

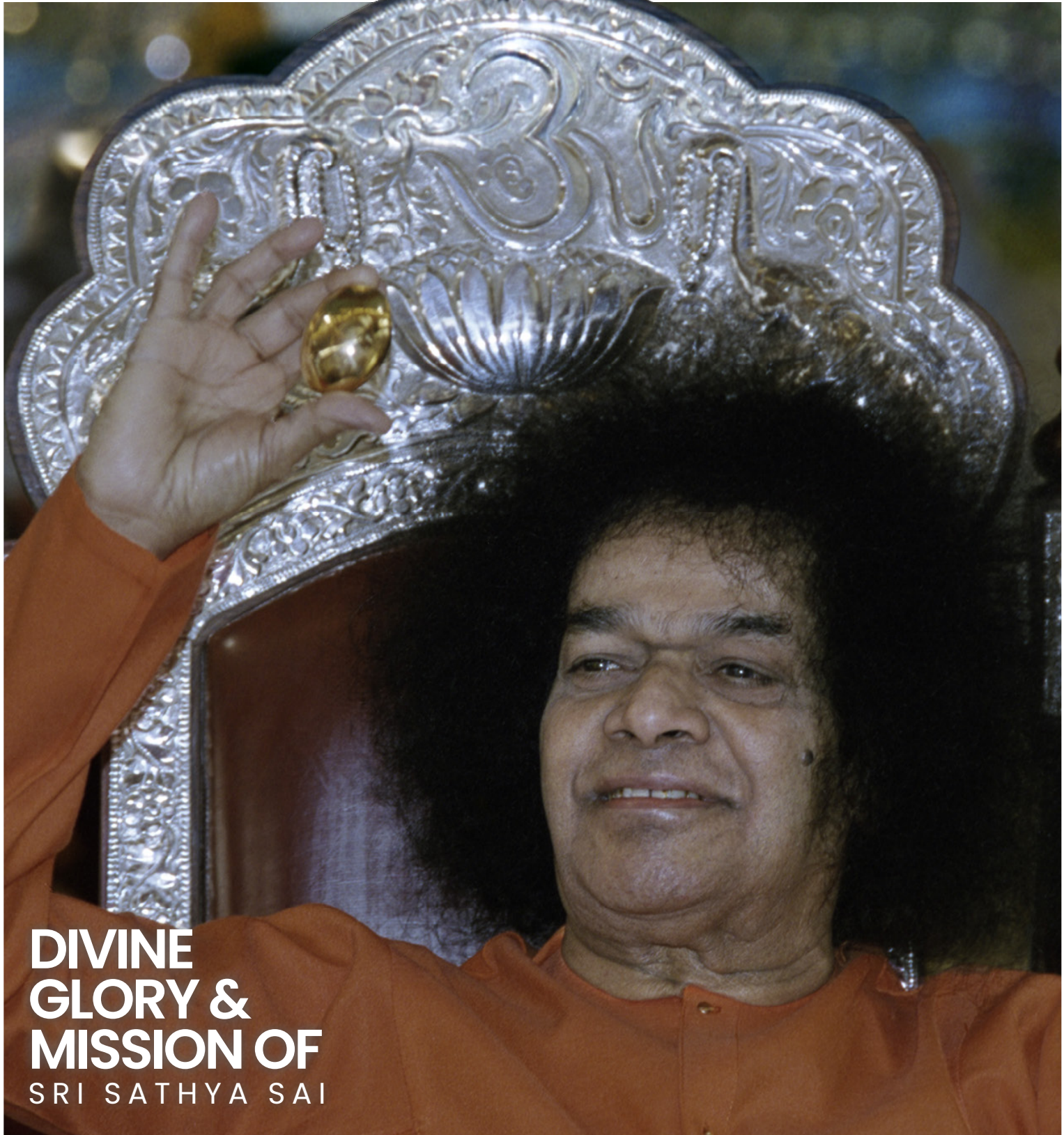
SATHYA SAI

# THE ETERNAL

COMPANION



VOLUME 2, ISSUE 2  
FEBRUARY 2023



**DIVINE  
GLORY &  
MISSION OF**  
SRI SATHYA SAI



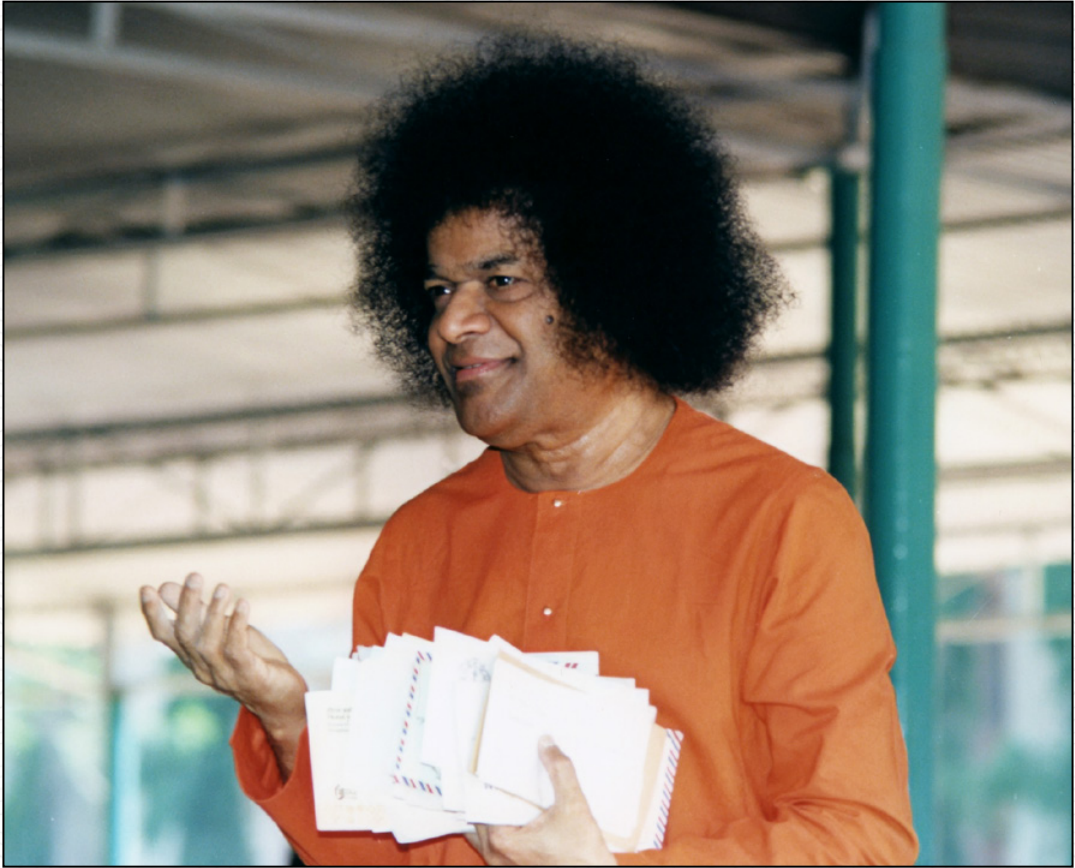


If you make the slightest effort to progress along the path of liberation, the Lord will help you a hundredfold. Shivaratri conveys that hope to you. The moon, which is the presiding deity of the mind, wanes, until on the fourteenth day after the full moon it is just a tiny sliver of glimmering glow. The mind too must be starved into that condition so that the person becomes free. Spend all the days with Shiva, and the conquest of the mind is easy. Spend the fourteenth day of the waning moon with Shiva, reaching the climax of spiritual effort on that final day, and success is yours.

**Sri Sathya Sai Baba**  
March 4, 1962

---





DEDICATED WITH LOVE AND GRATITUDE TO  
**BHAGAWAN SRI SATHYA SAI BABA**







Volume 2 • Issue 2 • February 2023

ISSN 2831-6908 (Online)  
ISSN 2831-6916 (Print)

Copyright © 2023 Sri Sathya Sai World Foundation  
Arcadia, California, USA

The views and opinions expressed in the articles in this publication are solely those of the authors and do not reflect or imply in any manner expressed, construed, or otherwise the opinions of the editor or publisher.

All rights reserved. No part of this publication may be reproduced or used in any manner without the prior written permission of the copyright owner.

To request permissions, please contact the  
publisher at [info@sathyasai.org](mailto:info@sathyasai.org)

Editor: Dr. Narendranath Reddy  
Published by: Sri Sathya Sai International Organization

[sathyasai.org](http://sathyasai.org)



# TABLE OF CONTENTS

Volume 2 • Issue 2

February 2023

- 2 Editorial**  
Maha Shivaratri–The Day for Enlightenment
- 6 Divine Discourse**  
See God Everywhere, March 12, 2002
- 14 Experiences of Devotees**  
The Shiva-Shakti Swaroopa by Mr. Aravind Balasubramanya  
Journey to Sai Through SAI by Mr. David Yoder  
Darshan of Shiva on Maha Shivaratri by Dr. Riza Khalilov
- 24 From the Divine Pen – Letter from Swami**  
Life Without Goodness is not Real Life
- 26 Humanitarian Service**  
Love in Action – Germany, Madagascar, Suriname, and Thailand
- 28 Glory of Womanhood**  
Power of Prayer by Mrs. Lakshmi Vyakaran
- 32 Ideal Sai Young Adults**  
How Well Do You Know His-Story?  
Earthquake Relief in Indonesia  
Team Building in Mauritius
- 36 Sathya Sai Education**  
Featuring contributions by Charvi and Ramanaa  
Green Nature School by Mrs. Jolanta Lipkevičienė
- 40 SSSIO Events and Websites**

Subscription for **Sathya Sai – The Eternal Companion** is Free

[Click here to subscribe](#)



# MAHA SHIVARATRI THE DAY FOR ENLIGHTENMENT

With the grace and blessings of Bhagawan Sri Sathya Sai Baba, the Sri Sathya Sai International Organization (SSSIO) launched the magazine, 'Sri Sathya Sai—The Eternal Companion,' on the occasion of the sacred Maha Shivaratri in 2022. As we celebrate Maha Shivaratri this year in February, this month's issue is dedicated to the importance and significance of the sacred festival.

Over the past year, we shared Swami's story, teachings, and glory on these pages. We express our heartfelt gratitude to Him for how the SSSIO, founded and established by Him in 1963, has grown over the past 60 years, now serving in 114 countries.

We will continue to spread the glory of His love, message, and works and the spiritual transformation they are bringing in devotees worldwide.

## Sathya Sai:

### The Embodiment of Shiva-Shakthi

We are blessed and fortunate to be the contemporaries of the Kaliyuga Avatar, Sri Sathya Sai, the embodiment of Shiva-Shakti. **In His infinite love and compassion, Swami Himself revealed on July 6, 1963, on the occasion of Guru Poornima, that He is the very embodiment of Shiva and Shakti.**

Even before this public revelation, Swami gave a glimpse that He was Shiva-Shakti, on November 25, 1958, which was published in the March 1959 Sanathana Sarathi. Swami, Himself, narrated the incident to the devo-

tees in Puttaparthi as it happened. A little girl had seizures and died on the way back from Puttaparthi to their hometown. When the whole family was heartbroken and panicky, an old villager came to their rescue and restored the child's life. When asked who he was, the old man said that He was **Jodi Aadipalli Somappa**, one of the epithets of Swami in the 108 names of adoration of Sathya Sai (*Sathya Sai Ashtothara Shata Namavali*). That means He's the Shiva and Shakti combined.

When asked later at Prasanthi Nilayam why He chose that Name over all others, Baba said,

*"I Am Somappa, Appa (Lord Shiva) and Sa Uma (Sa-along with; Uma—Goddess Parvathi, the consort of Lord Shiva) with Uma. The place of My Residence is Aadipalli, the primeval village, Kailasa (heavenly abode). It is Jodi (joined together) because it belongs to Sa & Uma 'Shiva-Shakti', the Twin, Nature (Prakrithi) and God (Purusha)."*

This is, therefore, Baba's most appropriate epithet, selected by Himself, for that profound miracle of grace. It reveals His Truth as 'Shiva-Shakti.' Even though He was physically in Puttaparthi at that time, Swami manifested Himself far away as an old villager to save this child, who grew up to become a renowned Carnatic music singer.



In this issue, we share how some longtime ardent devotees like Dr. Alreja, Professor Anil Kumar Kamaraju, and Sri Ghandikota Subramanya Shastri Garu experienced Swami as Shiva-Shakti. Having had this good fortune, **let us celebrate the holy Maha Shivaratri the way Swami wants us to, by knowing the inner significance of the festival with complete dedication and love to the divine.**

### Significance of Maha Shivaratri

This is an important festival for all spiritual seekers. Shivaratri comes every month on the 14th day of the dark half of the month, called *Krishna Paksha* when the moon is waning. On the 14th day, only a thin sliver of the moon is seen, and it will be extinct the next day. This is called monthly Shivaratri or *Masa Shivaratri*. But Maha Shivaratri, or great Shivaratri, is celebrated once a year, during the dark half of the month *Magha*, which usually comes around February or March.

The important message is that the moon is the presiding deity of the mind, and the **mind is responsible for our bondage and liberation. So, when we turn our minds toward the Lord, we become free, liberated, and happy.** And when we turn our minds toward the world, we are bound, grief-stricken and depressed. That is why this night is significant when we can annihilate even traces of the mind. This is called *manolaya*—when the mind is dissolved, one will be with God. **So, Maha Shivaratri is the best day for enlightenment.**

**This is also the day of *Lingodbhavam*** (the emergence of Lingam). Lingam represents Lord Shiva as the formless aspect of the supreme Brahman. Regarding the significance of the Lingam, Swami says, **“Lingam is that in which everything in the world merges and becomes one (*Liyate Gamyate iti Lingam*).”**

Swami brought out Lingam on Maha Shivaratri day to reveal that He is the source

of all names, forms, and beyond. There are many forms of Lingams, made of clay, sand, stone, crystal, Gold, and other metals. The five elements, Earth, water, fire, wind, and space are also Lingas. (*Pancha Bhuta Lingams*). The whole cosmos is a manifestation of Lingam (*Brahmanda Linga*), and *Atma* itself is considered a Lingam (*Atma Lingam*).

### Spiritual Practices on Maha Shivaratri

Ardent devotees **fast and hold vigils** on this sacred day because when they are immersed in Divine love, singing His glories, thinking about Him, and remembering His stories, they spontaneously forget their hunger and sleep.

**Worshipping Lingam with the Bilva leaf is an important ritual.** The trifoliate Bilva leaf (*Aegle marmelos*) represents three aspects, namely the three *gunas* (attributes), *satva* (pure and Divine), *rajas* (active) and *tamas* (inertia); three periods of time, past, present, and future; three states, waking, dreaming, and deep sleep; and three bodies, gross, subtle, and causal. Thus we offer everything to Him so that we can go beyond the three states because God is beyond all these three states of existence.

**When we worship the Lingam, we do *abhishekam*.** We worship the Lingam by bathing it with water, milk, curds (yogurt), honey, clarified butter (*ghee*), and other sacred materials. This ritual has the symbolic significance of offering to God the five elements and our body, mind, soul, and everything.

***Abhishekam* is also done with *Vibhuti*, the holy ash.** *Vibhuti* is the final form that cannot be changed. That is the ultimate state of all matter. So, we should remember that everything is ephemeral and transitory, and God alone is eternal and supreme. For devotees, *Vibhuti* is the panacea for all kinds of physical and mental ailments. It



also bestows the highest boon, which is liberation itself.

**Sri Rudram, which is very dear to Lord Shiva, is chanted** at least during four time periods on the sacred night of Maha Shivaratri, about three hours apart. Sri Rudram is a master scripture in Yajurveda that integrates the paths of action (*karma*), devotion (*bhakti*), and knowledge (*jnana*). The most potent five-letter mantra, *Om Namah Shivaya*, is also contained in Sri Rudram, in the eighth *anuvaka* of *Namakam*.

In the beginning stages, we pray, "Lord, whatever is negative for me, convert it into good and positive." Then, we come to the stage where we experience that God is everything. We experience *Shivoham* ('I am Shiva' or 'I am God'), and everything is permeated by Shiva (*Sarvam Shiva Mayam*)—this is the ultimate purpose of chanting Sri Rudram.

### Lord Shiva:

#### Embodiment of Love and Sacrifice

Lord Shiva is the embodiment of love, sacrifice, and service. According to the scriptures (*Puranas*), during the churning of the Ocean of Milk poison (*Halahala*) emerged in the beginning that could destroy all the worlds, humanity, and creation itself. In His infinite love and compassion, Lord Shiva drank the poison and kept it in his throat to protect the world. He placed the moon on His head to bless the world with coolness and put the holy river Ganges in His matted hair to give life-sustaining water to humanity. This action symbolizes

1. **His sacrifice** by swallowing the poison to protect the world
2. **His love** by giving good things to people, like water and coolness.

This exemplifies His infinite Love and Sacrifice for all creation.

### Shiva's Family: Example of Unity in Diversity

Shiva's family is called the first family of the universe (*Adi Kutumbam*). Each family member of Lord Shiva, His consort Mother Parvati, and two sons, Lord Ganesha and Lord Subramanya are worshiped by many spiritual seekers as chosen deities, considering each as the manifestation of the Supreme Godhead (*Brahman*). The special message from this family, as Swami explains, is unity in diversity.

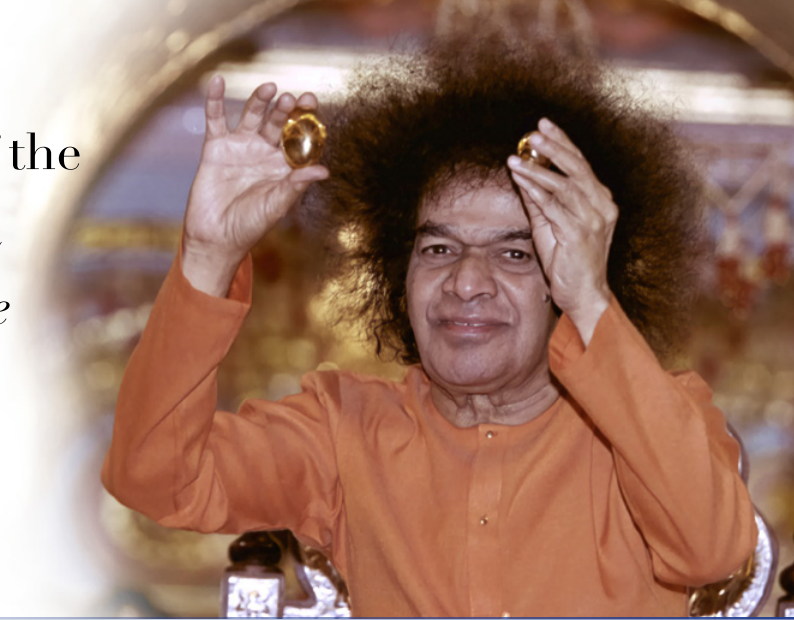
Lord Shiva's vehicle is Nandi, a bull, and Mother Parvati's vehicle is a lion. The vehicles of Lord Ganesha and Lord Subramanya are the mouse and the peacock, respectively. These vehicles are inimical to each other by their very nature. But they all live in harmony. Lord Shiva is an example of harmony and unity in diversity. He has a third eye with fire, and on His head, He carries the water of Mother Ganga. Water and fire do not go together in nature, but He lives in harmony with them. This symbolizes the message of living in harmony; **despite our differences, we should develop understanding and live in unity and peace.**

#### Building a Temple for the Lord

God is touched by our love and emotions. External rituals or ostentatiousness do not move Him. **He looks at our hearts and how much love and readiness to sacrifice we have.**

There was once a great devotee named Poosalar. He was born in the town of Thirunindravoor near Chennai in Tamil Nadu, India. He was an ardent devotee of Lord Shiva and served the devotees in every possible way. He wanted to build a grand temple for Lord Shiva but did not have the means since he was destitute. So, he gave up the idea of building a physical temple. Instead, he started building a temple in his very heart with his mind's imagination. He carefully planned every-

Regarding the significance of the Lingam, Swami says, “*Lingam is that in which everything in the world merges and becomes one (Liyate Gamyate iti Lingah).*”



thing and built it step by step each day. It was a well-planned temple with attention to every detail.

First, he put up a foundation for Lord Shiva’s temple. Then brick by brick, he constructed the wall, the shrine, and the roof, just like building a regular temple. **Over time, he created the temple in his heart and completed it in a few years with amazing authenticity.**

Meanwhile, the king of that area, a King of the Pallava dynasty, was also building a massive temple in Kancheepuram, in the state of Tamil Nadu, India. He finished constructing a beautiful temple and fixed an auspicious day for the consecration ceremony (*Kumbabhishekam*). He prayed to Lord Shiva, who appeared in the king’s dream, expressed His happiness, and congratulated him for building a lovely temple. However, the Lord asked the king to postpone the date of consecration as He had to be at the consecration of the temple built by Poosalar that very day.

The king postponed the date of consecration as directed by Lord Shiva and headed immediately to the town where Poosalar lived. He asked the local people the whereabouts of the temple, but got no answer. The king then met Poosalar and told him what had happened. Poosalar was happy that the Lord had responded and recognized his temple. He told the king all about building his temple and the consecration.

**The king understood the difference between lavish and costly temples of brick-and-mortar built by the rich and the powerful and the temple created by a devotee with a heart filled with purity, love, and perseverance.** Lord Shiva appeared on the day of the consecration of Poosalar’s temple. All were happy, and Poosalar reached the Lotus Feet of the Lord that day itself. The Lord made him one of the 63 Nayanar saints (saints whose chosen deity is Shiva). To fulfill the desire of Poosalar, the king also built a big temple with Shiva lingam at Thirunindravoor, named Hrudayaleswarar (Lord, the resident of the heart).

Since Poosalar kept Lord Shiva in his heart, worshipped Him, and built an imaginary temple, many people suffering from heart problems pray at this temple even today and get cured. **Such is the power of love.**

Bhagawan Sri Sathya Sai Baba gave **His first message** to humanity through His *bhajan*, ‘*Manasa Bhajare Gurucharanam.*’ He assured us that if we worship the feet of the guru in our hearts, He will take us across the ocean of *samsara*. Let us undertake spiritual practice (*Sadhana*), the inward path with intense and single-pointed devotion and dedication, and reach the goal of Self-Realization.

*Samastha Loka Sukhino Bhavantu*—‘May All The Worlds Be Happy.’

Jai Sai Ram.





# See God Everywhere

*God is the basis of the universe.  
Truth is the essence of God.  
The virtue of noble souls is truth.  
Such noble souls are verily Divine.*

(Sanskrit Verse)

“*Strive to satisfy your conscience before satisfying others. Under all circumstances follow the path of Truth.*”

Embodiments of Love! Our ancients enquired into the nature of divinity through many paths, but they were unsuccessful in recognizing reality. Hence, they started worshipping Nature (*Prakriti*). Thereafter, the Indians (*Bharatiyas*) took to idol worship (*vigraha aradhana*).

Every creature that takes birth in this universe has a form. Idols are inanimate in nature and do not possess the qualities of compassion, love, forbearance, etc. It is for this reason that some people are against idol worship. This is ignorance. Just as you use your forefinger to point to a specific object, say, a flower or a tumbler, idols, similarly, are pointers to Divinity. **Once you recognize Divinity, you don't need the pointers, say, idols.** Such being the case, is it not foolish to object to idol worship?

Are you not worshipping the pictures of your parents and grandparents? Do these pictures have life in them? No. Nor do they have the qualities of compassion, love, sacrifice, etc. Then what is the point of worshipping them? It is through these pictures that we are reminded of the virtues and ideals they stood for.

Take for instance a hundred-rupee currency note with dimensions of 6 x 4 inches. There is neither life nor virtues of love, compassion, etc., in this currency note. Yet, people love it and would like to possess it. Is there anybody in the world who dislikes money? Irrespective of the country or religion, everyone loves money. There are innumerable instances where people gave up their lives for the sake

of money. The currency note is valuable because it bears the authentication seal of the government. Similarly, we respect the national flag for the values it stands for, though it is merely a piece of cloth, which is inanimate. If idol worship is considered foolish, then the same should apply to love for money and respect for the flag, which are also lifeless. **Thus, man's beliefs are based on his likes and dislikes.**

### Names of Gods Have Deep Inner Meaning

The entire world is permeated by God (*Isavasyam Idam Jagat*). **Every being is an embodiment of Easwara.** It is also said, God is the Indweller of all beings (*Easwara Sarva Bhutanam*). He is present in all beings in the form of Consciousness. *Easwara* is the master of six forms of wealth – righteousness (*dharma*), wealth (*aiswarya*), fame (*yashas*), power (*shakti*), wisdom (*jnana*), and detachment (*vairagya*). *Easwara* has another name, *San(m)kara*. 'Sam' refers to eternal bliss (*chidanandam*) and bliss of the Self (*Atmanandam*). 'Kara' means one who bestows. Therefore, Shankara is the one who confers eternal bliss.

Every word has a deep inner meaning. Take for instance the name Sathya Sai. Sathya stands for Rig Veda. 'Sa', 'A', and 'Ya' in Sai stand for Sama Veda, Atharvana Veda, and Yajur Veda, respectively. **Therefore, Sathya Sai is the very personification of the four Vedas.** What is the meaning of the term *linga*? It is the symbol of divinity since it has neither a beginning nor an end. Divin-



ity is immanent in the Heart (*Hridaya*) of every person. *Hridaya* means that which is suffused with compassion. So, Divinity is the embodiment of compassion.

Today, people are unable to understand the principle of Divinity. Though the modes of worship vary, they all are directed toward different forms of the same God. You may call Him Rama, Krishna, Eswara, etc. All are one. They refer to the same God. Each person worships a particular form according to his or her likes. Some people worship Rama because they are attracted by Rama's Name and Form. It is said, 'Rama is the one who captivates the hearts of one and all' (*Ramyate Iti Rama*).

Today is Shivaratri, meaning an auspicious night. **Shiva symbolizes the breathing process 'Soham', which takes place in every person. This is referred to as Hamsa Gayatri.** 'Ham' refers to 'I' and 'So' means 'That' (God). This message of 'I am God' is conveyed through this breathing process—21,600 times a day. Such teachings have been propagated and practiced since ancient times.

It is the finger that points to a flower. Likewise, idols point to divinity. So, idol worship cannot be considered foolish. Never disregard idols because they are inanimate. Even in inanimate objects, there is Consciousness (*Chaitanya*). *Brahman* is smaller than the smallest and greater than the greatest (*Anoraneeyan Mahato Maheeyan*). This Consciousness is present in the smallest to the biggest. From your point of view, an object may appear to be inert, but from the Vedic point of view, everything is Consciousness. It is foolish to overlook the existence of Consciousness. One may question: if Consciousness is all-pervasive, why is it not visible to the naked eye? You are all well aware of the fact that there is butter in every drop of milk. Can you deny its existence merely because it is not visible to the naked eye?

The process of obtaining butter involves adding culture to curdle the milk and then churning it.

People are **unable to perceive this Consciousness principle because of two defects:**

- They overlook their innumerable faults
- They magnify the minutest faults in others.

One can attain divinity only when one stops hiding one's faults and highlighting the faults of others. It is a great sin to search for others' faults. Instead, look into your own. Consider your smallest defect as a great blunder and try to rectify the same. Ignore the faults in others however big they may be. Do not criticize others; instead, criticize and question yourself—Is this the way I should behave, having been born as a human being? **The true spiritual practice lies in finding out one's own mistakes and correcting them.** It involves giving up evil tendencies and developing noble traits. That is '*Sadhana*' (spiritual practice). '*Sa*' symbolizes divinity, which is the embodiment of all forms of wealth (*Dhana*). Today, the number of people who seek the faults of others is on the rise. This is the cause of restlessness in society. **All those who aspire to be peaceful should eradicate all their defects.** Only then can you realize *Shivatwa* (Divinity).

### **Use Your Power of Discrimination**

Man is falling prey to anger. Who is affected by this anger? It is said,

*Anger is one's, own enemy,  
Peace is the safety shield,  
Compassion is the true relation,  
Happiness is verily the heaven, and  
Misery is hell.*

(Telugu Poem)

Therefore, make efforts to control your anger. Do not consider yourself to be superior to others. **Where is God? He is present in every human being and in every**

“*You are a human being. Never hurt anybody; cultivate an attitude of happiness in yourself. Then you will be doubly happy.*”

**living creature.** That is why it is said, God is the Indweller of all beings (*Easwara Sarva Bhutanam*). God takes the form of man (*Daivam Manusha Rupena*). When you consider all as divine, you will never indulge in criticism. God judges a person by their feelings, not by their actions.

One's inner feelings are dear to God (*Bhavapriya*), not outward ostentation (*Bahyapriya*). So, make efforts to turn your vision inward. One who lives purely by outward vision is an animal (*Pashyati Iti Pashuhu*). **A true human being is one who turns their vision inward.** The moment an animal spots a green patch of land, it immediately rushes to that spot for grazing without weighing the pros and cons. In contrast, it is the duty of people to use their power of discrimination and act accordingly. People should always be conscious of their duties. Otherwise, they have to pay a heavy price. Whenever there is a delay in the arrival of a bus or a flight, the passengers start criticizing all those authorities responsible for the delay. This is because of the fact that duties were not carried out diligently. Likewise, man becomes an object of criticism if he does not discharge his duties properly.

**Man cannot be called a human being unless he practices human values – Truth (*Sathya*), right action (*Dharma*), Peace (*Shanti*), Love (*Prema*), and Non-violence (*Ahimsa*). These are like the five life breaths of man.** The absence of these life breaths amounts to a living death. Each one is responsible for his own downfall.

Man brings ruin to himself by not practicing these human values.

Embodiments of Love! Love is your greatest asset. Develop love and always speak the Truth. Truth may sound bitter, whereas people are easily pleased by falsehood. People do not relish milk, which is brought to their doorstep, whereas they are prepared to travel miles to consume a bottle of liquor. Falsehood has become the order of the day. Falsehood may please others but not your conscience. Strive to satisfy your conscience before satisfying others. **Under all circumstances follow the path of Truth.** In case the utterance of Truth is likely to lead to some danger, remain silent.

A hermit was deeply engrossed in the contemplation of God. He had vowed to speak the “Truth always.” Lord Eswara wanted to subject him to a test. He assumed the form of a hunter and started chasing a deer, which, out of fear, hid in a bush close to the hermitage. The hermit noticed this. On being questioned by the hunter about the whereabouts of the deer, the hermit was in a dilemma. He could not feign ignorance and say that he had not seen the deer, since that would amount to uttering a lie. At the same time, he could not reveal the whereabouts of the deer, lest the hunter should kill it. In that case, he would be a party to the crime. He prayed to Lord Eswara fervently to show him a way out. A brilliant idea flashed in his mind, by God's Grace. God is always with you, in you, around you, above you, guiding and guarding you. Why fear when He is near? The



“*Be happy at the happiness of others.  
Then only you will realize humanness.*”

hermit replied, “O hunter, that which sees cannot speak; that which speaks cannot see.”

By such a tactful answer, the hermit not only upheld his vow to adhere to Truth but also saved the life of the deer. Then Lord Eswara manifested in His true form and declared, “Such *yukti* (tact), which safeguards your interests as well as those of others, is true *yoga*.”

Therefore, it is said, **Truth is the life of the tongue. Righteousness is the life of hands. Non-violence is the life of the Heart. Shivaratri is celebrated to teach man the significance of these values.**

#### **Develop Positive Tendencies**

Shiva also stands for humility. A person with humility is one of *Shivam* (auspiciousness). On the other hand, a person with an ego is verily a *shavam* (corpse).

By constant prayer, man can overcome any difficult situation. You should develop noble thoughts and help the needy. Do not harm anyone. The harm that you inflict on others will boomerang on you. Criticism and accusation are worldly traits and negative in nature. Develop positive tendencies. What is the use of all your education if you cannot give up your evil tendencies?

Despite his education and intelligence, a foolish man will not know his true Self and a mean-minded person will not give up his wicked qualities. Modern education leads only to argumentation, not to true wisdom.

*What is the use of acquiring worldly education if it cannot lead you to immortality? Acquire the knowledge that will make you immortal.*

(Telugu Poem)

One attains merit by serving others and commits sin by hurting them (*Paropakara punyaya, papaya parapeedanam*). Help ever, Hurt Never. This is the essence of the eighteen Puranas. Never mind if you have to suffer, but do not put others to suffering. God will take care of you.

Your behavior should be befitting human birth. Morality (*Neeti*) and integrity (*nijayati*) are the life principles of the human race (*manava jathi*). Develop morality and lead an honest life. Only then can you attain Eswaratwa.

The main teaching of the “Culture of Bharat (India)” is to realize unity in diversity. But today, man fragments unity into diversity because of his narrow-mindedness.

#### **Who Am I?**

Embodiments of Divine Atma! Never give scope to the feelings of I and mine. **First, know yourself. Question yourself, “Who am I?” Once you know who you truly are, you will realize the oneness of all.** Once you realize that you are the embodiment of *Atma*, you will know that all others are also an embodiment of *Atma*. However, in daily life, and in one’s professional life, it may be difficult to observe this equality. However, even in these situations, one should exercise forbearance and attempt to bring transformation in fellow workers by recognizing the inherent Divinity.

What is *adhyatmikam* (spirituality)? Weeding out animal qualities and rising to the level of the Divine constitutes true spirituality. Therefore, true *adhyatmikam* is that which relates to the eternal *Atma*. Recognizing the fact that you and I are one is true *adhyatmikam*.

When Dharmaraja offered Krishna the first offering (*agratambulam*), the wicked Sisupala felt that Krishna did not deserve it. He abused Krishna endlessly and ridiculed Him, saying:

*Do You think that You deserve this honor because You stole the saris of gopikas (cowherd maids) when they were having a bath, or do You think that You deserve this because You played pranks with the gopikas? Stop this self-aggrandizement and shut up!*

(Telugu Song)

Krishna smilingly replied, "Yes, you are right, you speak the truth."

Dharmaraja felt deeply hurt and fell at Krishna's Feet and said, "O Lord! How is it that you continue to smile in the face of such harsh criticism? You may be smiling, but I am shedding tears of sorrow."

Krishna replied, "Dharmaraja, praise or blame relate to the body, not to the Spirit (*Atma*). Why should one feel depressed when criticized and elated when praised? In fact, we criticize our own bodies because it gives us the scope to develop various diseases and makes us suffer. Hence understand that whoever criticizes your body is in fact doing you a favor." Dharmaraja was immensely satisfied with Krishna's reply and said, "Because there is a dearth of such wise teachers, people are afflicted by ignorance."

What about Duryodhana? He was no ignoramus. But despite knowing all (about right and wrong), he fell into the path of ignorance. He also told Dharmaraja to keep his mouth shut.

## What is Silence?

What is silence? One should never speak ill of others. Strife does not arise out of silence (*Mounath kalaham nasthi*). Salute those who offend you. Don't counter an offense with an offense. If you act in the same manner as your opponent, how can you become greater? While saying that the other is acting wrong, will you be right if you act in the same manner? Never act in this manner. Let those who commit offense continue their offensive behavior. You should never react. Wish for the welfare of everyone.

Our daily prayer is *Loka samastha sukhino bhavantu* (May all people of the world be happy!). When all are happy, you are included. We pray for the welfare, wealth, and health of all. Never wish for the misfortune of any other person. There is no room for hatred in this world. All are friends. **If you persist in this manner, wishing well for everyone, and praying for their prosperity, you become an ideal person for the whole world.** You are born in this world for this ideal only. There is a purpose behind the creation of every individual. That is why God created you. And for this, you have been gifted with the capacity to love. Act according to your conscience. Consecrate to God every action of yours.

*O, Lord! That heart which You have gifted me, all its actions are being offered back by me. What else is there for me to worship Your feet with? Please accept this with my humble salutations.*

(Telugu Poem)

**The one valuable gift that You have bestowed on me is love. It is my duty to**



“*You are a human being. Never hurt anybody; cultivate an attitude of happiness in yourself. Then you will be doubly happy.*”

**share this love with all my fellow beings.** That is the sign of my understanding of Your gift.

One who is filled with anger, hatred, and envy will be shunned by all those who are near to him, including his wife and children. Hence, you should avoid these evil tendencies. Once you understand the principle of love, all these evil tendencies leave you by themselves.

Humanness is Divinity in essence. When a child is born, it is naturally pure, but as it grows, it starts accumulating these evil tendencies more and more. The evil tendencies are of your own making. They will ultimately destroy your humanness itself. Don't ruin your human nature. How sacred, how noble, how humble, and how valuable is humanness! Such noble humanness is willfully ruined by you. Never harm others for the sake of your selfish and greedy desires. Be happy at the happiness of others. Then only you will realize humanness. Being born as a human being, do not become mean. Cruelty is the nature of animals. By hurting others, you lose your humanness and become a beast. When you threaten others, you become a wild beast. If you are scared by somebody, you become an animal of prey. You are neither a hunting beast nor an animal of prey. **You are a human being. Never hurt anybody; cultivate an attitude of happiness in yourself. Then you will be doubly happy.**

The Lord is constantly blessing, saying, “So be it! (*Thathastu*), So be it! (*Thathastu*).” So, as you wish, so will it happen. If your intentions are evil, evil will result. If you

are always filled with good intentions, you are equally blessed with good by God. **The consequences of all your actions will result in reactions—maybe not immediately, but definitely sooner or later.** Therefore, you should live without hurting others or being harmed by others, and thus lead a blissful life. Put your learning to good use. Give respect and take respect. This is true humanness. **Love and be loved in return.** Your education is meant to cultivate such virtues.

### **Study Positive Things, Worship God and Nature**

Students study some limited subject or the other. Of what value is such specialization? All such academic undertakings are essentially negative. There is a saying in Telugu that a washerman is better than a scholar. When the washerman collects clothes from your house, you make a detailed record of the number and type of clothes given to launder, if nowhere else, at least by a few notes on the wall. But the washerman has no need for any such devices, for he carries all the information in his head, and will return your clothes to you duly washed and pressed, without a mix-up with the clothes of other customers. What has he studied? This is not the only type of study one should undertake. You should study positive things. Your education should benefit society at large. Only when you help others do you become pure.

**Our ancients worshipped Nature. It is Nature that gives us food, raiment, and shelter.** Not merely that, it also gives us precious metals like gold and silver. So,



what is wrong with worshipping Nature? All the modes of worship that our ancients practiced were highly sacred. Mother Earth (*Bhumatha*), Sacred Cow (*gomatha*), the Vedas (*Vedamatha*), and the earthly mother (*dehamatha*) are to be revered.

Since people have stopped worshipping God, we find chaos all over the world. People are plunged into sorrow because they have lost faith in the Self. What is the use of life without Self-confidence? Worship of God alone can safeguard the nation. The country will be blessed with plenty and prosperity, and people will lead happy life once they start thinking of God. We repeat the *Shanti* (Peace) Mantra thrice in our daily prayers. What does this

mean? We should attain peace at three levels, i.e. physical, mental, and spiritual. There is no peace in the external world; we find only pieces. Peace is, in fact, within you. Make efforts to manifest your inner peace.

Embodiments of Love! Spend the whole night in chanting the holy Name and spread this spiritual energy to the world at large.

**Who is Easwara? He is all-pervasive. Just as the wind blows freely everywhere, so do we find the principle of Easwara pervasive.** Share your love with all and propagate the Divine Name to the entire world.

**Sri Sathya Sai Baba**  
March 12, 2002



# The Shiva-Shakti Swaroop



Dr. Alreja with Swami, 2009

**DR. NAROTTAM MAHARAJ ALREJA  
HAD THE GREATEST GOOD FORTUNE  
OF BEING THE 'PERSONAL PHYSI-  
CIAN' OF THE AVATAR OF THE  
AGE-SRI SATHYA SAI BABA.**

Before joining the Sri Sathya Sai General Hospital, Prasanthi Nilayam, as its Superintendent in 1975, he had worked as the Superintendent in the well-known J.J. Hospital in Mumbai.

One afternoon, at about 1:30 pm, he was suddenly summoned to Swami's

residence. Wondering what the issue might be, he gathered his medical bag and rushed to His presence. Swami welcomed him with a smile and said that He felt a bit uneasy. The one who is always divinely and supremely easy sports uneasiness only to convey a message and grant an experience. That would be the doctor's discovery that day.

"Check my blood pressure," Swami told Dr. Alreja, who immediately readied his sphygmomanometer (blood pressure machine) to take the readings, placing the cuff on Swami's right arm. The blood pressure was 80/56, and the pulse rate was 48 per minute. The measurements were too low, and the doctor was at a loss about what to say, but he also knew that he was face to face with God.

*"Is there anything serious, Alreja?" Swami enquired.*

*"Swami! What can ever be serious with Swami?" He replied.*

*"But the expression on your face changed when you took the readings..."*

“May I take the blood pressure readings from the other arm?” requested the doctor.

*“Do whatever you need to make your diagnosis.”*

### The Differential Diagnosis

Dr. Alreja removed the cuff from Swami’s right arm and slid it over His left arm. The blood pressure readings were 120/80, with a pulse rate of 72 per minute, which was perfectly normal, and the doctor was visibly happy.

*“Now, what is your diagnosis?”* Swami asked.

Alreja was a devotee first and a doctor next. He prostrated at Swami’s feet and gave his diagnosis. “Swami, You had a heart attack from a blocked artery. You proclaim that You are Shiva-Shakti Swaroop. Shiva on the right side had taken over a heart attack of a Shiva Bhakta (devotee of Lord Shiva). In contrast, Shakti on the left side was unaffected. **I am grateful you gave me direct medical proof that you are Shiva-Shakti.**”

At that moment, Swami partially parted the robe on His chest.

*“See, on the right chest and arm, there is hair. On the left side of My chest and arm, there is no hair.”* The doctor was thus blessed with another beautiful revelation and experience.

### The Differing Feet

Swami granted a similar experience to Prof. Anil Kumar Kamaraju. He entered the interview room and found Swami seated on His chair in the north-western corner of the room. The professor rushed and seated himself at His feet. Even as Swami began to converse, the professor placed his hands on His feet and started enjoying the bliss of *Padasevanam* (massaging the feet of

one’s Guru). A few minutes later, he realized that there were some heavy anklet pressure markings on the left ankle. Surprisingly, these pressure impressions were absent on the right ankle. Unable to contain his curiosity, he interrupted the conversation and asked,

“Swami, what are these marks on your left ankle?”

He immediately realized that the curtains had been partially parted for him to witness the manifestation of Shiva-Shakti. Even as that realization dawned, **Swami confirmed it, saying, “This is the Shiva-Shakti Swaroop.”**

### Indications From His Childhood

The earliest recorded instance of Swami revealing His Shiva-Shakti aspect was when, as a child, He would apply both vibhuti and *kumkum* (vermilion) on His forehead. Unable to grasp the import of this, His ‘parents’ and ‘friends’ watched in wonder, unaware that they were witnessing a divine revelation. Nobody probably comprehended this aspect of the Avatar until the magnificent miracle and declaration during the Guru Purnima of 1963. Swami cured a paralytic stroke to the left half of His body just by sprinkling a few drops of water. Then, to the astonishment of everyone, He stood up to deliver a divine discourse, revealing that He was indeed Shiva-Shakti *Swaroop*. [\(The historical discourse is found in this earlier issue of Sathya Sai–The Eternal Companion\)](#)

The name ‘Sai’ itself means Shiva-Shakthi. Etymologically, the first syllable *Sa(h)*, signifies the supreme divinity (*Ishwara*) or Shiva. The second syllable, *Ayee*, signifies *Shakti*, *Amba*, or the universal divine mother. Putting the two together, the euphonic combination becomes *Saayee*.



The great Vedic scholar and seer of the holy mantra Sri Sathya Sai Gayatri, the late Ghandikota Subramanya Shastri, expressed it beautifully:

*Shivah Sah Ithi Anena Ukthah  
Aye Ithi Ambaa Prakeerthithaa  
Thath Samyogah Shivas-Saambah  
Saayee Ithi Prathipaadhyathe*  
(Sanskrit Verse)

Many say 'Sa' means Shiva.  
'Aai' is the Divine Mother.  
The holy union of Shiva and the Divine Mother is Sai.

There is also a beautiful instance where Swami reminded the great Sanskrit scholar of this Truth.

### True Form of Sathya Sai

On Shankara Jayanthi day (the birth anniversary of the Indian Guru, philosopher, and *Adwaitin*, Sri Adi Shankaracharya), Swami asked Sri Ghandikota Subramanya Shastri to address a large gathering of devotees in the magnificent Poornachandra Auditorium. Being a Pandit of Vedic learning and practice, he passionately spoke at length on Swami's divine qualities and powers, comparing Him with several deities—Gayatri, Dattatreya, Vishnu, etc. Inadvertently he forgot to mention the Shiva aspect of Baba, although Shiva happened to be his *Ishta Devata* or chosen form of divinity. Later, through the rest of the day, he regretted this inadvertent omission.

The next morning, after the regular bhajan was over, Swami blessed the scholar and his son with a memorable interview. The



"This is My True Form" photo

discussion centered around the triple paths of *Karma*, *Bhakti*, and *Jnana* (Work, Worship, and Wisdom) and the trinity: *Brahma*, *Vishnu*, and *Shiva*. In the end, Swami led them into the Bhajan Hall and showed them around the new decorations in the Bhajan Mandir. Stopping in front of the Shirdi Baba painting, He waved His right palm and lovingly materialized an unusual color picture proclaiming, "*Idi naa nija svaroopam*" (This is My True Form)—showing that Shirdi Sai, Sathya Sai, and Shiva are one. The Vedic scholar was ecstatic at this revelation.

If the Sanskrit word *Esa* (short for Easwara or Shiva) is pronounced in reverse, it becomes *Sayee* or Sai. Thus, Swami's name and its inner meaning reveal His true nature as Shiva-Shakti.

**Mr. Aravind Balasubramanya**

INDIA



**Mr. Aravind Balasubramanya** comes from a family that has been devoted to Swami for nearly half a century. Aravind graduated from the Sri Sathya Sai Higher Secondary School and completed his Bachelor of Science from the Sri Sathya Sai Institute of Higher Learning (SSSIHL), receiving a gold medal. He also holds an M.S. (Chemistry) and an MBA from the SSSIHL.

He worked for Radio Sai from 2007 to 2021. Aravind has authored four books about his experiences with Swami. He was Swami's photographer for nearly five years. Aravind has dedicated his life to serving Swami and sharing His teachings with one and all through various media channels.







# Journey to Sai Through SAI

**IN 2007, SAI DEVOTEES OF THE SSSIO, USA, REGION 3 HAD THE GREAT FORTUNE TO EMBARK ON A PILGRIMAGE TO PRASANTHI NILAYAM** to present a musical program to Swami, "From Sai to SAI." We hoped to offer this program to Swami whenever He permitted us during our scheduled visit from June 22 to July 5.

The '*Journey to Sai through SAI*' program activities commenced around June 2006 in the southeast USA (Alabama, Florida, Georgia, North Carolina, South Carolina, and St. Thomas/Virgin Islands). A few dedicated devotees took the lead and planned the first-ever pilgrimage to Prasanthi Nilayam to unite the entire region as one big family. During the early stages of preparing for this journey, the devotees discussed the reasons for undertaking the pilgrimage and concluded that the real pilgrimage was toward Sai consciousness at an individual and group level. **Though a significant milestone, the outward journey to Prasanthi Nilayam was only complementary to the journey toward Sai consciousness which could be achieved only through the triple path of Service, Adoration, and Illumination.** Thus, inspired by Bhagawan, the pilgrims adopted an apt theme for the pilgrimage, "*Journey to Sai through SAI—Service, Adoration and Illumination.*"

## **Preparatory Sadhana for the Pilgrimage**

Subsequently, several activities involving Service, Adoration, and Illumination, were designed. We increased our commitment to existing service projects and took up new initiatives and medical camps locally. **We intensified our devotional activities by group chanting and special bhajan sessions to encourage increased participation at Sai centers.** We also organized special *satsangs* and increased involvement in regular study circles. Thus, after kindling the fire of *sadhana* for over a year, we finally arrived at the sacred abode of Lord Sai on June 24, 2007.



### An Unforgettable Day

On July 2, 2007, the program began with great devotion and zeal. A few of us presented a large invitation card to Swami signed by all the devotees who came on the pilgrimage. Swami looked at the invitation and enquired about someone who did not come but signed the card anyway, **thus showing His omniscience.** I was blessed with the unique opportunity to record and edit the pilgrimage video and felt very fortunate for this once-in-a-lifetime opportunity.

With much gusto, we sang in unison, and the audience joined in by clapping in rhythm. The songs comprised an eclectic selection of English, Spanish, Hindi, and Native American songs, with medleys and blended western music and *bhajans*. **Swami's countenance was radiant, and countless smiles lighted up His face making us happy.** The program lasted approximately 40 minutes.

He allowed the group to sing additional *bhajans* after the regular program ended. Flooding the hall with infinite love, He blessed the program participants by distributing saris for the ladies and cloth for white suit for men. Swami even talked with some of the people while distributing the gifts. Some people commented afterward that they were surprised that He allowed the program to be extended beyond the scheduled time limit since He was not giving long *Darshans* those days.

### An Unexpected Group Interview

Swami called our group for an interview in the bhajan hall on July 5. Several people were absent from the interview because some had made travel arrangements to return early to the USA, while others went shopping or were busy with other activities. So, out of 300-plus participants, only 64 devotees were blessed to be present for the interview. I learned a lesson that during a pilgrimage, our focus must be **ONLY** on Swami because **He can 'call' us at any time, and we must always be prepared.**

Swami told us the exact number of devotees present in the interview. He said several people would be disappointed to have missed the opportunity for an interview, but **He told us to let them know, "My love is with them."**

Then Swami started talking to the entire group, asking some of the ladies, "*Where is your husband?*" He asked one of the ladies first, and she replied, "You know, you know." Swami then asked another lady, "*Where is your husband?*" She replied, "You know, Swami, I'm single."

At this point, my wife Gabriela started lifting her hand, saying to Swami, "I am married, Swami," while someone behind her was trying to pull her back, telling Gabriela not to interrupt Swami unless He asked her.



While we were outside, somebody asked me, “Do you know what Swami did inside?” I was a little surprised by the question. He then added, “Swami performed your marriage ceremony!”

Swami then looked to Gabriela and asked, “*What is your name?*”

She told Him, “My name is Gabriela.” Very slowly, He repeated the word ‘*Gabriela*,’ mimicking a similar word in Telugu (*Gabara*), which means ‘you worry too much.’

Meanwhile, a few Telugu-speaking people in the audience were laughing. We did not know about this until several years later.

Swami then asked my wife, “*Where is your husband?*”

I was sitting across her on the men’s side, and she pointed at me. Swami asked her my name. She mentioned my name, and He asked us both to sit in the front beside Him. Then He asked Gabriela, “*Do you have any children?*”

Gabriela replied, “No. But I am very happy, Swami.”

He asked me, “*What do you do?*”

I told Him that I worked for a cable television company, and He replied, “*You do other things.*”

He had asked me the same question before in an interview in 1997, and at that time, He told me, “*Sometimes up; sometimes down, but stay there.*” **I know Swami does not waste words; His words have a deeper meaning.** I am still trying to figure this out and need to go deeper to understand its meaning.

He asked Gabriela, “*What do you want?*”

She told Him, “All I want is your love.” Swami made a gesture and told her, “*You already have my love.*”

He asked her again, “*What do you want?*” At this point, she did not have an answer, so Swami asked, “*How is your husband?*”

She said, “He is good.” Swami said, “*Very good husband.*”

### Culmination of Prayers of Lifetimes

Swami looked at me and asked, “*How is your wife?*” I was hesitant, and Swami looked at her sternly and said, “*You fight with him too much.*” Gabriela promised Him that she would not fight with me anymore. At this point, everybody was laughing. As He was speaking to us, He materialized a medallion. While holding the medallion in His hands, He was pronouncing some mantras which I did not understand or recognize.

My wife looked at the materialization intensely and thought, “If this is for me, I want the chain to be a little longer.” She then saw Swami extending the length of the chain. She saw this and had another thought to keep the thickness of the chain the same. Swami finished materializing the chain with a medallion and showed it to everyone in the Mandir, who clapped with joy.

Then Swami showed us the medallion and asked us who was the figure in the center. It was the figure of Mother Lakshmi (Goddess of Wealth). Then He pointed to the side of Mother Lakshmi and asked, “*Who is this?*” It was an elephant. But we were both hesitant to answer as we did not know the elephant’s name. Swami said, “*This is Sai Geeta,*” and pointed to the opposite side of Mother Lakshmi and asked us the same

question, which we could not answer. Then He said, “*Another Sai Geeta.*”

Swami then told Gabriela, “*I am giving you everything here.*” Swami gave the medallion to me so I could put it on her. After this, He signaled both of us to touch His feet, which I was not allowed to do in our first interview, although it was my sincere wish. I was overjoyed to be allowed to touch and kiss His feet. I got His left foot and Gabriela His right foot. I felt His foot was a little hard, contrary to the description by others who told me they were soft like petals. I remember this sensation even today as I write about this experience that I hold dear.

After we both lifted our heads, Swami put His hands on our heads and blessed us. He signaled one of the students to bring a container with *Vibhuti* packets. He gave each of us several packages and told me especially to keep them with me at all times.


Next, Swami motioned for families to come and take *padanamaskar* (saluting the feet). When they approached Swami, He would lovingly ask them personal questions and enquire about their professional life. He waited patiently for each person to offer *pranam* (salutation at His feet). Swami would sometimes smile at the young boys and say, “*Come on, boy!*” He would also ask them their names, how old they were, and what standard they were in. After the men were done, Swami called the women to come up one at a time, sometimes talking

to them about personal matters and giving them *vibhuti* packets. Afterward, Swami blessed a couple of large bowls full of *prasadam* of strawberry-flavored wafers, which the volunteers distributed to the devotees.

Swami then turned to the group and said, “*Are you happy?*”, “Yes, Swami, Yes!”, “We love You,” “Thank You, Swami,” we responded in unison! Swami held up His hands, smiled, and said, “*Very happy.*” **After blessing everyone, Swami advised everyone always to repeat, “I am God, I am God. I am God.”**


Everyone went out of the Mandir Hall. While we were outside, somebody asked me, “Do you know what Swami did inside?” I was a little surprised by the question. He then added, “Swami performed your marriage ceremony!” I had prayed to God to find the right person to marry. This was a long time ago, before I even knew of Swami.

I felt Swami rewarded us with the opportunity to perform our program in His divine presence since the group was united in doing service activities, *bhajan* practices, and *sadhana*. For the pilgrims from the southeast region of the USA, **it was perhaps the culmination of prayers of lifetimes. The Lord blessed us with grace beyond our imagination and filled us with boundless bliss.**

Mr. David Yoder   
USA



**Mr. David Yoder** was born and raised in Venezuela. He has worked in the Television & Cable industry for over 30 years. A Catholic school student who keenly studied different religions and philosophies since age 12, he saw Sri Sathya Sai Baba for the first time in 1994. He has been blessed with several interviews with Swami and has served in various capacities in the SSSIO, and presently serves as the President of Region 3, SSSIO USA.



# DARSHAN OF SHIVA ON MAHA SHIVARATRI

**SRI SATHYA SAI BABA ASSURES US THAT THE INFLUENCE OF THE MIND IS DIMINISHED BY FOCUSING ON GOD** during the holy night of Maha Shivaratri, and we will be in tune with the omnipresent God who is always with us. The following experience beautifully shows us **the omnipresence of God no matter where we are physically, if only we have the urge to “see” Him.**

Many years ago, I was invited to work for an American company as a translator for a marine project. All marine operations were carried out from a diving vessel named after the academician Tofik Ismailov, and I was fortunate enough to work as the interpreter on the ship. However, my shift at sea coincided with the celebration of the holy day of *Maha Shivaratri*. I was distraught that I would have to be at sea on this very auspicious day. The ship was located about 300 km from the coast, and I was thinking about how I could celebrate this holy night of Lord Shiva. From Swami’s discourses, we know this is a special night when the moon, symbolic of the human mind, wanes and almost disappears. **During this blissful night, one can find inner peace and harmony if one contemplates sincerely on God since the illusory effect of the mind is greatly diminished.**

Often it can be difficult for us to accept the circumstances of our life, especially when something goes against our wishes and expectations. **Swami says, “Love My uncertainty.”** His mysteries are beyond understanding. I was upset because I could not think of how to focus on God while I was on this ship. Amazingly, to my pleasant surprise, I discovered that



“Such is the greatness of our Almighty Lord Sai. He made it possible to fulfill my innermost wish to be with Him on this holy night, despite being in the middle of the sea.”

a whole team of Hindus was working on the ship as service personnel. One of them was a devotee of Lord Shiva as well! In a conversation with him, I mentioned my devotion and dedication to Sri Sathya Sai Baba. As a devotee of Shiva, he readily understood that this night was the holy night of Shiva and offered to do *puja* in my cabin. By the way, my cabin number was SS9, an auspicious number, and a blessing!

My new friend came to my cabin at the appointed hour, set up a small altar for Lord Shiva, and we recited the *mantra* for Lord Shiva together for some time. After he left, even though it was already late, I decided to watch TV and started watching a Russian channel. Unexpectedly, I saw a program called “It’s hard to be God.” The transmission began with a video clip about Sri Sathya Sai Baba in the *ashram* at Prasanthi Nilayam. At the end of this program, there was a video clip of Swami materializing the Shiva *Lingam* during *Maha Shivaratri*.

I fondly remember the spiritually uplifting feelings I experienced during the mysterious sequence of events. I was overjoyed. **My loving Baba heard my prayers and gave me His *Darshan*** (vision of the divine), and He also showed me the emergence of *Hiranyagarbha* (golden lingam). Mysterious are the ways of God. Such is the greatness of our Almighty Lord Sai. He made it possible to fulfill my innermost wish to be with Him on this holy night, despite being in the middle of the sea. I thank our dearest Swami for His Omnipresence, Omnipotence, and Omniscience.



**Dr. Riza Khalilov** teaches at the Baku Branch of Moscow State University in Azerbaijan. He holds a PhD degree in Philology from the Azerbaijan University of Languages. His doctorate thesis was dedicated to the Creative Activity of American writer Thomas Wolfe.

He currently serves as the Zonal Coordinator for Communication in Zone 8 of the SSSIO having previously served as the National Council President of Azerbaijan.

**Dr. Riza Khalilov**   
AZERBAIJAN



BRINEAVAN  
WHITEFIELD  
PHONE NO. 33

Dear Rajagopal! Accept my blessings and love  
All are happy days to a man of true knowledge  
Happiness is an internal conscious experience  
which comes as the effect of the extinction of a  
mental or physical desire. The lesser the desires,  
the greater is the happiness. So, that perfect happi-  
ness consists in the destruction or  
satisfaction of all desires in the Absolute being  
Greatness is really independent and does not  
depend upon externals. It is the sense of perfec-  
tion or the consciousness of the achievement of  
the highest end of life that is called greatness.  
Fame among many people is not called greatness  
in its strictest sense. The answer is more a  
question of definition, and the definition depends  
on the view-point, culture and experience of each  
man.


goodness is not false or impossible, but is the  
one factor which gives real value of life. Life  
without goodness is not real life, but only a scene  
of the destructive dance of the evil forces which  
shall draw the individual in grief. Goodness is  
the way to true happiness. In the ultimate  
analysis there is no separate entity as goodness  
it obtains only in the relative plane, where duality  
is transcended, no question of pairs of opposites  
arises. Raja, God is always with you. in you be happy

- Baba -

---

Raja: I am sending little pressed Vibhuti  
for your health your health is not good  
Be healthy and happy  
With Love  
Baba





*Life Without Goodness  
is not Real Life*

Dear Rajagopal! Accept my Blessings and Love.

All are happy days to a man of true knowledge. Happiness is an internal conscious experience which comes as the effect of the extinction of a mental or physical desire. The lesser the desires, the greater is the happiness. So, that perfect happiness consists in the destruction or satisfaction of all desires in the Absolute Being.

Greatness is really independent and does not depend upon externals. It is the sense of perfection or the consciousness of the achievement of the highest end of life that is called greatness. Fame among many people is not called greatness in its strictest sense. The answer is more a question of definition, and the definition depends on the view-point, culture and experience of each man.

Goodness is not false or impossible, but is the one factor which gives real value of life. Life without goodness is not real life, but only a scene of the destructive dance of the evil forces which shall drown the individual in grief. Goodness is the way to true happiness. In the ultimate analysis, there is no separate entity as goodness. It obtains only in the relative plane, where duality is transcended, no question of pairs of opposites arises. Raja, God is always with you, in you. Be happy.

*Baba*

Raja! I am sending little Prasad (Vibhuti) for your health. Your health is not good. Be healthy and happy.

With Love  
*Baba*



# LOVE IN ACTION



## GERMANY Offering of 1,300 Trees

Unity leads to Purity which leads to Divinity. Accordingly, SSSIO volunteers from Germany, the Czech Republic, and Ukraine joined hands to reforest a portion of a hilly landscape in Germany. During November 5–6, 2022, they planted 1,300 seedlings of four conifer trees (Douglas fir, Silver fir, Lark, and Pine) and two deciduous trees (European Beech and Sessile Oak). **After planting each seedling, with the name of Sai on their lips,** they chanted a sacred mantra and sprinkled it with the holy vibhuti. The volunteers also held a



study circle and satsang in the evening to reflect on their experiences and insights.



## MADAGASCAR Medical Screening Camp

In an act of selfless service, the Young Adults and medical professionals from the Sri Sathya Sai Centre of Antananarivo, Madagascar, organized a medical camp on December 3, 2022. **They provided free screening for diabetes and blood pressure for people in the community.** More than 110 people were screened, and those with severe health conditions were provided with echocardiogram (ECG) tests and referred to local cardiologists.



*S*elfless service is the blossom of Love, a flower that fills the mind with rapture.

–Sri Sathya Sai Baba

Vidya Vahini, Chapter 8 (Loving Service)





## SURINAME

### Everyone a Messenger of Sai

What better way to celebrate Avatarhood Declaration Day than to actively plunge into service? Members of the Sri Sathya Sai Centre, Sonjastreet, **celebrated October 20, 2022, with a service project, 'Everyone a Messenger of Sai.'** Every participant identified children in rural areas who needed school supplies and food. The volunteers then distributed school supplies –pens, pencils, erasers, sharpeners, notebooks, notepads, pencils, pencil cases, compasses, and protractors to 35 children. They also delivered food packages to 26 households.



## THAILAND

### The Spirit of Christmas

On November 27, 2022, 20 SSSIO volunteers lovingly served hot pizza, French fries, vegetable nuggets, cakes, ice cream, and Thai sweets to 70 residents of the Good Shepherd Sisters Home. The Home is a non-profit organization in Thailand dedicated to **improving the quality of life of the needy, regardless of their religious affiliation.** It provides opportunities for women and young girls at risk to break the unending cycle of poverty. SSSIO volunteers also delivered staple supplies to the Home, including rice noodles, milk, cookies, oil, coffee, and milk.



See more stories of loving service by volunteers from around the world at the Sri Sathya Sai Universe website: <https://saiuniverse.sathyasai.org>



# Power of Prayer

**DURING ONE OF SWAMI'S KODAIKANAL VISITS IN THE 1990s, A STUDENT ASKED HIM, "HOW DOES ONE GET CLOSE TO GOD?"** Swami replied that it all begins with longing for God, further strengthened by daily prayers to God. Looking back at my life, I must say this has been my experience, and I am eternally grateful to Swami for this lesson. Prayer is a beautiful way to get close to God. In fact, **prayer is our only strength and God's only weakness!**

## Coming Near to God

We were staying in Calcutta (Kolkata today) in the Indian state of West Bengal when my father had to relocate to Bangalore (Bengaluru today) for work in 1968. I was happy because my paternal aunt and uncle were in Bangalore, and so were my cousins. It would be good to be able to play with them daily!

My aunt and uncle were devotees of Bhagawan Sri Sathya Sai Baba. My aunt's family from Rajahmundry were initially devotees of Shirdi Sai Baba. When Swami visited the town in the early 1960s, seeing Him, they were convinced that Sathya Sai and Shirdi Sai were one and the same. Though it took some time, my uncle soon became devoted to Swami. Thus, when we came to live in Bangalore, we heard some amazing and interesting devotional stories about Swami from my aunt.

This piqued our interest leading us to visit the Brindavan Ashram to have Swami's *darshan* in July 1969. While my father and younger brother sat on the men's side of the *darshan* hall, my mother and I sat on the ladies' side. Swami walked up to us and lovingly welcomed us. He also



welcomed my father and brother when He went on the men's side. That was it! Swami, very soon, became the center of all our daily activities and routines.

### Becoming Dear to God

My mother was a strict disciplinarian and ensured that we followed the discipline Swami had laid down for devotees. She enrolled us in *Bal Vikas* (SSE) classes where we learned daily prayers for everything—waking up in the morning, having a bath, beginning studies, taking food, turning on the lights in the evening, and before going to bed, thus filling our day with prayers. **This habit of praying multiple times a day made me more attached to Swami,** and He became the center of my heart as well, just as He had become the center deity in our home altar.

Every Thursday, we would attend *bhajans* in the Malleshwaram *Samithi* (center) and every Saturday at the Vyalikaval *Samithi*. We also engaged in service activities—locally distributing food, fruits, and crackers to the needy.

### Initiation into Gayatri

The *Upanayanam* is a rite of passage ceremony that signifies a boy's entry into the world of spiritual learning. It is also known as the sacred thread ceremony, traditionally performed for boys when they reach the

age of 8-12. During the ceremony, the boy is initiated into the study of the sacred Vedas, especially the powerful *Gayatri mantra*. Marking the initiation, he is vested with a sacred thread worn over the left shoulder and under the right arm. The sacred thread symbolizes the boy's commitment to learning and his status as a *Dwijja* ("twice-born"—one being the birth and the second being the initiation into the *Gayatri mantra*). **The *Gayatri Mantra* is one of the most important *mantras* and has the power to bestow spiritual enlightenment and transformation.**

Swami conducted mass *Upanayanam* ceremonies where He would initiate and bless the boys into true learning—*Adhyathma Vidya* (Spiritual Education). In the mid-1970s, Swami announced that He would be conducting one such Mass *Upanayanam* and my parents felt that this would be a good chance for my brother to get initiated by Swami Himself. So, during *darshan*, my parents prayed to Swami for the blessing to be conferred on my brother, and Swami approved it! Needless to say, we were exuberant.

Once my brother was selected, we were called by the organizers for an orientation program. We were given a list of items



needed and the exact location where we would be seated as a family. In particular, we were told that Swami would provide the *Yagnapaveetam* (sacred thread) and treat us to a feast after the ceremony! Since Swami would be blessing my brother, my parents thought that I should also have some role in the ceremony, as this would give me a chance to interact with Swami. Thus, it was decided that I would place a garland around Swami when He came to bless my brother.

### The Garland of Grace

I was keen to place a sandalwood garland around Swami. The state of Karnataka is famous for sandalwood, and it was a traditional practice to make a garland from sandalwood tree shavings. The garland thus produced would be not only durable but also very fragrant. However, even though we tried hard, we could not obtain a sandalwood garland. On 'D-Day,' we purchased a flower garland from the flower lady sitting outside the Brindavan ashram and went in to take our seats.

Swami arrived, splendid as the sun, and the ceremony began. Sri Kamavadhani, a renowned Vedic scholar, was the officiating chief priest, and he conducted the rites and rituals in a systematic and inspiring manner. Everything went well, and Swami delivered a discourse at the end of the ceremony. After the discourse, He began to walk around the assembled *Vatus* (initiates) and their families. As He came near us, I rose and garlanded him. Previously, some other family had placed a sandalwood garland around Him. When I garlanded Him, Swami took out the sandalwood garland and gave it to me, blessing me with His *Padanamaskar*! He said, "*Take this garland. Go home and place it on my picture.*" Was I thrilled! It is one of the best lifelong memories I have of Swami!

### Triple Blessings Through the Garland

When we reached home, my mother placed the garland around Swami's picture near my bed. I would thus see it first thing every morning and the last thing every night when I went to bed. For a while, my room became a destination for *Bal Vikas* children, who came to see the sandalwood garland that Swami blessed me with.

**Even now, every time I look at the garland, I am transported back to that blessed day when Swami made me feel that He has come only for me!** It has helped me develop a strong and unbreakable bond with Swami forever. Three messages from the garland episode have stayed with me to this day:

1. I had given him a garland of flowers, and He gifted me a sandalwood garland. I learned that even when I offer something small to God, He will give something much more valuable than we can imagine.
2. I always liked a sandalwood garland and thus wanted to offer it to Swami. But Swami gifted it to me! I learned that whatever we consider offering to God comes back to us.
3. **Swami always listens to our prayers. He answers them at the right time and under the right circumstances. We must have faith and patience.**

I believe that the process of praying is an evolutionary one. As we pray, we realize that Swami is aware of the past, present, and future. He has the power to change the course of our life with His will, and He will be there for us even when we are not thinking of Him. So, when he 'grants' our prayer, it is for our good; even when he 'denies' our prayer, it is for our good. Even when we think prayers are not working the way we want, we still grow spiritually. **We learn to surrender and accept everything as His**

**prasad (gift) and that everything He gives is for our ultimate good.** The whole process assuredly guides us to that state as I learned through my recent experience.

### A Complete Circle


I had worked as a general-education post-graduate teacher in India from 1985 to 2001. Prior to relocation to the USA in August 2001, I was working as headmistress in Delhi Public School (DPS) at Faridabad (near New Delhi). After moving to the US, I completed the Master's Program in Early Intervention, obtained teaching credentials to run special day classes and worked as an assistant and teacher in special education since 2002.

When I went to visit my parents in New Delhi in October 2022, I also reached out to a former colleague and friend at DPS Faridabad and we agreed to meet up and spend time together at Puttaparthi when I would be visiting there! During the course of our conversation, I updated her on what I was doing and she told me that DPS Faridabad had just started to take in children with special needs. She told me about the difficulties that the general education teachers were facing in integrating them

into the class and requested me to make a presentation on 'inclusion' and integrating children with special needs in general education and the benefits. I agreed to make the presentation, taking it as Swami's blessing that the whole discussion was happening in Puttaparthi despite both of us staying in Delhi!

By Swami's grace, my presentation went off very well. The DPS Principal was extremely happy and he offered to create an employment opportunity for me at the school. I was both shocked and thrilled as I began to understand the Divine Plan. Apart from me working at DPS till July 2001, both my children were educated there and I always have a deep seated gratitude towards the school. The omniscient loving lord created this unexpected and beautiful opportunity for me to serve the school that contributed heavily to the growth and development of my children.

I have been working as a consultant at DPS Faridabad for the past few months. **I am also convinced that Swami continues to shower me with what is best for me, without me even praying for it!**

Mrs. Lakshmi Vyakaran   
USA



**Mrs. Lakshmi Vyakaran** is an educator and was the headmistress at Delhi Public school, Faridabad, India, before moving to the USA in 2001. She received gold medals in her bachelor's and master's degrees. After coming to the USA, she completed a second master's degree in Special Education with a focus on Autism Spectrum Disorder and has served as a Special Education specialist since 2002. Mrs. Vyakaran also teaches an online SSE course for children with autism. She was drawn to Bhagawan Baba at the age of 9 and was a Bal Vikas student. She served in the Sri Sathya Sai International Organization (SSSIO) in various capacities, including as the president of Region 7, USA. She is currently serving as the National Coordinator for the Women's Wing, SSSIO, USA.



# from the International Sai Young Adults

## How Well Do You Know His-Story? Part 2

Missed Part 1? Please refer to [The Eternal Companion Volume 1, Issue 9 November 2022](#).

Mother Easwamma was the inspiration for the humanitarian work that Swami carried out. She made three simple wishes:

- Build a school for the children so that they would not have to walk far away every day to neighboring villages to get an education
- Construct a hospital so that villagers could get medical help in Puttaparthi itself instead of making a long journey to other towns to visit doctors, suffering all the way
- Provide water for the villagers especially during the summer when the Chitravathi river dries to a trickle

Swami dutifully fulfilled Mother Easwamma's wishes.

1. Not only did Puttaparthi get a primary school, Sathya Sai Baba created a college as well. What was the college?
2. What was the name of the hospital that Swami built and when was it inaugurated?
3. When did Bhagawan announce a water project would be started and how big was it?



Follow the @saiyoungadults accounts on social media



Facebook



Instagram



Telegram



Twitter



Spotify



Email



**Sai Young Adults**

<https://sathyasai.org/ya>

[yacoordinator@sathyasai.org](mailto:yacoordinator@sathyasai.org)

# AROUND THE WORLD

## Serving the Victims of the Cianjur Earthquake, Indonesia

A 5.6 magnitude earthquake struck Cianjur on November 21, 2022, taking 600+ lives and damaging 62,000+ homes across 16 districts. Multiple aftershocks continue to rock the region even months after the disaster. Thus, the earthquake victims continue to take shelter in tents and rescue camps (after their homes were destroyed) because they fear a further onslaught of tremors and earthquakes, leading to more damage and loss of lives.

Rising to the occasion, considering it an opportunity to serve their Lord, Sai Young Adults visited the campsite. They provided food to all victims from the three public kitchens operated by volunteers around the Cipanas area, Rasid Village, and Pawira Village in Kec. Cugenang, a remote area that rarely receives aid. Around 500 people are fed from these public kitchens daily. Other services were also provided to the victims.

The Sai Young Adults of Indonesia felt very blessed to play their part in serving the earthquake victims as part of the service program.



## Fun Day and Team Building, Mauritius

Over 70 devotees from the SSSIO of Mauritius came together on December 18, 2022. They put on a spectacular display of courage, hard work, skills, and brilliance during the fun and team-building activity held amidst panoramic views of nature at Sans-Souci Dam, Montagne Blanche. This project was a standout event initiated by the Sai Young Adults of Mauritius. The Young Adults organized various value-based games and team activities to promote and build the spirit of teamwork filled with fun. The program was interspersed with the sharing of two Young Adults who spoke passionately, quoting many inspirational experiences with Swami





## Answers to "How Well Do You Know His-Story?"

1. Mother Easwaramma said, "Swami, our Puttaparthi is a small village. Since there is no school here, the children are forced to walk long distances to attend schools in the neighboring villages. I know that You are the Ocean of Compassion. Please construct a small school in this village."

Following up on the primary school renovated and rebuilt at Bukkapatnam, Swami inaugurated the **Sri Sathya Sai Arts and Science College for Women at Anantapur** on July 22, 1968. The inauguration function was presided over by the Andhra Pradesh Minister for Education, Sri T. V. Raghavulu, who acknowledged with gratitude the concern that Swami had shown for the progress of women. Swami, in His discourse, explained the pivotal role of women as mothers and teachers for the coming generations.



Swami at Anantapur College

2. For her second wish, Mother Easwaramma said, "Swami, I don't want to put You in trouble. If You are troubled, the whole world will be in pain, and if You are happy, the entire humanity will be happy. So, if it gives You happiness, please construct a small hospital."

The **Sri Sathya Sai General Hospital** in Puttaparthi was inaugurated on October 4, 1956. The original building had only one floor and consisted of a large central room flanked on either side by two smaller rooms. There was a verandah skirting the building.



3. For the third wish, Mother Easwamma said, "You know that River Chitravathi is in spate during the rainy season. But in summer, it dries to a trickle, and people do not have drinking water. So, please see that some wells are dug in this village."

In November 1995, Bhagawan announced, "*Royalaseema should be ensured water supply all through the year. Today it is a Raallaseema (a stony region). It must be transformed into a Ratnalaseema (land that shines like precious gems).*"

The then Prime Minister of India, Shri P.V. Narasimha Rao, inaugurated the first phase of the **Sri Sathya Sai Water Supply Project on November 18, 1995**, in a function held at the Poornachandra Auditorium in Prasanthi Nilayam. The project was formally handed over to the Government of Andhra Pradesh in October 1997. On November 23, 1999, the Department of Posts, Government of India, released a postage stamp and a postal cover in honor of the project.





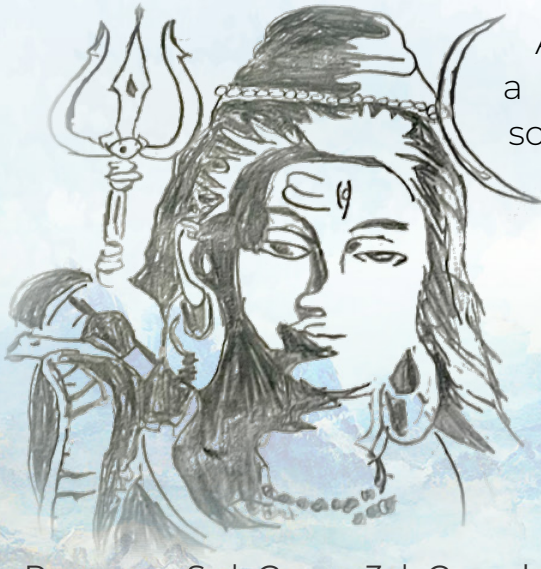
# Omnipresent Swami, My True Inspiration

Charvi | Group 2 | USA

This is about how I see Swami in everyone through a dream I had. One day my mom and dad were telling me Swami was coming to our house. I was very excited. Then I heard someone knocking on the door and Swami was there I was so happy to see Swami. Then, I offered some sweets and we all talked together. After some time, Swami asked if we can go out somewhere. Everyone went into the car and Swami directed us where to go.



We arrived at a temple to which we all have not seen before. There I saw a *Shivalingam* and I had a beautiful darshan of Swami in the *lingam*. I was delighted and ran to Swami, but didn't get a chance to tell him what happened. When we came back home, I asked Swami, "What is so special about that *Shivalingam*? I could see you right in front of my eyes, so I was wondering how I could see you inside the *lingam* as well." Swami answered, "*You know why? You have pure love for me in your heart which is why you saw me in the lingam and felt very peaceful.*"



Another small experience is when I had a piano audition. I was feeling nervous, so Venki Uncle suggested to chant the *Gayatri Mantra*. Before playing my songs, I remember Uncle's advice and recited. I was no longer nervous and felt calm, confident, and motivated. I believe that with pure love and true devotion we can see God in everyone. I will continue to see Swami in all.

Ramanaa S. | Group 3 | Canada





# Green NATURE School

**I HAVE BEEN A DEVOTEE OF SRI SATHYA SAI BABA FOR 20 YEARS. THANKS TO HIS TEACHINGS, MY PERSONAL AND SOCIAL LIFE ARE MORE AND MORE MEANINGFUL.** In the beginning, when I read Swami's discourses, I did not understand many concepts, but little by little, the fog in my mind and heart cleared, and I began to understand human values. It also helped me effectively deal with personal and family crises. I learned to manage my time better. A new zeal for service to society emerged in me. I understood that I had to set an example of how to lead a worthy life for my two sons, who are now adults aged 27 and 24.

**Sri Sathya Sai Baba's teachings gave me a new perspective, strength, and wisdom in welcoming a four-year-old girl from an orphanage into my family.** The child had suffered severe psychological trauma. Slowly, she recovered and will soon turn 18. Swami's grace has given her a fulfilling life in our family.

While raising my children, I found that their school did not help with value education, which I sought and found in Swami's teachings. My team and I have been organizing outdoor summer camps for children and teenagers for 16 years to teach human values. Also, while conducting Sunday classes on human values for children and their parents

at the Kaunas Sai Centre, I witnessed the positive impact of values-based education on my life and the lives of the children and many of their families.

For some time now, I have been giving seminars and lectures to the public, where I share everything I learned from the practical application of Baba's teachings. As a personality development coach, I counsel people and families and motivate them to practice human values. **Every day, I get strength and ideas from being in tune with God within me.**

## Why a Green Nature School?

When I was a little girl, I did not want to go to school because I felt it was dull, uninteresting, and unnatural. I thought it was a punishment, confining me to a box. Growing up in the woods until I was five, I missed the fresh air, the natural environment, and the freedom to create. I could see that other children also felt like robots, forced to follow commands. I did not see the point of this kind of learning. Nobody was interested in our experiences back then, so I had been dreaming of a different type of school since I was a child.

After becoming acquainted with the teachings of Sri Sathya Sai Baba, I understood that human education is more than merely acquiring knowledge. If a teacher commands



a child, “I teach you, and you must learn,” then concepts like “love, help, and tenderness” have no place in that relationship. If the relationship between a teacher and a pupil is artificial and insincere, what can be the outcome of such education? In my experience, pedagogical excellence imparted with love allows their hearts and minds to blossom. For several years, as a volunteer, I helped teachers understand the causes of children’s aggressive behavior and taught them how to build safe relationships. Volunteering at the Family University, I taught parents better parenting skills.

Five years ago, my husband constructed a round building out of wood and fleece felt in a suburb of Kaunas. There, with like-minded people, I set up a school with a ten-year program of comprehensive education. Teaching there focuses on learner-centered processes promoting holistic development and generally follows the inspirational principles of a Forest School. We called it the “Green Nature School.”

The school opened in September 2018. It started with seven pupils and five educators/mentors. Currently, 20 children attend it daily, and 16 enrolled to study at home from families all over Lithuania. They come to the school periodically. The school works remotely with these children and their parents.

There are currently six mentors and six visiting subject tutors. The school constantly looks for different accomplished personalities and invites them to share their achievements and life stories with the children. With God’s help, the school has built a team of educators who are not after material gain, do not feed their egos, and do not show their power over helpless children, but teach them creatively, lovingly, and with wise discrimination.



The school cooperates with a non-traditional Latvian school named “99 White Horses”, founded by Ojars Rode, an ardent Sai devotee. We also draw on the experience of family learning from Eva Appenzeller, a Brazilian educator who has worked with families for more than ten years. Erik Lenke, a Danish consultant, provides the school with social ecology skills. Among other things, **our curriculum integrates the teachings of Sathya Sai Baba**. Teachers and children start the day with light meditation and, asking for God’s guidance, reflect on a quote from Sathya Sai Baba or other enlightened personages.

### **Integral Education, as Taught by Sathya Sai**

The human being is a spiritual being, not just a body and mind. That is why, from childhood onwards, the school must provide everyone with all the nourishment one needs.






in to doubts. The teacher is like a seasoned gardener who must protect the garden from pests and weeds, helping the pupil to overcome vices, laziness, and instability. Children of all ages attend school, where they learn, as in a large family, through their daily experiences, a culture of gratitude and apology, the art of conflict resolution, and peaceful communication. The skills learned in childhood are embedded deeply in the memory and then subtly and silently influence one's thinking, changing and refining one's behavior as one grows.

In this school, everybody is learning: teachers to understand children better, parents to achieve parenting excellence, and children to apply their knowledge to practice human values of Truth, Right Conduct, Peace, Love, and Nonviolence.

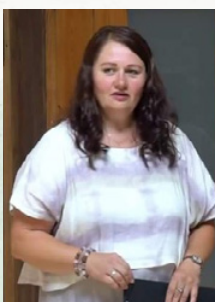
**The school community respects all religions and follows the principle of universal equality.** Inspired by the school's success, other schools are slowly adopting the good practices of the Green Nature School.

Sathya Sai has warned us not to turn children into mere technical geniuses but to develop their good character. In the Green Nature School, the teacher has to watch every step of the student and caution him when he takes a false step, indulges in harmful habits, or gives

**Mrs. Jolanta Lipkevičienė**   
LITHUANIA

*"The accumulated merit of many previous births must have granted you this luck. You have got Me, and it is your duty now to develop this relationship that you have achieved by sheer good fortune."*

**–Sri Sathya Sai Baba**  
September 27, 1960



**Mrs. Jolanta Lipkevičienė** coordinates education activities at the Kaunas Sathya Sai Center in Lithuania and is the founder and head of the Green Nature School. She has been active in the SSSIO of Lithuania since 2010. During 2012-2018, Jolanta conducted SSEHV classes for children on Sundays also featuring lectures for adults. In 2014, she wrote a thesis titled "Five Human Values from the Perspective of the National Education Policy and its Priorities" for the ESSE Institute Teacher Trainers' Seminar in Vilnius.



# Upcoming SSSIO Online Events

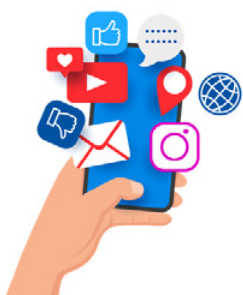
SSSIO has been conducting online events to share Swami's love, message, and works with everyone around the world. Hundreds of thousands of people have been reached through these events streamed on the [sathyasai.org/live](https://sathyasai.org/live) page.

Please visit [sathyasai.org/events/worldwide](https://sathyasai.org/events/worldwide) for further details on scheduled events, local dates and timings.

Date of Online Event	Day(s)	Festival/Event
February 5, 2023	Sunday	Chinese New Year
February 11-12, 2023	Saturday-Sunday	Akhanda Gayatri
February 18, 2023	Saturday	Maha Shivaratri
April 15-16, 2023	Saturday-Sunday	Akhanda Gayatri
April 23, 2023	Sunday	Sri Sathya Sai Aradhana Mahotsavam



[Streaming on sathyasai.org/live](https://sathyasai.org/live)



Stay in touch with SSSIO news and activities, by visiting the SSSIO websites and following/subscribing to the various communications channels below. **Click on each icon or name to visit the site.**



Facebook



Instagram



WhatsApp



Twitter



YouTube



Spotify



Telegram



Email



Eternal Companion email list



- Sri Sathya Sai International Organization [↗](#)
- Sri Sathya Sai Universe [↗](#)
- Sri Sathya Sai Humanitarian Relief [↗](#)
- Sri Sathya Sai Young Adults [↗](#)
- Sri Sathya Sai Education [↗](#)
- Healthy Living [↗](#)



From ancient times, and to some extent even today, the Chinese have observed one ritual every morning before beginning their day's chores. They declare: "Difficulties are our friends. Let us invite them." The Chinese have looked upon difficulties as their friends. They have recognized that without trouble, no good can be realized. They used to start the day's work with this thought before them. The Chinese also realized that true happiness comes from the satisfaction of a task well done.

**Sri Sathya Sai Baba**

February 13, 1997

Chinese New Year

---





**sathyasai.org**

Love All • Serve All  
Help Ever • Hurt Never