



MARCH - APRIL 2002  
MUMBAI

# YES

## YOUTH IN ETERNAL SEVA

Bi-Monthly News Letter by the Sai - Youth of Mumbai.

### MASTER THE MIND - Sathyam Jnanam Anantham Brahma

Owing to the influence of the Kali Age, today, everyone claims everything as "mine". Possessiveness is rampant in every thought and action. And this leads to the inflation of the ego. This feeling of "mine" should be given up. People make all kinds of offerings to God. But the greatest of them is to offer oneself. The Vedas refer to the sacrifice of "Thanu" (the body), "Mana" (the mind) and "Dhana" (the wealth of the senses). It is the attachment to the body, which has to be given up, and the hold of the senses, which has to be reduced.

In the world today, both Truth and Sacrifice are rare. Today there are millions of people who consider themselves as Sai devotees. If only the Sai devotees alone adhere to Truth and Sacrifice, the entire world will be transformed. If we wish to change the world, these two principles are the recipe. Truth purifies the heart. Sacrifice transforms the physical environment. By this double transformation, the entire world will be divinised.

The night of Shivarathri is special and auspicious. This night is different from other nights as on this day, it is possible to get full control over the mind by contemplating on God. The moon has 16 Kalas (aspects) and so too, the mind. The moon is the presiding deity of the mind. Of the 16 aspects of the moon, 15 are absent

on this day. If His glory is sung throughout the night wholeheartedly, the remaining one aspect can also be merged with the Divine. When the mind goes, there is no more Moha (deluding desire and attachment) and the Kshaya (decline) of Moha is Moksha (Liberation).



Swami says that giving up is easier than holding on to things. Examine the small but essential sacrifices you are making in everyday life. You breathe in and breathe out. The food that you consume is excreted. These examples show that giving up is as necessary as acquisition. Our well-being is related to sacrifice. In fact the Vedas declare that it is sacrifice, alone which can lead one to immortality!

*"At least on this auspicious day, people should concentrate their minds on God with purity and devotion. The control of the senses is itself a form of sacrifice (Thyaaga), which leads to Immortality. Sacrifice of wealth or possessions is no sacrifice at all. It is the sacrifice of the senses (the desires caused by them), which is the highest sacrifice."*

**-Bhagawan's Mahashivarathri discourse on March 11, 1994**

### Bombay Buzz...

6th January witnessed the 1st Youth mahila meeting of the organisation for the year 2002. The action plan for the year, the 9 point code of conduct and the topics for the

monthly Study Circle were unfolded. The District President addressed the youth and motivated them to carry out the mission of Sai with greater fervor.

On the 20<sup>th</sup> of January, a meeting of all Convenors, co-ordinators and activity in-charges was held at Dharmakshetra (DK). The plan of the organisation for the year was disclosed. New convenors were appointed for some samithis.

26<sup>th</sup> and 27<sup>th</sup> January witnessed the launch of EDUCARE. A two day orientation camp was held at DK for the Dist. Presidents of Maharashtra, Gujarat, M.P., Goa and Chhatisgarh. The Speakers included the International Chairman of the SSSO and the All India President of the SSSO. The sessions were conducted by Mr. Nimish Pandya (Dist. President-Mumbai) and Dr. B. G. Pitre.

February 10<sup>th</sup> saw the Mahila Sadhana Camp on Educare. 275 delegates (women and youth) enthusiastically participated in the camp. An exhibition of posters made by the mahilas of the various samithis on "Women's role in the home, society and nation" was put up. Another exhibition of the products of the mahilas of the Sai Colonies of Mumbai was also very well received.

On February 24<sup>th</sup> the Sadhana Camp on Educare was conducted for the Convenors and Programme-in-charges (Gents) of the various Samithis of Mumbai.

The Vedas declare "Na Karmans, Na Prajaya, Dhanena Tyagenaike Amrutatwa Manasuh", Immortality can be attained only through Sacrifice and not through wealth, progeny or action. - Baba



## Seva : A Flower At His Feet

### Sathya Sai Medical Care

It is a known fact that the cost of tertiary medical care is beyond the reach of the common man, not to mention the poor, as the provision of such a treatment has become a commercial enterprise today. Keeping Swami's ideals in mind that Medical Care should be the right of every individual irrespective of caste, creed or financial status the Sai-Sevaks of Borivali - Dahisar Samithi have embarked upon a comprehensive & novel medical programme to make this happen which is aptly named the :- **Sathya Sai Medical Care Programme**. The task was to provide Free Medical Care for the poor with a special focus on the 'Mother and the Child'; as especially amongst the poor the health of the mother and the child, which is the most vital, is often the most neglected. The challenge was 'How to do it?' 'Where were the doctors?'

It commenced in 2001 with a Medical Convention to make the medical fraternity in that area aware of the activities of the Sathya Sai Seva Organisation. The services of a few doctors including General Practitioners, Specialists, Homeopaths and even Surgeons led to 4 Medical Camps (3 of which were Homeopathic and one Allopathic) being started in the Samithi. These camps are now run regularly according to a monthly schedule. There is also a camp on the 4<sup>th</sup> Sunday of every month by a Gynaecologist and Pediatrician who do free vaccination, distribute **Sai-Protein Food** and also conduct General Health Awareness Programmes for the mothers. Typically they attend to 80 - 100 children in one session. What makes these programmes special is that this activity does not end with the camps alone, as all those patients who require further treatment and even surgery are either treated at the Hospital at Dharmakshetra or in some cases have even been taken to the

## BORIVALI EXCELS ...

Super Speciality Hospital at Prashanti Nilayam. It is the commitment and the responsibility of the Sai Sevak to give every patient an opportunity to have the Most Advanced Medical Care available for complete curing of the patient. Thus, the success of the programme is the rigorous follow-up that the Sevaks do for each and every patient thereby not only providing primary medical care but even secondary and tertiary care and of course the most important of them all **SAICARE** which is nothing but '**LOVE**' - the ultimate medicine for all ills.

For more details on the above Seva Activity please contact

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### Oka Chinna Katha

#### Blessed are the Pure in Heart For they shall see God

Sri Sailam is a great pilgrim center in Andhra Pradesh, famous for its temple atop a hill where Lord Shiva is worshipped as Mallikarjuna and Goddess Parvati as Bhramarambha. There is a great legend relating to this sacred shrine. In a hamlet very near Sri Sailam there lived a mother and her 6-year-old son called Balram who studied in the local school.

Once on the eve of Shivrathri, all the schoolboys were returning home eagerly discussing the festival. One boy said, "My sister and brother-in-law are coming tonight for Shivrathri. What fun it is to be with them".

Another boy said, "Mine have already come and have bought me a new dress to wear. We are all going to the temple tonight itself." Balram heard this talk. He wondered whether he too had a sister and a brother-in-law. He ran home and asked his mother, "Mother, do I have a sister? Where is she? What does my brother-

in-law do? Why don't they visit us? I too would like to be in their company like my friends are." The mother knew the child's anguish and to comfort him she said "My dear child you too have a sister and brother-in-law. They are Bhramarambha and Mallikarjuna." The young lad then insisted on bringing them home. The mother sent her son along with her neighbours to the temple. She told them to take care of him and gave them some money to buy things for him. Balram said, "Mother should I not take something for my sister?" The mother said, "No my son, since you are a small child they themselves will give you gifts." Balram was taken into the shrine and showed the 2 beautifully decorated idols. He at once ran to the idol of Bhramarambha and caught hold of her hand and said, "Sister, please come home with me. I won't leave this place without you." There was no response. He repeated the same plea with the idol of Mallikarjuna. The priests took him to be a mad boy and pushed him out. Balram's agony knew no bounds. He decided to end his life if his sister and brother-in-law did not appear before him. He ran on top of a peak and cried, "If you don't come with me,

I will jump off and end my life." At once he heard someone calling, "Brother wait, we are coming!" Both Lord Mallikarjuna and Goddess Bhramarambha ran towards him and gathered him in their arms. Balram said, "You must come with me, mother is expecting you." The all-compassionate Lord and his consort did accompany the lad and thus granted him the vision of Shiva and Shakti.

*Whatever you Hold once you have held, hold on to it till you win. Whatever you have asked, once you have asked, ask aloud for it, till you win. Whatever you wish, once you have wished, wish deeper for it till you win. Whatever you have planned, once you have planned plan firmer till you win. He must grant to stop your wail. Wail, Weep, Pray till you win. Don't lose heart and turn away. True Devotion will truly win. - Baba*





## 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!**

From this issue onwards, we will share incidents from Swami's life on certain important topics which will teach us how to make our life His message!!

## Dedication

Bhagawan places Dedication as the first 'D' among the five 'Ds'. It is given the first place in the order of priority; by completing the first 'D' Dedication, the other four 'Ds' automatically follow.

### What is Dedication?

By and large, it can be concluded that the word Dedication has a wider application and a deeper meaning. There are three levels of dedication. I say, "I dedicate my life to God", which means I am separate from God, ie. I am dedicated to God. This is dualism. But by virtue of my devotion and intense Sadhana, I can equip and make myself fit to dedicate. This is the second level or qualified non-dualism or *Visishta Advaita*. But there is a third level, Bhagawan says "You are God." Veda declares "Aham Brahmasmi" – I am God. Bhagawan even goes a step further and says, "Aham – Aham," "I am I". This means I and Brahma are not separate.

(Source : Universal and Practical Teachings of Bhagawan Sri Sathya Sai Baba - Sri Anil Kumar Kamaraju pp 72)

So dedication truly means Selflessness.

**"From today onwards, I am not going to give Padanamaskar to anybody, because you and I are**

**one. Easwara Sarva Bhutanam (God is the indweller of all beings). The same Atma is present in you, Me and everybody. So, there is no need for anyone to do Namaskar to anybody for that matter."**

(Source : Bhagawan's Guru Poonima Sandesh on 5<sup>th</sup> July, 2001)

### How to dedicate?

Through **service**, ego totally vanishes. In fact the purpose of service is to drive out the ego sense. This leads to purity of mind. Devotion to God makes the seeker humble, obedient, virtuous, compassionate, noble and enables him to dedicate effortlessly. The first step of service in the process is dualistic as there is the person that serves and the person who is served. This leads to the second step of devotion, which represents qualified non-dualism. Here the seeker acquires the qualification to be near God and makes himself ready to dedicate the 'ego', if any left that separates him from God. It is only then the seeker experiences non-dualistic state or oneness with the Divine. That is the purpose and the goal for this sacred act of dedication.

### Forthcoming Evens

On the 24<sup>th</sup> March 2002, there will be a conference of doctors called **"Humanizing Medicare"** at Dharmakshetra, Andheri. Around 300 to 400 doctors will be invited. The seminar will be half a day programme, with talks and discussions on themes such as :-

- Bringing medicine to the common man.
- The need to view the Medical Profession as a Seva.
- Promote "Humanising Medicare" as enunciated by Bhagwan.

There will be an Audio Visual presentation on the SSS Organisation's activities highlighting the work done at the Super Speciality Hospitals in Prashanti Nilayam and

Whitefield.

★ Special Bhajans in DK on 29<sup>th</sup> March, on account of Good Friday

★ Gudi Padwa celebrations in DK on April 13<sup>th</sup>, 2002.

★ Sadhana Camp for Bal Vikas Gurus on 14<sup>th</sup> April, 2002 at Dharmakshetra.

★ On 21<sup>st</sup> April, Sri Rama Navami festival will be celebrated at DK.

★ Mahavir Jayanthi will be observed at DK on April 25<sup>th</sup>, 2002.

★ Zonal level Sadhana Camp for Mahilas with participation also by the Youth Wing and ESP Girls on 28<sup>th</sup> April, 2002 at Dharmakshetra.

### Spiritual Suggestions

★ Universal and Practical Teachings of Bhagawan Sri Sathya Sai Baba

- Anil Kumar Kamaraju

★ Taming Our Monkey Mind  
- Phyllis Krystal

### Contribution Corner

Swami's Being has kindled a flame  
Which has infused the youth with  
a definite aim  
That we may do something truly  
fruitful in life  
Wherein spreading His message  
would be our constant strife  
And may such be the enthusiasm  
that He grants us this day  
That it be constant, unwavering  
and never fade away

(Poem written by a Youth of Mumbai)

### Answers to Puzzle :

Parti	Shirdi
Tashul	Mahadiv
Kailash	Aum
Lingam	Sai
Ganga	Nandi
Maheshwara	Badrinath
Neelkanth	Shiva
Bholenath	Tandav



## Heath File

### What is Pranayama?

The Sanskrit word *Prana* means vital force or cosmic energy, it also means life or breath. *Ayama* means the control of *Prana*. The vital force of primordial life force (*Prana*) manifests itself in the body as a respiratory function. The *Prana* not only ensures the proper functioning of the body (including the glandular system), but is also the regulator and animator of the psyche. *Pranayama* therefore provides a remedy for several of the physical and psychic disturbances. Healthy breathing depends on the respiratory muscles and their elasticity. The quantity of oxygen that a living being absorbs to feed the blood depends on the efficiency of the respiratory system. Insufficient breathing will reduce the absorption of oxygen and the tissues irrigated by blood lacking in oxygen will be undernourished. In *Pranayama* exercises, the chest muscles are stretched to the maximum and the lungs opened as far as possible.

When breathing is normal, the alternate contraction and relaxing of the abdominal muscles, plus the rise and fall of the diaphragm, keeps the kidneys and bowels moving, massaging them gently. During *Pranayama* exercises, inhaling and exhaling, plus the holding of breath cause considerable movement and massage. Congestion is immediately removed due to the pressure exerted, the nerves and muscles controlling the kidney and intestinal muscles are strengthened. In this way the bowels and kidneys are rendered healthier due to *Pranayama* and can carry out their evacuatory functions more efficiently.

### The practice of Pranayama:

*Pranayama* must be practised in a state of relaxation. The best posture to practice *Pranayama* is the lotus position. The important point is to keep the back, neck and head in a straight line from the base of the spinal column upward without feeling tired.

-Extracted from *Spirituality & Health* by Dr. Mrs. Charanjit Ghool.

## Puzzle

In the grid given below are several names and symbols associated with Lord Shiva. Find them. They may be vertical, horizontal, diagonal, or backward

B	H	O	L	A	N	A	T	H	R	H
T	A	N	D	A	V	W	U	T	N	T
U	N	V	E	D	A	H	A	M	E	A
P	T	R	I	S	H	U	L	P	E	N
S	P	I	U	Y	S	W	J	N	L	I
A	T	B	H	S	A	L	I	A	K	R
G	S	L	E	T	I	F	U	N	A	D
N	F	I	A	R	R	M	E	D	N	A
A	E	N	V	D	T	A	H	I	T	B
G	T	G	I	O	H	L	P	J	H	K
R	M	A	H	E	S	H	W	A	R	A
E	T	M	S	H	I	R	D	I	L	O

### Swami Says...

As a seed, in the course of time, grows into a mighty tree, an evil thought given time assumes gigantic proportions. Unless evil thoughts are nipped in the bud they bring disastrous consequences in their wake. There is a saying that even a tiny snake should be beaten with a big stick. Similarly a small mean thought should be dealt with severely. Thoughts are so powerful and influential that they distort our sight, smell and hearing.

-*Summer Showers 1993.*

When people become anemic they are liable to be infected by more serious fevers, because their powers of resistance are weakened. So, too when people lose faith in God, they lose faith in themselves. Then they become victims of pride, hate, envy and such other acute fevers, thereby robbed of their mental health. To escape from the anemia of want of faith, practice 'Namasmarana' (repetition of the Name of God), and contemplate on the evanescence of the world and all its charms.

-*Sathya Sai Speaks Vol V*

## 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.

One Day Swami on His way to the Hostel plucked a Tulsi Leaf and placed it in the palm of a student and said : 'Keep it safe'. Don't show it to anybody'.

He just obeyed. But the warden insisted on seeing it. When the boy opened the handkerchief in which it was tied he found a gold coin. So he said keep it safe and don't show to anybody. But his friends pestered him and he was forced to yield. When they opened the handkerchief it was only a Tulsi Leaf.

The boy was greatly disappointed. Seeing his disappointment Swami called him and asked for the leaf. He blew at and Lo! The gold coin appeared.

Nothing is beyond his power. His sankalpa is alone enough. This incident though humorous was but a glimpse of his Omnipotence

Thus Swami's Humour is only a medium to convey a lesson, it will not offend or hurt anybody but at the same time will weed out the flaw and give the Sadhaka a gentle push on the path of spiritual journey.

-From *Liberator Sai* by RC Nair

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