day will be filled with lots of fun and excitement so join in the celebrations together with your friends and family.**

- Santosh Taneja

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## **YOUTH CORNER**

### **Pilgrimage to Prashanti**

#### **Fifty Youth on a Pilgrimage to Prashanthi Nilayam - July 2006**

Can you imagine that fifty of us Sai Youth are travelling across the world to Prashanthi Nilayam this Summer.

*“There are millions of people in this world, but only you, the fortunate few, have got the golden opportunity of coming here.” - Sathya Sai Baba*

Yes...We the Youth of Sri Sathya Sai Baba Centre of Toronto - York have undertaken a pilgrimage to Prashanthi Nilayam to be in the physical presence of our beloved Bhagawan. How incredibly fortunate we are!

Now comes the task of preparing and presenting ourselves to God for Living with God. We hear voices echoing i.e. less luggage, no cell phones, no (may be little) make-up, less talking, etc. while we also hear Be Happy. Really, this is not an issue for us, considering that we have the opportunity to live with Swami for two weeks, nothing is a problem. We can easily survive without MSN, face book and cell phones. We are reminded that Swami will look at our hearts and will not ask us how big your wardrobe is, how popular we are or how many friends we have. He will only look at our hearts! So, here we go cleaning and polishing and shining our hearts.

Over the past several months (or may be over several lives), we've prepared for this journey, undertaking special sadhana of following our primary duty,

respecting and serving our parents, staying healthy by watching our food intake, reading the life of Swami (as told by Himself), propagating the message of Swami by conducting Sai leadership workshops, learning and reciting the Vedas, chanting the Gayatri Mantra daily for the welfare of all beings, being good role models in school, and in our community and not to forget studying and working hard. Our journey has been an inward one, as we prepare to present the best within each one of us to our beloved Swami.

We felt doubly blessed as we heard that Swami had granted the Sri Sathya Sai Baba Organization the honor of hosting the Sri Sathya Sai World Youth Conference on July 26, 27 & 28 just for us! The theme of this conference is “Ideal Sai Youth—Messengers of Sai Love.” This conference will foster the spiritual transformation of the world's youth.

*Swami has said that "Only young men and women are capable of eradicating the evils prevailing in society. If we have virtuous youth, all ills of society can be removed."*

Swami, you have placed so much of faith and confidence in us. We Thank You Swami for including us as part of Your divine mission. Swami, we dedicate our lives to serving You and spreading Your message by being living examples of Your teachings.

Dear Parents, We Thank You for your love and support in making this journey possible. Your sacrifices have not gone unnoticed. We have big shoes to fill as we walk in your footsteps leading righteous lives and bringing honour to Swami.

Last but not least, we thank the elders, and members of our Sai family for your constant support and love as we undertake this journey. Your love will be our armour as we travel through life.

See you all at the airport on July 21.  
Auvoir!

- *Youth Pilgrims & Delegates*

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## TWINKLE

Sai Ram and neighs to you all!

Hey, Twinkle here! I won't keep you back with too many words this time. I know you are still sitting at the edge of your seats! (I hope you didn't fall off!) Or maybe, did you forget why you were sitting at the edge of your seats? Think back. Do you remember how I had asked Baba if I could come see Him and he said 'not now'? Do you recall how I then tried to perform many good deeds (oh, those wonderful acts!) and asked Baba again if I could come see Him? Do you remember? Now, of course, you don't know Baba's reply (cause I never told you! I left you hanging in suspense! Ha! Ha). I won't keep you waiting any longer. Want to hear it? Let's spill the beans! (Ha! Ha! pshum!)

And the voice replied, "Yes, Twinkle, you may come now. Your effort has been rewarded."

Yupee! Yey! Yey! I bucked, galloped, twirled, and bucked and bucked. Oh, the effort of being happy! (nonsense, Twinkle, nonsense)

It was only a few weeks later that I arrived in Prashanti Nilayam. I walked through the crowded ashram to the accommodations office. As I stood in line, I saw two other horses arriving. (I didn't know there were other horse devotees!) As I neighed to them, I noticed the lady in front of me block her ears (was I that loud?). That was the beginning of a chorus of neighs that rang across the ashram. Snorting excitedly, the two horses butted the line (tsk, tsk) and came to join me.

Finally, we reached the front and stood before the sevadal at the desk. He stared at us in shock.

"We'd like a room to stay," I said in the human tongue.

The sevadal's eyes nearly bulged out of his head. (I hope I didn't give him a heart attack!)

"Shed #2," the sevadal said a little sceptically.

With a Sai Ram, I snatched the keys with my teeth, and all three of us galloped down the path to shed #2 as people moved to make room for the exuberant equine stampede. Arriving at our shed, we settled down to eating grass outside.

"Introduce yourselves!" I said, munching on some juicy grass, "State who you are and how you came to know Baba. I, for instance, am Twinkle, the Shetland pony stallion. Here is my story. A long time ago, when I was a very young pony, I worked for an old man named Mr. Rahu. I was very young to work so hard, but Mr. Rahu was very old; so he really needed my help. Everyday, I carried all his baggage full of goods, and I carried him too, to the market and back home. I was his constant companion and only friend. Mr. Rahu would have not been able to get along without me. Although I never complained, this man was rough with me sometimes. I never had enough food to eat, and I did not live very comfortably 'cause my bed was too hard. Anyways, I served Mr. Rahu until the end of his life. When my work was over, I jumped over the fence and galloped freely for some time. It was then that I ran across this ashram and met Baba."

"I am Reino, a Lusitano stallion," Reino said, chewing contentedly, "I am a dancing horse; I dance to music. One day, I was romping in my pasture and decided to jump the fence. Don't follow my example, by the way. It was winter and little did I know that there was a patch of slick ice on the other side. Therefore, I jumped and as I landed on the other side, I fell to the ground, ripping one of my tendons. The vet was

called and claimed my condition extremely critical. He declared I needed surgery and If I did recover, I would never be able to dance again. My owner was devastated. Bandaging me, my owner brought me to my stall and stayed with me. She prayed and prayed that I would be alright. Intense in prayer, my owner did not notice as someone entered my stall. He was dressed in an orange robe and had a halo of hair. He calmly walked up to me, and we exchanged greetings. He gently ran his hand down my leg and I felt the muscle reattach. As he turned to leave, I nickered after him. He turned around with a smile and vanished. I was healed!"

"That is the power of prayer," said the other horse wisely. "By the way, my name is Indigo and I am a Gypsy Vanner stallion. I--"

"It's time for darshan!" I interrupted as we all headed to darshan to glimpse the Lord.

Darshan was over and we were back at our shed. I was in Indigo's path, so he bit my neck. Furious, I pinned my little ears and lunged at his rump. He squealed in protest. Head low, heels flying, Reino came charging. And the squabble continued.

"Fine, you're boss," I submitted, head lowered, mouth moving in a chewing motion.

The Lusitano and Gypsy Vanner squabbled a little more before the Lusitano won.

We then settled down to night time grazing and dozing until the wee hours of the morning. It was then that we all spotted an especially juicy piece of grass and fought for it. After a couple of bites, kicks, and nips, we each ended up getting a piece of it.

"Tell us your story, Indigo," I urged.

"Back home, I live in a big pasture all by myself," Indigo began, relishing his

share of the delicious grass, “So I was extremely lonely and longed for a friend. One day, as I was pacing around the paddock, a horse appeared. We happily played and played. It was just about feeding time when the horse disappeared. I neighed after him. But lo and behold, the next day, the horse appeared again! From then on, my horse friend appeared and disappeared on a regular basis. I soon discovered it was Baba.”

I bucked in delight. “And the lesson is—God is merciful!” (Ooooh, I’m becoming analytical!)

“Now it is time for morning darshan!” the Lusitano declared.

Reino and Indigo trotted off towards the darshan hall as I ran to catch up. As I passed Reino’s rump, he drove me back with pinned ears and clacking teeth.

We reached the darshan hall and got token #6 (yuppee!). We ran into the hall and stood among the human stallions. Soon, the music began. Lo and behold, Reino’s neck arched and he pranced in place. Then he rose in a low half rear as I noticed the people scooting away. Reino then loped in small circles and jumped on his hind feed. I watched in awe, but realized he should not be dancing at darshan. The sevadal was too frightened to do anything about it. Therefore, I trotted up to the sidestepping Lusitano and blew through my nostrils, saying, “You can’t do this at darshan.”

Reluctantly, Reino came back to his spot and satisfied himself by trotting on the spot.

A hush filled the hall as Baba came and began giving darshan. As he walked towards us, we all nickered in unison. Without even giving us a glance, Baba walked past us. (why! why!)

Darshan had ended and Baba had paid no attention to us. We went back to our

shed and were all very grumpy. Our grumpiness escalated into several squabbles. (poor me, I always lose)

When Baba again did not pay attention to us at evening darshan, our evening squabbles resulted in Reino and Indigo isolating me from their herd of two. (not fair) After a few days of uneventful darshans and never ending fights and disagreements amongst ourselves, the three of us decided to try something. We planned not to squabble anymore. After a few long, hard days, it was time for darshan again. We walked quietly to line up and pick the tokens. Getting #18, we entered the hall and took our places. We held our breaths in anticipation as Baba gave darshan. As He walked by us, He paused and motioned for us to come. Snorting in excitement, we walked as fast as possible to the interview room with the huge Gypsy Vanner leading, little oly me in the middle (yey), and the majestic Lusitano at the end.

Coming into the interview room, Baba blew into each of our nostrils to say hello. Then to our utmost delight, he materialized carrots, apples, and vibuthi. (yum!) Smiling brightly, Baba scratched my neck (ooh, more, more!), laid his hand on Indigo’s broad back, and scratched between Reino’s ears.

Then sitting down in his chair, Baba spoke, “love all, serve all.” He paused and held up his hand. A few moments of silence elapsed. “You’re fighting, heh?” He scolded, looking at us with a mischievous grin. “Live in harmony.” He got up and blessed us. “Good, good. You know now. Keep it up.” He slowly walked towards the door, then turned towards us and said,

***“When there is righteousness in the heart,***

***There will be beauty in character.***

***When there is beauty in character,***

***There will be harmony in the home.***

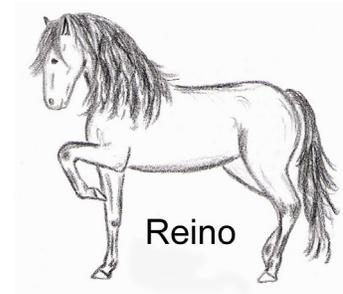
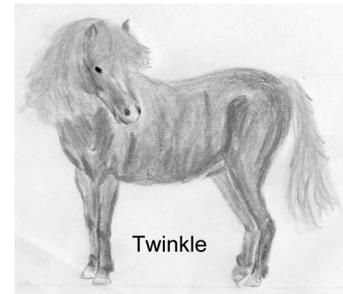
***When there is harmony in the home,***

***There will be order in the nation.***

***When there is order in the nation,***

***There will be peace in the world.”***

Sai Ram and Neighs to you all!



Story and drawings by:

***- Francesca & Emmanuela***

P.S. Can't wait to meet you on my next adventures!

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World Youth Conference

Om Sri Sai Ram!

As the date quickly approaches to takeoff, I can't help but feel an array of emotions as we prepare to see our beloved Swami. Primarily, feelings of excitement and contentment fill my heart. How lucky we are to be the chosen ones destined to seize the golden opportunity of being in the divine, physical presence of the Lord! However, with great power comes great responsibility. Bhagawan Sri Sathya Sai Baba has said: *"Only young men and women are capable of eradicating the evils prevailing in society. If we have virtuous youth, all ills of society can be removed."* With the divine power of Sai knowledge to be presented in the 2007 World Youth Conference, a wave of nervousness strikes with thoughts of uncertainty in upholding the responsibility of being a messenger of the Lord. Prashanti marks only as the beginning of our role as the instruments of Sai. Lots of work needs to be done in our society in order to benefit from the true blessing of the conference. Though it can seem intimidating at first, I know that Swami will recharge our batteries and give us the strength to help us do His work. Until then, all we can do now is continue our Sadhana and count the days until takeoff!

- Pooja Tamakuwala

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## **MAKING A DIFFERENCE**

Teen youth boys made three presentations of 20 minutes each on the topic of MAKING A DIFFERENCE. We, the facilitators, were to select one presentation as the best presentation of three different groups that we had formed. Interestingly, all three presentations were so much interesting that we were simply in awe. Their

simple and practical ideas are mind boggling which could tremendously help the community of target. We have requested them to write a few paragraphs of their presentations showing strengths and weaknesses and submit to us by 15th April.

Thank you Brother Dave Taneja for your excellent work in organizing the Teen Youth event and for motivating the youth to write. – Ed.

## **Teen Youth Movie and Dinner**

Om Sri Sai Ram! On Saturday February 3, 2007, the teen youth boys took a trip down the gargantuan Scarborough Town centre to watch a movie and enjoy ourselves on a relaxed Saturday evening. The excitement level was high as we all met at Uncle Dev Taneja's humble abode where we had arranged to carpool. After an onslaught of delicious chocolate and cookies from deep within Uncle Dev's cupboard, we were ready to set off for the movie. The movie we watched was "Freedom Writers". The movie dealt with issues of racism, overcoming violence and standing up for peace in a world where peace seems to be just a word. The movie connected deeply with every one of us. Baba's messages of human values permeated the whole movie, which we had been learning all our lives. Watching this movie reiterated our Swami's message in our hearts and minds. The movie inspired us to make a difference in our lives. After the movie it was back over to Uncle Dev's house for dinner, and what a dinner it was! A goal that we have set for ourselves in Balvikas is to eat healthier and maintain a healthy diet, Swami has stressed countless times the importance of keeping the body healthy. Adhering to this principle we decided to cook our own fresh and healthy dinner, in this case pizza! We set off washing and cutting all our ingredients. It was at his point that we were marveled by Uncle Sudha's superbly articulate slicing skills gained through his experience as chef. The ingredients were to be spread out

on individual pita pieces and baked in an oven. I still remember the amazement that Praveen showed when he saw our creations; which were most likely the strangest looking yet amazingly delicious pizzas in the world. The food was delicious, we all enjoyed it so very much. As the time came for us to leave we were truly sad to leave, it was such a rewarding experience for every single one of us.

The result of this outing was great! It was a bonding experience for all of us. We were able to spend quality time with one another outside of the Balvikas environment, and this I believe has united us as Sai Teen Youth on a deeply personal level. We live in a society where people are so overwhelmed with work that they have no time to spend time with their own families. An outing like this might seem like an ordinary occurrence but it is vital and essential for us as members of the Sai family. I would like to personally thank Uncle Dev, Uncle Sudha and Praveen for being such amazing facilitators and making our night one we will remember for a long time to come.

- Giridhar Kaushik

## **MOVIES AND OUR VERY OWN HOME-MADE PIZZA**

It was on February, 03, 2007 the teen youth boys, Uncle Dev, Praveen, and Uncle Sutha got a chance to go the movies and make our very own pizza! Well first every one was to meet up at Uncle Dev's house, we got a few snacks, watched some T.V, and when everyone was there we were off to the movies. The drive wasn't that long; the movie we went to watch is called "Freedom Writers". This is an amazing movie, and I believe the movie is based on a true story. When we got there it, we showed our tickets, every one received a large drink and for every pair we received a large pop corn. We got the seats at the back, which gives you the best view. The movie's theme is

really good, it discusses about the gang-violence and disrespect for one another and how one person can make a difference. In the movie the person who makes a difference is the teacher, the students all have problems they must face. Their solution to their problems is gangs and guns, but the teacher or as they call her “Mrs.G” helps them with their situation and they soon become fascinated about learning. Before this no one would get along with each other except if you were the same race. Mrs.G helps change all this, it is truly an inspiring movie. When the movie finished it was back to Uncle Dev’s house for making our own pizza, on our ride back Praveen told is to make a song about pizza. It took us a while, but we finally got it. It goes I believe something like: “I like big pizzas and I can not lie. With ketchup and fries on the side, when the chef walks in with a big bowl of sauce I get all hungry inside. I want some cheese, CHEESE! I want some mushrooms, MUSHROOMS! I’ll have any thing except those anchovies.” I can’t recall the last line, but it went something like that. When we got to Uncle Dev’s house we sang our song, and every one broke into laughter. After our song, every one was assigned a job (either cutting vegetables or drying the dishes). From the looks of how Uncle Sutha was cutting, it looked like he was a real chef. He cuts the vegetables so fast, like you would see on those cooking channels. After we cut all the vegetables, we got our pita bread to place our toppings and cheese. We all had a unique idea of how we would place our toppings, a happy face, a cross, and other different unique ideas. After every one was done placing toppings and such, we placed our pizzas into the oven. Then we got to make our second pizza, and after the first batches of pizzas were done we placed the second batch in the oven. The pizza’s came out really good, I still remember the taste of the pizza. The pizzas were very delicious. After we had finished our pizzas, we shared a few laughs. Then we had chocolate sundaes, like the

pizza it was also very delicious. We then talked about the movie and other stuff that came to us. Then it was back home, we said our good byes and we were gone. I think I speak for all the teen- youth boys when I say we really had a great time. Hope fully we can do another activity like this another day. Thanks to Uncle Dev, Uncle Sutha and Praveen for setting all this up for us. ☺

- *Saisan Pushpanathan*

## Seema’s Observations On

“MAKE YOUR OWN PIZZA” by Teen

Youth Boys

The youth boys pizza night was a great success! There was plenty of laughter, dialogue, and most of all learning that took place that evening. I had the fortunate opportunity to take some photos of youth boys learning and preparing their dinner. For most, this was the first time ever they engaged in cutting vegetables, learning how best to prepare a pizza, and experiencing how much planning goes into preparing a meal. It was most admirable to see how quick they all were to volunteer cutting all ingredients and how well they worked as a team to make sure everyone felt comfortable and enthusiastic about the process. They relied on each other’s tasks to make their final pizza – they learnt that it was only with everyone’s help could they have the best tasting pizza. They made the pizza night more fun for each other by singing songs and enjoying each other’s company while doing so. I think I could say with confidence that through this process, they have gained a new appreciation for the team effort and time it requires to cook a meal.

- *Seema Taneja*

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## LEST WE FORGET.....

## Four Mahaavaakyaas

1. **Prajnaanam Brahma**  
(Consciousness or awareness or chaithanaya is Brahma)
2. **Aham Brahaasmi** (I am Brahma)
3. **That Thwam Asi** (I am That)
4. **Ayam Aatma Brahma**  
(This Aatma is Brahman)

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## CHILDREN’S CORNER

The following speeches were presented by two SSE students as winning finalists in the Easwaramma Day Competition 2007. These speeches are by Sai Sumithra Voora, Grp 2B and Yash Varma, Grp 1A.

**For a list of all winners, please see page 15.**

### PRESENTATION 1

As Salam mala kum, my salams to sai allah and my salams to respected judges, gurus and my heartfelt salams to my brothers and sisters of all the other religions.

My topic today is about Islam.

Islam was originated in 600 A.D. The message being brought by Prophet Mohammad (peace be upon him) the last of the lineage of the Prophets.

It originated in Mecca, Saudia Arabia that is today the holiest place of worship Muslim.

The Kaaba was the first Masjid (mosque) ever built. The

Blackstone is placed in kaaba for people to start their circumbulation around the kaaba.

Quran is the holy book of Muslims revealed in a period of 23 years to Muhammed (peace be upon him) by God through the Angel Gabriel.

The two major groups of modern day Islam are the Shitte and Sunni.

The foundation of Islamic obligation is the Five Pillars of Islam which are Shahadha, Salah, Sawm, Zakah, and Hajj.

Shahadha is declaration of faith

Salah is the five daily prayers

Sawm is fasting

Zakah is charity

Hajj is the pilgrimage to Mecca and

I Would now like to demonstrate one of the five pillars of Islam that is Salah ..... (Do Salah...Namaz)

The Main Message of Islam is that “There is no God but one God and that Mohammad (Peace be upon him) is his messenger”

The two festivals are Eid ul – Fitr and Eid ul

–Adha . Eid –ul Fitr marks the end of

Ramadan, a month of fasting.

Eid ul- Adha is the second festival of

sacrifice done at the same time as Hajj.

I would like to conclude my speech with a demonstration of food.

Here are different kinds of food, a hungry Hindu would eat rice, a hungry Christian would eat bread and a hungry Jew would eat potatoes.

Even though each chose a different kind of food the ultimate goal was to satisfy their hunger.

**Swami says:**

At this point may I please request the audience to hold the hand of the person seated next to you and repeat after me

Religions are many but God is one;

Jewels are many, but Gold is one.

Appearances are many but Reality is one.....

Thank you for listening to my presentation

- Sai Sumithra Voora, Gr. 2B

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**PRESENTATION 2**

**Devotional group singing/prayer** with members of the family once a week.

**Introduction**

My name is Yash Varma and from the Nine Point Code of Conduct I am going to talk about Point #2 – “Devotional group singing/prayer with members of the family once a week.”

**Script**

Swami says, “Devotion is the expression of Love. Repeating God’s name, worshipping him, and service to him is the true meaning of devotion. Singing the glory of God with Love for God is devotional singing. When the glory of the God is remembered the joy sprouts from the heart and not from the lips or tongue. Devotion helps one realize his true self. On the other hand, prayer is a way to communicate with the God. People pray in many different ways. All people talk to themselves. The chatter within our minds and heart is prayer. What we think of others becomes our prayer for ourselves first. To have power in our prayers requires thought and concentration. Gratitude, friendship, admiration, and joy are all forms of prayers. So, then why should we do devotional group singing/prayer

with the members of the family? There is a saying, “If you eat together you stay together.” By singing devotional songs together, the family will trying to be in harmony with each other. Every Saturday evening, my family and I get together and sing the glory of the Lord. This experience helps me purify my thoughts, words and deeds and concentrate on God. This is a poster that shows how I feel when we sing and pray together as a family. I feel peaceful and calm. I feel as if all my troubles are going away. I feel the splendor and fortitude. I feel purified and feel that all the vibrations have woken up. Now, I will sing a bhajan.

- Yash Varma, Gr. 1A

**Walk For Values**

A few weeks before the Walk for Values, Ms.Poddar had also chosen me to be in the choir for the Walk for Values Promotion! I hadn’t been in the choir for a long time and I was very excited! We practised our songs during our lunch recess. We practised two songs, Love is Energy and We’re Here to Wake up the Values.

On the day of the promotion it was very cloudy and looked like it was going to rain! We all still sang. For one of the songs I got to play the tambourine while singing. After the promotion had finished it started to rain heavily!

On the day of the Walk I was very excited because I was also chosen to sing on one of the floats! A few minutes before the Walk, we climbed onto the Sathya Sai School float. When it started to move we started to sing very loudly. No one could hear us because the wire to our mike wasn’t attached yet! It was funny! Soon, we were singing, waving our hands and even threw our hats into the air. I really enjoyed being allowed on the float.



## OUR SAI FAMILY NEWS

Our youth **Beejal Lad** married **Ashish Gandhi** on 13 May 2007.  
Congratulations.

Our youths **Aarti Poon & Francisco Kibedi** got married on 30 May 2007.  
Congratulations.

### Wedding Anniversary & Birthday

We congratulate **Uncle Pundit Naipaul-Maharaj & aunty Leelawatie Naipaul** on their **49th wedding anniversary** celebration. It was celebrated with family and friends with a special sathsang at Gur Mandhir. It was **also the 74th birthday of Uncle Pundit Naipaul-Maharaj**. We wish the couple many many more years of happy, prosperous and healthy life together.

**ARJUN**, the **brother of Pranav** was born on 26 May 2007 to proud parents, Drs. Raman Joshi and Punita Aneja. Congratulations.

Congratulations to proud parents Karen & Ravi Sharma and grand parents brother Ram & Sister Promilla Taneja. JaiDev was born on April 13, 2007

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

**31 OCTOBER 2007.**

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### Summer Activities June 30/07 to Sept 09/07

ate	Time	Activity	Location
Saturday, June 30/07	10:00 - 7:00pm	Centre Picnic/Canada Day Celebration	Downsview Dells Park
Sunday, July 01/07	4:15 - 5:30pm	Sathsang	Vari Hall/York University
Sunday, July 08/07	10:00 - 11:30am	Care Free Lodge & Norwood Nursing Home	Toronto/Markham
Sunday, July 08/07	1:00 - 4:00pm	Sadhana Meeting - WYC Delegates & Pilgrims	Vari Hall/York University
	2:30 - 4:00pm	Prayer Learning/Hanuman Chalisa	Vari Hall/York University
	4:15 - 5:30 pm	Sathsang	Vari Hall/York University
Saturday, July 14/07	9:00 - 11:00am	Park Clean Up - James Edward Park	Markham
Sunday, July 15/07	1:00 - 4:00pm	Sadhana Meeting - WYC Delegates & Pilgrims	Vari Hall/York University
	2:30 - 4:00pm	Prayer Learning/Hanuman Chalisa	Vari Hall/York University
	4:15 - 5:30 pm	Sathsang	Vari Hall/York University
Saturday, July 21/07	11:30 - 1:00pm	Narayana Seva	Council Fire, Toronto
Saturday, July 21/07	Dep-4:50pm	WYC Delegates & Pilgrims Leaving to Parthi	Pearson Int't Airport-T 3
Sunday, July 22/07	10:00 - Noon	Wheel Chair Clinic	TBA
Sunday, July 22/07	2:30 - 4:00pm	Introduction to Hatha Yoga	Vari Hall/York University
	4:15 - 5:30 pm	Sathsang	Vari Hall/York University

Saturday, July 28/07	11:30 - 1:00pm	Narayana Seva	Council Fire, Toronto
Sunday, July 29/07	2:30 - 5:30pm	Guru Purnima Day Celebration	Vari Hall/York University
	6:00 - 7:00pm	Lecture by Dr. Gopalakrishnan	Vari Hall/York University
Sunday, Aug 05/07	4:15 - 5:30pm	Sathsang	Vari Hall/York University
Monday, Aug 06/07	Arrival - 1:00pm	WYC Delegates & Pilgrims Leaving to Parthi	Pearson Int'l Airport- T 3
Saturday, Aug 11/07	9:00 - 11:00am	Park Clean Up - James Edward Park	Vari Hall/York University
Sunday, Aug 12/07	2:30 - 4:00pm	Prayer Learning/Opening Prayers - Pujas	Vari Hall/York University
	4:15 - 5:30 pm	Sathsang	Vari Hall/York University
Saturday, Aug 18/07	11:30 - 1:00pm	Narayana Seva	Council Fire, Toronto
Sunday, Aug 19/07	2:30 - 4:00pm	Guest Speaker	Scott Religious Centre/YU
	4:15 - 5:30 pm	Sathsang	Scott Religious Centre/YU
Saturday, Aug 25/07	11:30 - 1:00pm	Narayana Seva	Council Fire, Toronto
Sunday, Aug 26/07	1:30 - 4:00pm	SSE Registration - New Children	Meditation Room York
Sunday, Aug 26/07	2:30 - 4:00pm	Prayer Learning/Opening Prayers - Pujas	Scott Religious Centre/YU
	4:15 - 5:30 pm	Sathsang - Onam Celebration	Scott Religious Centre/YU
Sunday, Sept 02/07	2:30 - 5:30pm	Krishna Janmashtami Celebration	Scott Religious Centre/YU
Sunday, Sept 09/07	2:30 - 4:15pm	SSE Classes begin/Parents' Orientation	Scott Religious Centre/YU
	4:15 - 5:30 pm	Sathsang/Ganesh Chaturthi Celebration	Scott Religious Centre/YU

## **Easwaramma Celebrations 2007 – A REPORT**

The Pre SSE and Group 1 children had their final Eshwaramma Competitions on March 25th 2007. Groups 2 and 3 had their final competitions on April 1st 2007.

Our theme for this year Eshwaramma Competition was “Practicing 9 Point Code of Conduct”. The categories for the competitions were pre-assigned based on the age group.

**Pre SSE:**

The Pre SSE children were given the code of conduct “Daily Meditation and Prayer” as the competition topic. The children demonstrated their understanding of the importance of practicing regular prayers in their life.

<b>First Place:</b>	Sai Gayathri Metla, Arjun Sathyanarayan
<b>Second Place:</b>	Keshory Kuhaparan, Sayeeshwaran Sathyanathan
<b>Third Place:</b>	Omkar Patel, Vibeeshanan Thevamanoharan, Nimal Patel

**Group 1:**

Topic: Nine Point Code of Conduct - Devotional Group singing/prayer with family once a week.

**Group 1A:**

<b>First Place:</b>	Anita Patel, Kajoban Kuhaparan
<b>Second Place:</b>	Yash Varma, Pranavi Naipaul
<b>Third Place:</b>	Laavanya Ganeshanantha, Adarsh Pala

**Group 1B:**

<b>First Place:</b>	Abhirami Nimal, Shamini Srikandarajah
<b>Second Place:</b>	Nivana Anand, Yamuna Jethva
<b>Third Place:</b>	Himanshu Bissoonauth, Shaneel Appadu, Om Thakkar

**Group 2:**

Topic: Nine Point Code of Conduct - Study of Sai Literature.

**Group 2A:**

<b>First Place:</b>	Ishwari Haran
<b>Second Place:</b>	Jega Ganesh
<b>Third Place:</b>	Arthi Jeyasundaram
<b>Honorable mentions:</b>	Roopini Gopinath, Hema Nookala, Raveena Ravishankar

**Group 2B:**

<b>First Place:</b>	Sai Sumithra Voora
<b>Second Place:</b>	Yasotha Anandarajah
<b>Third Place:</b>	Sonia Patel

<b>Honorable mentions:</b>	Meghana Ravishankar, Shreya Sathyanarayan, Dharani Nimal
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**Group 3 Boys and Girls:**

Topic: Nine Point Code of Conduct- Roadmap to spiritual transformation. Children presented in pairs.

<b>First Place:</b>	<b>Pair 1</b>	Devyesh Devanand & Vinoth Naganathan,
	<b>Pair 2</b>	Sakithiya Navaneethan & Jessica Jamnadas
<b>Second Place:</b>	<b>Pair 1</b>	Kajal Varma,
	<b>Pair 2</b>	Thurkka Pushpanathan & Karthicka Suthanandan
<b>Third Place:</b>	<b>Pair 1</b>	Vishnu Raveendran & Prashanth Gopinath
<b>Honorable mention:</b>	<b>Pair 1</b>	Shyam Chanthirakumar & Prashanthan Mahendra

**Sathya Sai Temple**

It was in 1999 that Bhagawan Himself held in His hands the plan of our centre's proposed building drawings and asked Dayal Mirchandani, "Side elevation?", to which Dayal replied "No Swami...front". "Good..good" were Swami's last words. These blessed drawings have since adorned the bhajan hall at York University each Sunday, reminding devotees of our offer a temple to our Lord. The realization was yet to come.

The search that followed for a suitable land to build this temple energized many devotees who looked at over fifty potential locations before Bhagawan cleared the path to 40 Voyager Court North, considered the most suitable of all. The side elevation will be transformed into the front entrance...true to His word! Sathya Sai Temple is born. A gift for our Lord from the devotees of Sathya Sai Baba Centre of Toronto – York.

His Temple will be our physical vehicle for uniting us as a Sai family to move together towards our divinity. We will gather into the grand hall adorned with a majestic altar to sing His name. The homely classrooms will welcome our children and youth as they grow with Education in Human Values and Sathya Sai Education. The meeting rooms, kitchen and recreational facilities will provide conveniences for strengthening our resolve and our actions in "Service to Man is Service to God". And for those of us ready to make the expansive journey within, the meditation room will be our sanctuary.

His Temple will be a place of peace for each spiritual aspirant, our Sri Sathya Sai Organization and the public...a true retreat for all. For some, "Temple" could not have materialized at a better time in their lives, when the yearning and intensity for transformation is throbbing. It is a welcome retreat that is always inviting and where we can feel His divine presence. It is a place of protection from the ups and downs of life. As we feel the bliss within Sathya Sai Temple, we will surely be reminded of His mission for each of us, to recognize the divinity inherent within ourselves. Next couple of months will be exciting for all of us with the construction and décor of this temple.

We are all eagerly looking forward to moving into our new home

We thank you Swami.

*Shiva Gopie*

Let us keep the flame of sharing via our newsletter burning bright!