



# YES



## YOUTH IN ETERNAL SEVA

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MUMBAI

*Bi Monthly Newsletter by the Sai - Youth of Mumbai*

### **SELF-CONFIDENCE - The formula for success.**

#### From the Editor's Desk

Human life is filled with worries of all kinds from birth to death. In any field, at any time, success is assured for any person who is endowed with the six qualities of 'zeal, determination, courage, intelligence, ability and heroism'. However these qualities confront various difficulties from time to time. Just as a student has to face various tests, these qualities also are subject to various trials. Such trials which may be in the form of losses, troubles, pains and sufferings should be regarded as stepping stones to higher successes. One has to overcome these troubles with courage and self-confidence and move ahead.



Most people neither have the confidence in themselves nor the determination to accomplish what they desire. They want to get quick results without the necessary effort on their part. Many students today are subject to depression in the mind. The reason for this is lack of self-confidence.

Swami says, "Students in particular have to develop self-confidence. Without self-confidence the six qualities cannot be acquired. Infact self-confidence should be the life-breath of every person.

The youth today have lost confidence in themselves. They get affected by criticism levelled against them. They should see, if the criticism is justified, they should correct themselves. If it

is not justified, they should ignore it. When you are convinced that you are doing what is good for the people, why bother about the criticism of others?

It is ironical today, in daily life, people have faith in external elements (the bus-driver to take you to the destination safely, the fan on the ceiling above the head to remain there and many more such instances), but they have no faith in themselves!! Each being is an embodiment of the Divine. That being the case we should always remember and believe that there is nothing beyond us and if there is something beyond us, it does not exist.

We must cultivate self-confidence and manifest our divinity in our speech and all actions that we perform. However occasionally, when troubles come by, we are overcome by grief and are unable to face the consequences. These situations should be faced with fortitude and fearlessness. When difficulties are faced with courage, success is assured.

*"Without self-confidence, no achievement is possible. If you have confidence in your strength and skill, you can draw upon the inner springs of courage and raise yourselves to a higher level of joy and peace. For confidence in yourselves arises through the Atma, which is your inner reality. The Atma is peace, it is joy, it is strength, it is wisdom. It is only when you have self-confidence that you will have self-satisfaction." -Baba*

*Sathya Sai Speaks 6. Pg 102*

#### **Bombay Buzz**

✳️ Ashadi Ekadashi was celebrated at Prashanti Nilayam (PN) on July 20th.

The Bal Vikas children and the youth wing of Mumbai put up a play on National Integration entitled 'Janani Janmabhoomi' in the morning.

✳️ An International Seva Dal Conference was held at PN from July 21-23 where the delegates learnt the true meaning of Sai Seva as being one without anger, attachment, desire, jealousy, pride and ego.

✳️ On July 24th the festival of Guru Purnima was celebrated. A bronze statue of Swami was unveiled by Swami in the Sai-Kulwant Hall at PN.

✳️ The Youth Sadhana Camp was conducted on 15th August at Dharmakshetra (DK). The essence of 'youth' as a stage in life was highlighted by the State & District Presidents. What is 'commitment' and the 5 tools of Sadhana were discussed in the morning session while ex-students of the SSSIHL brought out through personal incidents how Swami leads the devotee to the right path. The programme charted out for the next six months was unfolded.

✳️ 76 doctors who attended the 'Humanising Medicare' conference at DK in March visited PN from Aug 7th to 10th and were showered with Swami's darshan, sparshan and sambhashan!!

✳️ On Aug 30th the Ghatkopar Samithi celebrated Janmashtami at DK with bhajans. A dance drama staged by the Bal Vikas children depicted instances from Lord Krishna's life. The programme concluded with the chanting of Ashtakams to a slide show of Swami.

**SELF-CONFIDENCE (Foundation) - SELF-SATISFACTION (Walls) - SELF SACRIFICE (Roof) - SELF REALISATION (Life). - Have this mansion as your goal - Baba**

## Seva: A Flower at His Feet

### Grama Seva - Vashi Samithi

Why does Swami say "Grama Seva is Rama Seva"? "It is not charity that we do, but we are only offering gratitude to God by doing Seva to these Gods (villagers) in human form. Living in the comforts of a city it is surprising to note that there are so many villages hardly at 30 mins drive from Mumbai which don't even have the basic necessities of food, water. This is the story of one such village which has witnessed an amazing transformation in the last six months due to the dedication and hard work of the Vashi youth with Swami's Love and Grace.

Once, on a medical camp in a village near Belapur a few youth from Vashi stumbled on a small hamlet called **Chafeewadi**. Having a population of 250 these Adivasis cut and sell wood as their sole occupation which gives them hardly Rs 50 per day when the going is good. With no water, electricity, school and medical facilities the village was in dire need of help. The Sai youth charted out a one year plan to transform the village. "A mighty task", as one volunteer says "We had absolutely no experience in this work, it was just an idea." But when the thoughts are noble and there is the commitment to do



Narayan Seva for the children

Seva, Swami ensures that things fall into place. Different Seva activities that are carried out are:-

**1) Medical Camp:** A regular general medical camp is held during every visit. The villagers mainly suffer injuries during cutting of wood, which are attended to and a First Aid kit has been provided to the village. The village head has been trained to carry out first aid assistance. Health and hygiene is taught to the villagers and 'Shramdaan' is done. Recently, a villager was operated for cataract at Dharmakshetra. Such help has been extended to others who can't be treated at the village.

**2) Rural Bal Vikas:** On the villager's

request a Bal Vadi was started for the children. As they understand only Marathi, the youth teach the children by means of folk songs, plays etc. This has become so popular that even the elders attend it. About 60-70 children attend the class which is held in the house of the village head. Balvikas is now a formal teaching session with children being given slates and taught to write alphabets & the children have made remarkable progress in the past few months.

**3) Bhajan Training** is carried out in every visit to inculcate Namasmarana and group singing.

**4) Narayan Seva:** Food is prepared at Sai Prem and brought at noon for all the villagers. Used clothes are also distributed every alternate month.

**5) Sai Grama Seva Projects:** As many of the women folk suffered from breathing problems while cooking over the chulah, all the families have been provided with smokeless chulas. In the monsoon 108 mango and cashew trees have been planted all over the village (each house having responsibil-



Nagarsankeertan with the Palkhi procession

ity of 5 trees) so as to supplement the family's income and also give an alternative for the future.

The youth visit the village every 3rd Sunday of the month. They assemble at Sai-Prem, Vashi at 6:30 am and reach the village at 7:30 am. They start with Nagarsankeertan, but by carrying out a palkhi procession of Shirdi Sai around the village much to the delight of the villagers thus ensuring the participation of the young and the old alike. Then the other activities as described above are carried out. The youth also make it a point to celebrate all festivals with the villagers.

The tasks planned for the future include:-

Giving basic water supply, building community toilets and as per the wishes of the villagers to build a small temple which the youth hope to inaugurate by the 23rd Nov, 2002. Thus with Swami's grace the day is not far when this village will be transformed into a 'Sai' village. The youth have already started surveying similar villages in the vicinity where more activities can be undertaken.

Sai Seva Dals (especially youth), Doctors, Balvikas gurus who want to help in any manner possible are requested to please contact the people whose names are given below. It is a great opportunity not only to serve but also for our own spiritual upliftment and Seva done with so much love and devotion to the poorest of the poor will definitely endear us all to Swami.

L Ganeshkumar: 7663595  
Jagdish Babu : 7612149  
Ashutosh Varma: 7613821

## Oka Chinna Katha

### Self-Confidence

Long ago there lived a small bird with its family along the shore of an ocean. One day the bird laid eggs on the shore of the ocean. Alas, when the tide came, the eggs were washed away by the waves. Each time the bird laid its eggs, the waves would wash them away. The helpless bird shed tears of frustration. The hurt turned to anger. Finally, summoning self-confidence and courage, the bird decided "I will avenge my loss by emptying the ocean of all its water." Thus began the enormous mission. Each day the bird would fill drops of water into its beak, fly to the beach and pour the water on the sands. Day after day the little bird tirelessly worked from dawn to dusk to fulfill its task of emptying the ocean of all its water. The bird soon realized that it cannot accomplish the task on its own. So the bird prayed to Garuda, the king of birds to see that justice is done. Lord Vishnu who heard the pleading of the bird, took the ocean to task. The ocean then told the bird "Forgive me I will never again touch your eggs, you can safely build on my shores. The bird & its family lived happily ever after.

How did a small bird win over the mighty ocean? Because of its determination and self-confidence. So too in life, we face many trials. Most of us get enmeshed in the trap and wallow in self pity. But there are others who emerge victorious because of their self confidence. Confidence in the Self is nothing but the faith we have in the God within us, that Sai will take us through this ocean of life.

-Adapted from Chinna Katha-II



## Your Life is My Message

Swami always guides us to maintain unity of Thought, Word and Deed. The quotation "Practise before Precept" is apt for Swami for we can see in every aspect of His own life. He will first practice before asking his devotees to perform. Truly, His Life is His Message!

## Discrimination

One should discriminate between that which is mortal and immortal, transient and permanent, matter and energy. Discrimination is of many types: 'Individual' – which is utterly selfish and self-centered; 'Fundamental' which aims at and leads to the good of everybody; 'Physical' which will make you a successful person; and 'Spiritual' which will grant you liberation or moksha.

### What is Discrimination?

Discrimination is the power which guides / determines between the good and bad, the right and wrong.

### My Life is My Message

Most of us come here (Prashanti Nilayam) and see that Bhagavan calls some people for interviews. Why does He call some and why not me? Bhagavan talks to some.



Why? He does not talk to me. Why not? He materialises vibhuti for some. Why? He does not materialise vibhuti for me. Why not? Some are able to stay here. Why? Some are not able to stay. Why not?

Bhagavan's granting interviews to some and not to others was also my question when I first came here. After going through this long process of grilling and questioning I found an answer

There are many answers. The 1st answer is: Bhagavan knows who, when and why to call. That is the first understanding we have to conclude. All this is decided even before the darshan. The second factor is: Bhagavan's calling people for interview depends on many factors : the urgent need of the hour. There is a 2nd reason too. There are certain serious sadhakas or spiritual aspirants. They practise yogic practices or meditation, which need a new direction from Bhagavan or else, it may even endanger their lives. Thirdly, those who still doubt His Divinity, are yet to experience His Divinity or those who are wavering also need an interview. Bhagavan would reveal to them very personal facts. Fourthly, there are some who are actively involved in public service activities. The reason why Bhagavan calls a top official or Minister is because that when a minister or an official is reformed, the area of reformation would spread wider, so that the whole organisation would improve.

Bhagavan calls people for an interview so that it can help them. It has a perfect timing.

Once we have already made the choice or decision, then we are the doer and we have not surrendered. Those who have already decided everything may not be called for an interview. Another reason is: one may also turn egoistic and arrogant. So, Bhagavan may not call for an interview. Some are very sure, even taking it for granted that Bhagavan is going to call him for an interview. Impossible! Bhagwan will not like anyone to take Him for granted. A few days back the Seva dal members lined up for Padnamaskar. In fact, they were not asked to sit there. So, Bhagavan avoided them. Those who feel Bhagavan is with them all the time, either in dreams or at home, spiritually by thought, word and deed, will also not get an interview. The reason is that they are spiritually aware.

How can we observe discrimination? Whenever the mind starts wavering with bad thoughts, anger, laziness, repeat 10 times, 'I am a man and not an animal'. Then the mind calms down. This is discrimination.

(Source : Universal & Practical teachings of Bhagavan Sri Sathya Sai Baba  
– Anil Kumar Kamaraju )

## Forthcoming Events

◇ Youth Study Circle topic for Sept is: 'Expansion through SEVA' and for Oct is : 'The real Ornaments'.

◇ The results of the Preliminary rounds of the Inter Collegiate Essay, Elocution and Poster competitions organised under the Awareness Programme for Youth ("YAP") will be declared in all the 35 participating colleges of Mumbai in the 1<sup>st</sup> week of September.

◇ The preliminary rounds of the Music and Drama competitions under the YAP will be conducted on Sept 3<sup>rd</sup> (Zone 1 at Ruia College) and Sept 7<sup>th</sup> (Zone 2 at Vivek college)+(Zone 3 at Swami Vivekanand college).

◇ Sept – 10 - Ganesh Chathurthi

◇ 7-14<sup>th</sup> Oct – Navrathri will be celebrated with a daily bhajan from 6-7 pm at DK by individual samithis.

◇ 15<sup>th</sup> Oct – Vijayadashmi

◇ A Seminar for Chartered Accountants will be held on September 29<sup>th</sup> at DK.

◇ A Seminar for the Principals and the faculty of the colleges participating in the YAP shall be conducted in DK in October.

◇ Prashanti Seva – Oct 15<sup>th</sup> – 23<sup>rd</sup> and 23<sup>rd</sup> to 31<sup>st</sup>. Reporting for the 1st batch on October 14<sup>th</sup> and for the 2<sup>nd</sup> batch on October 22<sup>st</sup>.



### Answers to Puzzle

Sai  
Equanimity  
Love  
Faith  
Competition Opportunities  
Never  
I  
Decisions  
Now  
External  
Competence  
Exciting

## Health File



It is becoming more and more evident that increasing number of people all over the world are suffering from malnutrition. This is true even in the more affluent countries, due to the fact that much of the food available is highly processed and lacking assimilable nourishment. The modern junk food or fast food phenomenon is prevalent everywhere. It is often a direct result of the fast pace of living that leaves many people with too little time to plan, purchase, prepare and cook nourishing food. It is so much easier and faster to buy packaged mixes, pre-cooked and frozen items instead of combining fresh ingredients containing the necessary nutrients in sufficient quantity and balance to maintain optimum health. The fast-food habit results in a vicious circle. Empty calories cause chronic hunger, which many people attempt to allay by indulging in frequent between meal snacks, which also lack adequate nourishment. Consequently people, often lack energy, are listless and uninterested in whatever they are doing, are too tired to engage in any form of exercise, and are content to waste time and energy on useless sedentary pursuits.

Baba recommends eating as much raw food as possible to replenish the energy that is used in all the varied activities and responsibilities attendant on daily living. He cautions us again and again to remember that we are not the body. On the other hand, He also encourages us to take good care of it

*Compiled from 'Taming our Monkey Mind' by Phyllis Crystal, Pgs: 52-53*



## Spiritual Suggestions

Your Self is God. You have faith in your judgement, your intelligence, your ability because God within you tells you not to falter or fear. That assurance wells from within, from your basic truth which is otherwise called God. It does not matter if you do not call it God. It is enough if you believe in yourself, that is the real test of theism.

*-Baba*

*Sathya Sai Speaks 2, Pg 26*

## DO YOU HAVE

# Self-Confidence?

Below are certain characteristics of people who have **Self Confidence (SC)**. Find out if you are one of them!! Simply fill the missing words in the sentences given below. The word starts with the letter appearing in green before the sentence & where the brackets are located in the sentence, the figures in them indicate the nos of letters in the missing word.

**S**-SC implies faith in (3)

**E**- If u have SC you will take praise and criticism with (10)

**L**- SC implies that you (4) yourself

**F**- SC makes you have complete (5) in Him.

**C**-(11) Will inspire u instead of scaring u if, u have SC

**O**-U will be able to grab all the (13) that present themselves if u have SC

**N**- If u have SC no matter what, u will (5) give up.

**F**-SC is the first requisite to (6) the game

**I**-SC means to cut the (1) and have complete faith in Swami

**D**-U can take the right (9) if u have SC

**E**- If u have SC u will never look for approval from (8) sources.

**N** - SC makes sure u live in the (3)

**C**- SC is more important for success than (10)

**E**- SC makes every task u do no matter how tough, (8)

## CONTACT INFORMATION

For suggestions, feedback, contributions for the Newsletter

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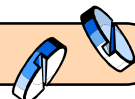
Tel: Shibu - 6004494

The 'YES' Team

Sisters: Jagruti S., Aazmeen K.,  
Amishi S, Radha M, Puja H.

Brothers: Shivkumar V., Raghu B

## A Sweet Pill



As a Humorist Sai is matchless. His subtle Humor, which is often earthy in texture, deludes us to believe that He is of the earth and is with us on the same plane.

When buildings in Prashanti Nilayam were in construction Swami used to go around, and one day a professor of geology was with Him. Swami asked him, "You are a geologist?" He said "Yes Swami". Swami picked up a rock piece and asked him, "What does this contain?". The geologist rattled something, "zinc, silicon this and that. Swami said "But they are only elements, and what do they contain?"

The geologist said this and that, but Swami went on with "What do they contain?" Finally the geologist came to neutrons, protons, those on's and this on's!!

"And what do they contain?" Swami persisted. The geologist had no answer. Swami said "Science is like the letter 'C'. There is a gap in it and that gap is God". In this instance the C gap was not fulfilled. Swami gave the geologist the rock piece and it had become, Krishna with a flute! So the lesson is, that God is at the centre of all vibrations, and this is what moves the universe, the sun, the moon, the stars, the flowers, the elements and all.

*-from 'Sathya Sai Baba, God in Action by Kasturi, Pg 37.*



## Contribution Corner

Never Borrow Sorrow from tomorrow  
Deal only with the present  
Never step into tomorrow  
For God asks us just to trust Him  
And to never borrow sorrow  
For the future is not ours to know  
So let us live and give our best  
And give it lavishly  
For to meet tomorrow's troubles  
Before they are even ours  
Is to anticipate the saviour  
And to doubt His powers  
So let us be content to solve  
Our problem one by one  
Asking nothing of tomorrow  
Accept 'Thy will be done'

*- Divya G*

