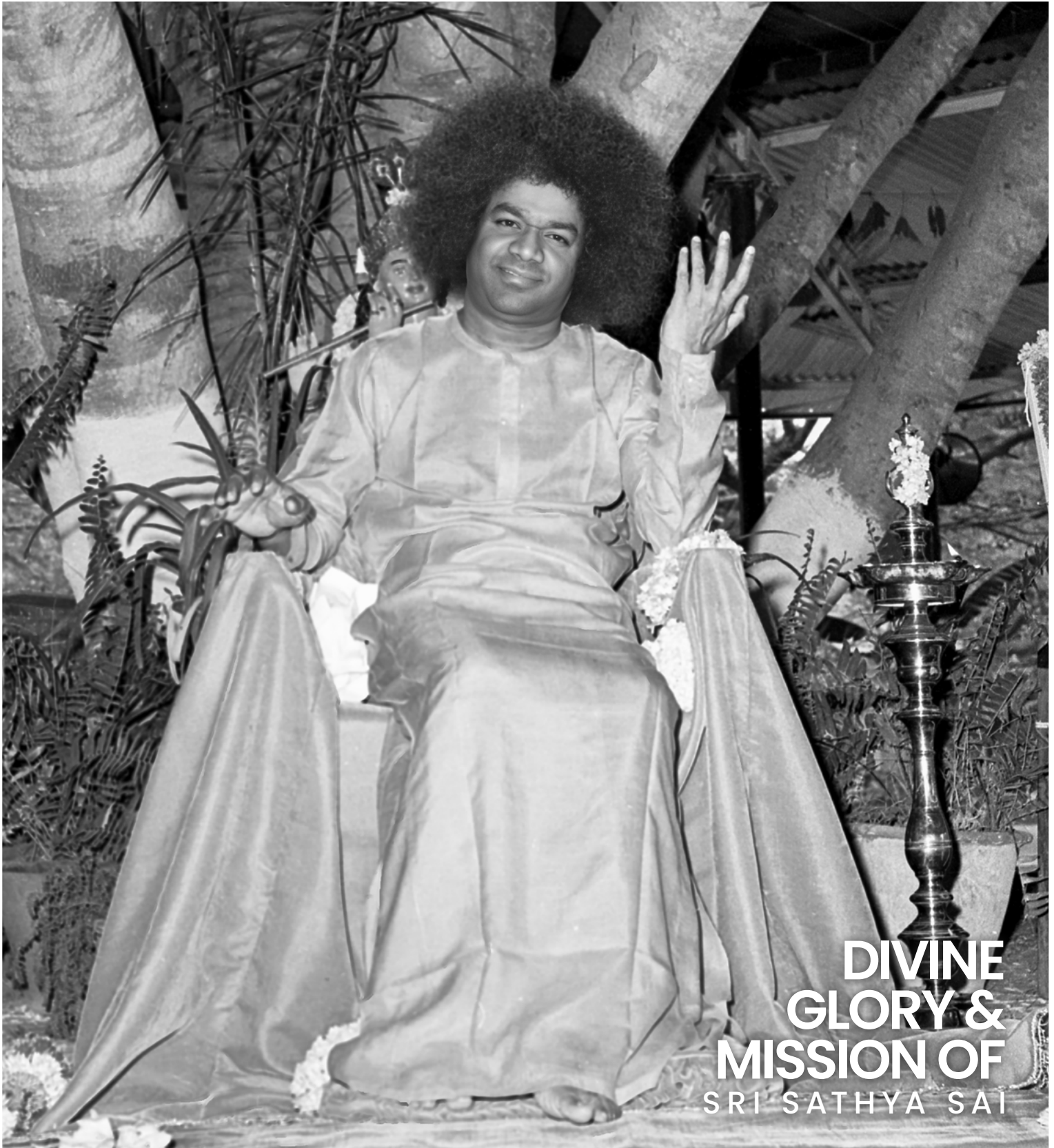


SATHYA SAI
THE
ETERNAL
COMPANION



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



Only when one respects the mother and wins her love can one be called a human being in the real sense. There is no God greater than one's mother in this world. Unfortunately today, people forget this truth and go to different places in search of God. Instead of craving for the unseen God, one should worship and serve the living divinity that is right in front of one's eyes. People undertake various activities like penance, pilgrimage to holy places, worship, and other rituals in order to have the holy *darshan* of God, but these activities will be of no use. One cannot win the grace of God without first winning the love of one's mother. The love of the mother flows as an undercurrent in every human being.

Sri Sathya Sai Baba

May 6, 2005



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





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Editor: Dr. Narendranath Reddy
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Maya

PART 2

In the first part of this editorial on Maya, we have presented what Maya is, based on what was revealed by the Avatars, saints, masters, and philosophers. Now, let us explore the various ways in which Maya manifests and what we should do to overcome it to reach our ultimate goal of Self-realization.

In *Gita Vahini*, Bhagawan Sri Sathya Sai Baba explains, “To believe that the universal, which is you, is limited and subject to all these un-Atmic characteristics, is Maya. **But remember, Maya dare not approach anyone who has taken refuge in Me.** For those who fix their attention on Maya, it is a vast obstacle, like an ocean. But for those who fix their attention on God (Madhava), Maya will present itself as Madhava! **The hurdle of Maya can be crossed either by developing the attitude of oneness with the infinite God or the attitude of complete surrender to the Lord. The first is called Jnana Yoga, the second is named Bhakti**

Yoga. Not everyone gets the inner prompting to conquer Maya by surrendering their all to the Lord. It depends on the merit or demerit accumulated during many births.”

Four Types of Devotees

Lord Krishna describes four types of devotees (BG 7.16):

*chatur-vidhaa bhajante maam janaha
sukritinorjuna
artho jignasur artharthee jnani cha
bharatarshabha*

(Four types of people who perform good actions worship me, O Arjuna – the distressed, the inquisitive, the profit-minded, and the wise, O scion of the Bharatas.)

Aartha is a devotees in distress who seeks relief from suffering; the Artharthi has worldly desires and seeks blessings for a better quality of life; the Jignasu enquires to get answers to spiritual questions, and the Jnani is special because they have

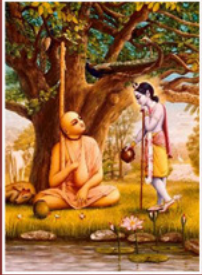
Four Types of DEVOTEES



Aartha
Devotee in
distress



Artharthi
Devotee with
worldly desires



Jignasu
Devotee with
spiritual questions



Jnani
Devotee who
surrendered to
God

completely surrendered to God and know the Truth. The *Jnani* is nearest and dearest to God because they love God for love's sake. **The other three seek the Lord to fulfill their desires and goals. The *Jnani* has *Eka Bhakti*, or one-pointed devotion, while the other three have *Aneka Bhakti*, multi-directional devotion.** They are attached to worldly objects, or objectives, whereas the *Jnani* is attached only to the Lord. Lord Krishna declares that there is no difference between the *Jnani* and the Lord.

Swami says in the Gita Vahini, "*The Jnani is free from Maya, he is unaffected by the Gunas (attributes)—Rajas, Thamas, or even Sathwa. The mark that proves him genuine is, of course, his declaration based on his own experience that 'Vaasudeva sarvami-dam', or 'God (Vasudeva) is all this'.*" Swami proclaims that *this is the king of mantras!*

Maya is the Bear in the River of Life

Swami narrates an insightful story in His divine discourse given in May 1972. A few children were tending cows by a river. A bear fell into the water and was being swept away. Mistaking it for a floating bundle of blan-

kets, one boy jumped in the river to retrieve it. As he grabbed the 'blanket,' he felt the bear was holding him tightly. Despite his desperate attempts to escape, he could not free himself. His friends onshore shouted for him to leave the 'bundle' and return, but he cried out that though he wished to escape, the bear would not let go.

So, too, in this river of life, Maya acts like the bear, and we mistake it to be a tantalizing bundle of blankets. Hoping it would offer us solace, comfort, and happiness, we jump into the river and try to catch it. **At a later stage, however, when we want to free ourselves from Maya's grip, we find it impossible to do so.**

This Maya manifests in different forms. Let us explore each of these briefly.

Maya in the Form of Time

Narada once asked Krishna to reveal the secret of Maya. To teach him, Krishna took Narada on a journey through the desert and, feigning thirst, asked for water. Narada set out on the mission, but on the way, he was enchanted by a beautiful woman in a village. Forgetting his task, he fell in love,

married, had children, became a householder, and lived happily for years.

After twelve years, a flood destroyed everything where he lived. Narada desperately tried to save his family members but lost them all. Grieving and broken, he was suddenly awakened by Krishna's divine voice, "**Narada, where is my water? You've been gone for half an hour.**"

Shocked, Narada realized that the twelve years of his life had been an illusion—an experience created by Maya. In mere moments, he had lived an entire lifetime, only to awaken and see the fleeting, deceptive nature of the world.

Time itself is an aspect of Maya. Everything changes with time—our bodies, minds, and the whole universe. Anything that changes cannot be real. The changeless underlying constant is the only Truth. That is Brahman. It is beyond time, space, and causation, which are all in the realm of Maya.

However, great saints and Avatars transcend the limits of time. They know the past, present, and future of all beings.

Lord Krishna says in BG 7.26:

*vedaham samathithani varthamanani
charjuna
bhavishyani cha bhuthani maam thu
veda na kashchana*

*(O Arjuna, I know the beings of the past,
the present, and the future, but no one
knows Me.)*

If we hold on to God, the embodiment of time and beyond (*kalaya namah, kalakalaya namah, kalatitaya namah, kala swarupaya namah*), we can transcend Maya in its form as Time.

Maya in the Form of Ego and Attachment

Ahamkara ('I'-ness) and Mamakara ('My'-ness) are the warp and woof of Maya.

Even celestial beings, like Lord Indra, the king of the devas, are deluded by these aspects of Maya.

Lord Krishna, the Avatar, came as the cowherd boy of Brindavan. He advised the people in the village to worship nature instead of an unseen God, Indra. Indra became indignant and subjected Brindavan to torrential rain with hailstones to punish the people. He thought that he was supreme, and he was also arrogant. Hence, he did not recognize the divinity of Lord Krishna, the Lord of the universe. Then the little cowherd boy raises the huge Govardhana mountain on His little finger to protect the people from Indra's wrath. **Indra realizes his mistake and repents, thus crossing over Maya. This whole episode happens because of Indra's ego (*ahamkara*).**

Maya in the Form of Doership

The Kenopanishad presents a beautiful story that demonstrates Maya expressing itself as doership. After the demigods (*devas*) win



We should do selfless service with unconditional love. Thus, our mind gets purified. Once this happens, we can see the Truth.

a great battle, they grow arrogant, thinking victory was secured by their own doing. To humble them, Brahman appears as a mysterious, radiant being, as a column of light. Agni, the god of fire, approaches it and, in disdain, says that he has the power to burn anything and everything in the universe. The being places a blade of grass before him and asks him to burn it. To his shock, Agni fails. Next, Vayu, the wind god, tries to blow it away but is powerless.

Perplexed, Indra, the king of gods, seeks answers and humbly approaches the column of light. He learns that it is none other than Goddess Uma Haimavati, the divine mother, who has come as a column of light. **She reveals that Brahman, or God, alone is the true source of all power and is the doer.** The devas realize their victory was only by the grace of *Brahman*, teaching them humility and the importance of recognizing the divine source behind all.

In this context, let us realize how blessed we are to have the embodiment of Shiva-Shakti, our Lord Sai, as our God and Guru, which He revealed during the Guru Poornima of 1963.

Maya in the Form of Lust and Greed

Sri Ramakrishna Paramahansa would speak of *Kamini* (symbolizing lust) and *Kanchana* (symbolizing greed) as the vestures of Maya. Lust and greed are the greatest obstacles in the spiritual path for realizing God and thus warrant our constant vigilance. Swami says that man goes around wealth like the earth goes around the sun and consequently gets caught up in grief and bondage. **Instead, we should go around God as the central point in life, as He is the one who takes us across**

Maya through the three 'W's of life—Work, Worship, and Wisdom.

Maya Deludes Even the Great Ones

The Divine Mother is also known as Mahamaya, the power of Brahman. There is a great scripture called *Devi Mahatmyam* or *Durga Saptasati*, popularly known as *Chandi*. **There is a beautiful story in it about how the great power of Maya can delude and distract us from the goal of Self-realization if we do not propitiate Her and surrender to Her.**

King Suratha, a just ruler of the Chaitra dynasty, lost his kingdom due to betrayal by his ministers and subjects. Wandering in the forest, grief-stricken, he met a wealthy merchant named Samadhi who had also been deceived by his own family. Despite their losses and betrayal by their kith and kin, both remained attached to their families, wealth, and past lives and suffered mentally.

Seeking guidance, they approached Rishi Medhas. He explained that their attachment was due to Mahamaya, the power of Devi Durga, the divine illusion that binds even the most intelligent beings to worldly suffering. He narrated tales of Devi Durga's victories over demonic forces, revealing her supreme power. Inspired, they started to worship the goddess with great devotion. In time, Durga appeared and granted their wishes. Suratha regained his kingdom, ruling wisely, while Samadhi attained liberation, freeing himself from worldly illusions. **This story highlights the power of Mahamaya to bind beings in illusion, causing grief, attachment, and bondage. But through devotion, she also grants happiness, wisdom, and liberation.**

Examples of Delusion Brought About by Maya

In the Bhagavatam, there are numerous stories of the divine play of Maya. We transcend Maya only by God's grace.

Yashoda, the foster mother of Lord Krishna, was blessed to see the 14 worlds inside baby Krishna's mouth. She was astonished and swooned, realizing that her baby was none other than the Lord of the universe. Once she realized that, her attitude changed into one of adoration and reverence for the Lord. But soon she was veiled by the Yoga Maya of Lord Krishna. She forgot that He is the Lord and again behaved like His earthly mother. Finally, it is only by the Lord's grace that she went beyond and realized Lord Krishna's divinity.

Once, **Lord Brahma**, forgetting Lord Krishna as the supreme *Parabrahman*, mistook Him for an ordinary child. He decided to test Sri Krishna's divine power by hiding all the cowherd boys and calves in a cave while Krishna was playing in Brindavan. However, Krishna, knowing Brahma's trick, effortlessly expanded Himself into identical replicas of each boy and calf, perfectly mimicking their voices, habits, and quirks. For a full year, He lived as them, receiving more love from their mothers and the people in Vrindavan.

When Brahma returned, he was shocked to see the cowherds and calves still playing. Checking the cave, he found the real ones he held captive were still asleep and realized Krishna's supreme divinity. Humbled and overwhelmed, Brahma fell at Lord Krishna's feet, seeking forgiveness, and sang a famous hymn extolling Lord Krishna as the supreme Lord.

Swami also gives the example of the great **sage Vishwamitra**, in His third discourse of the 2002 Summer Course, to show how Maya takes over and deludes even the great ones. The sage convinces King Dasharatha

about the divinity of his son, Rama. And then, as Swami says, *"When Vishwamitra took the permission of Dasaratha to take Rama with him to protect the Yagna from the ferocious demons, Lakshmana instantly followed Rama. As they reached the banks of the river Sarayu, led by Vishwamitra, the sage taught them two mantras, 'Bala' and 'Atibala,' so they would be unaffected by sleeplessness and hunger. 'Bala' conquers sleep; 'Atibala' conquers hunger. Though Vishwamitra knew that Rama was the supreme Lord and omnipotent, yet he came under the spell of Maya, forgot the divinity of Lord Rama momentarily, and taught them the sacred mantras for protection."*

Varaha Avatar and Maya

The great saint and divine incarnation, Sri Ramakrishna Paramahansa, illustrated the power of Maya and the idea of divine play (*leela*) with a story about Lord Vishnu when He came as the Varaha (boar) Avatar.

Lord Vishnu incarnated as Varaha to rescue Mother Earth from the depths of the cosmic ocean. After fulfilling His mission, he became so engrossed in his life as a boar—enjoying the mud, finding food, and living with his boar family—that he forgot His divine nature. The gods grew concerned and prayed to Lord Shiva for help so that Lord Vishnu would return to His heavenly abode. Lord Shiva appeared before Varaha and reminded him of his true identity. But Lord Vishnu, in his boar form, was so attached to his family life that he refused to return to Vaikuntha, His divine abode. Finally, Lord Shiva struck Him with the trident, causing Him to abandon the Varaha form and return to His divine abode in His true form.

This story symbolizes how the **soul, though divine, becomes deeply entangled in the Maya of worldly pleasures and forgets its true nature. Only through divine intervention, God's grace and wisdom, can one realize one's real nature.**

THROUGH THE PATHS OF KNOWLEDGE (JNANA YOGA), DEVOTION (BHAKTI YOGA), AND SELFLESS ACTION (KARMA YOGA), WE CAN OVERCOME MAYA

Maya Disguised as an Impostor

If we understand the nature of Maya, it will leave us instantly. If we give importance to Maya without understanding it, then it will get the upper hand and start to distract us from our spiritual pursuits. Swami narrates a story to illustrate this point in the discourse given on June 19, 1989.

In a village, a wedding was about to take place. The bridegroom's party stayed in one house, while the bride's party stayed in another. An attendee at the wedding, claiming to be an elder of the 'other' side, stirred up trouble between the two parties. He lied to the groom's party that the bride's side was disrespectful and also made false allegations to the bride's side that the groom's family was always late.

Both parties believed him until tensions mounted, prompting an investigation. They soon discovered the truth that he belonged to neither side and was an uninvited guest. Once exposed, he left quietly. **Similarly, when one inquires into the origin of Maya (illusion), it disappears, just as the deceptive guest in the story did.**

How Should One Deal With Maya?

Having seen how Maya can assume many forms and situations, we should learn from the great Masters how to deal with Maya and transcend it.

Maya is the vesture of God and is omnipresent. Swami makes it very clear in His discourse of June 19, 1989, that Maya can never be abolished or removed. In a story, He shares how God summoned Maya once and told her, *"Maya! I am getting a great deal of bad names on account of you. Every man blames God as Mayopadhi (wearing the disguise of Maya). I am in disrepute because you are always following Me. Hence, do not remain with Me any longer. Get away from Me."* With all humility, Maya bowed to the Lord and said, *"Oh Lord! I shall certainly carry out Your command. But please tell me a place where You are not present, and I shall go there."* The Lord had a hearty laugh and said, ***"There is no place where I am not present. You and I are twins. I put you in this predicament only to get your reply."***

Let us explore the various paths that spiritual seekers have tread over the eons and succeeded in dealing with Maya.

Path of Knowledge (Jnana)

The *Jnani* or the knower of Truth considers Maya as a manifestation of ignorance (*avidya*), and the moment the light of wisdom dawns, the darkness of ignorance in the form of Maya disappears instantly. Those who follow this path explain the multiplicity in the world by *Ekoham Bahusyam*—the One became many. Swami states in His discourses, *"I separated Myself from Myself to love Myself."* The *Advaitins* (practitioners of non-dual philosophy) thus explain how this multiplicity came about—all differences are due to the imposition of name (*nama*) and form (*roopa*). The *Jnani* sees unity in diversity, and people immersed in Maya see multiplicity in unity.

In His discourse of September 8, 1966, Swami says, *"As the shadow that you cast is*

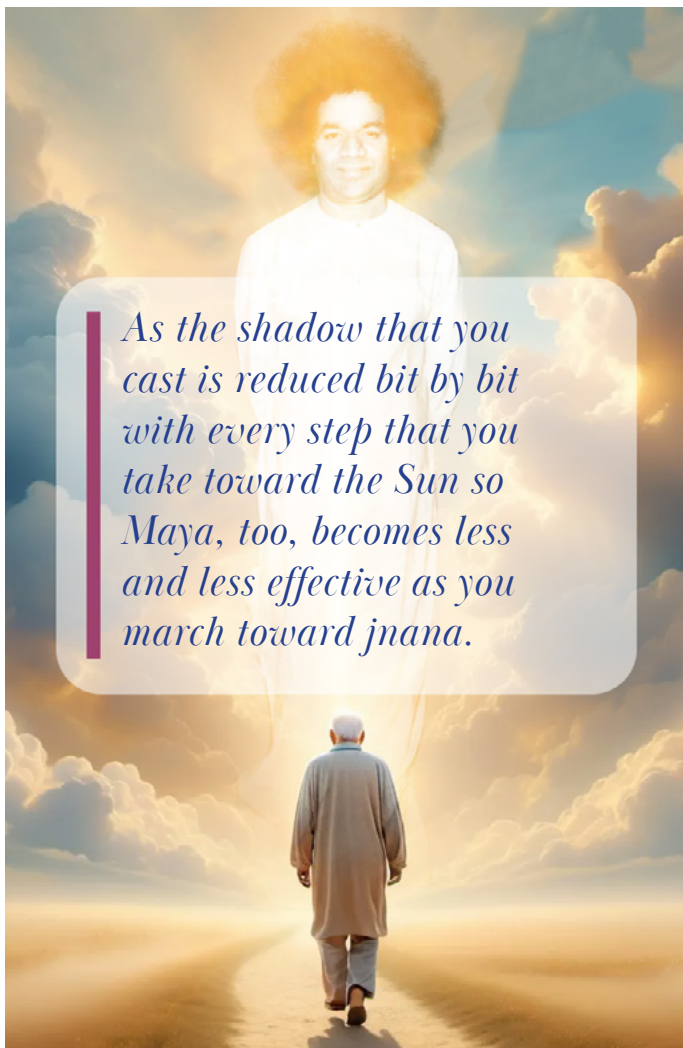
reduced bit by bit with every step that you take toward the Sun until the Sun shines right on top of your head and the shadow crawls under your feet and disappears, so Maya, too, becomes less and less effective as you march toward jnana. Then it is well established in your understanding and Maya falls at your feet and is powerless to deceive you further; it disappears, so far as you are concerned."

Path of Selfless Action (Karma)

Lord Krishna says in BG 18.61:

*ishwarah sarva-bhuthanam hriddeshe
'rjuna thishtathi
bhramayan sarva-bhuthani
yanthra-rudhani mayaya*

(The Lord dwells in the hearts of all beings, O Arjuna, and by His Maya causes all beings to revolve as though mounted on a machine.)



As the shadow that you cast is reduced bit by bit with every step that you take toward the Sun so Maya, too, becomes less and less effective as you march toward jnana.

Remembering the above message of Lord Krishna, we should perform selfless actions with unconditional love. Thus, our mind gets purified. Once this happens, we can see the Truth. As Lord Jesus says, "Blessed are the pure in heart, for they shall see God." **Swami says, "Purity is Enlightenment."** Maya cannot cast a spell on an enlightened person.

Path of Devotion (Bhakti)

The easier and probably more practical path taught by several Masters is complete surrender to God. **Lord Krishna says, "Surrender to Me alone,"** meaning surrender only to God (BG 18.66). That is also the message echoed in Swami's first *bhajan* to mankind—'Manasa Bhajare Guru Charanam.' The act of surrender to the supreme will and power of God (*Brahman*) is a sure way to overcome Maya. In His discourse of April 22, 1998, Swami elaborates on the power of surrender in overcoming Maya:

*"Suppose you have a master who has an Alsatian dog (German Shepherd) at the gate, and he is on the first floor (above the ground floor). There are two ways of reaching him. One way is to befriend the dog and enter the house; the other way is to call out to the master from the ground level in a loud voice so that he will come out and allow you to come in by controlling the dog. **Maya (illusion) is the dog. God is the master. You can either control the Maya yourself or chant His name and sing His glory so that He will come down.** You have to treasure Him in your heart since the heart is His altar."*

In the discourse given on September 8, 1966, Swami delves into the importance of singing *bhajans* and the glories of the Lord in overcoming Maya:

*"Maya creates the universe; it spreads before the mind the vast paraphernalia of the objective world. **It is a narthaki (dancer), an enchantress who entices***



the intelligence and traps the senses. This na-rtha-ki can be subdued by ki-rtha-na [note the change of syllables]. Kirthana is the intense contemplation on the glory of God. Then, Maya cannot affect us.”

There is an example in the Ramayana regarding Maya, which Swami explains during the third discourse in the 1977 Summer Showers in Brindavan.

As Rama, Sita, and Lakshmana walk through the forest one behind the other in a single line, their walking positions symbolize a deeper truth. Rama represents **Paramatma** (Supreme Being), Sita symbolizes **Maya** (illusion), and Lakshmana represents the **Jiva** (individual). Since Sita walks between Lakshmana and Rama, Maya stands between the **Jiva** and **Paramatma**. If Lakshmana wishes to have a glimpse of Rama, he cannot arrogantly order Sita to step aside—Rama would not tolerate such disrespect. Instead, he must humbly appeal to her, praying for her to step aside so he can have a glimpse of the divine.

Maya is inseparable from Paramatma, just as Sita is a part of Rama’s life. The path to the divine is not through rejecting Maya but through devotion and surrender.

Lord Jesus emphasizes surrender in the Bible (Matthew 11:28), “Come to me, all who

labor and are heavy laden, and I will give you rest.”

Thus, through the paths of Knowledge (*Jnana Yoga*), Devotion (*Bhakti Yoga*), and Selfless Action (*Karma Yoga*), we can overcome Maya.

Result of Transcending Maya

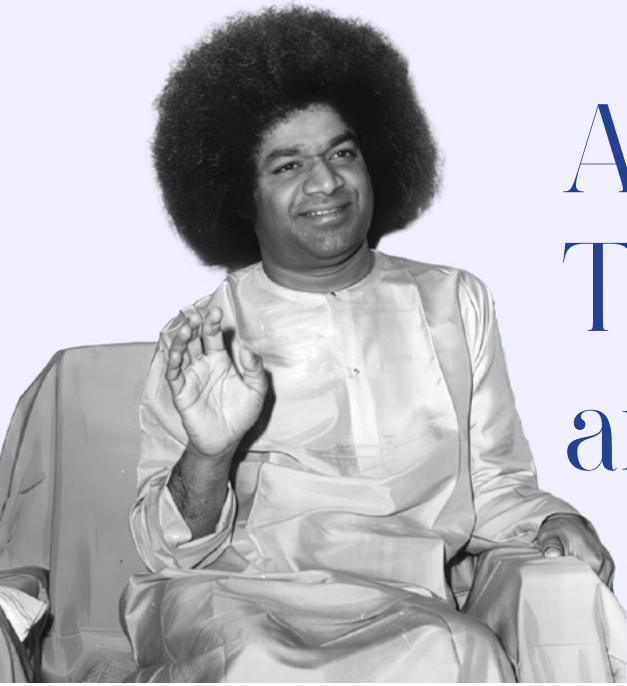
The *Jnani* recognizes Maya as ignorance and overcomes it by the light of divine knowledge. Then he sees everything as Brahman (*Sarvam Khalvidam Brahma*) and becomes verily Brahman (*Brahmavid Brahmaiva Bhavati*).

Spiritual seekers following the path of *karma* (selfless service) consider God as the doer and perform all actions as an act of worship to God. This purifies their hearts, and they experience God in all their thoughts, words, and deeds. Thus, they live in God and transcend Maya.

A devotee considers Maya as the divine power of God. Through prayer and devotional practices, and ultimately complete surrender, he transcends Maya. Then he sees his chosen form of God in everything, everywhere, and every moment, and lives in eternal divine bliss.

To be in union with God and not be distracted by Maya, let us follow the paths shown by our Lord, Bhagawan Sri Sathya Sai Baba.

Jai Sai Ram.



Attain God's Grace Through Sacrifice and Love

Part 1

*Na punyam, na papam,
Na Sukham, na dukham,
Na mantrō, na japam
Na dana yagnam
Aham bhojyam, na bhojyam, na sukham
Shivananda roopam, Shivoham, Shivoham, Shivoham
Na punyam, na papam
(Sankrit Verse)*

*There is neither sin nor merit;
neither pleasure nor pain.
neither sacred formulae (mantra) nor repeating of God's name (japa)
neither charity, nor sacrifice (yagna)
I am neither the eaten nor the eater
nor the pleasure
I am the embodiment of ever-blissful Shiva (Shiva-ananda)
I am Shiva! I am Shiva! I am Shiva!*

Embodiments of Love! In this world, there is nothing like merit or sin, nor is there happiness or sorrow. There is no sacred formula (*mantra*), no sacrifice (*yagna*), nor is there a ritual (*yaga*). All these are mere illusions. It is only God that is all-pervading. **You are all embodiments of God. True humanness lies in understanding the unity of truth and righteousness.** To

expound this truth to this world, truth is referred to as *neethi* (morality). Right conduct is referred to as *reethi* (procedure). Sacrifice confers *khyathi* (reputation). **The human race (*manava jati*) is the unity of these three, *neethi*, *reethi*, and *khyathi* –morality, right conduct, and sacrifice.** Unfortunately, these three are not found in the present-day world.

“When the heart is filled with love, only words of love flow from it. From that heart filled with love, the vision will be filled with love.

In ancient times, the noble Siddhartha, widely known as Gautama Buddha, undertook various spiritual practices to realize the true Self and attain liberation (*nirvana*). He studied and recited the Vedas and sacred texts. He did repetition of God's name (*japa*) and meditation (*dhyana*). He met many elderly wise men. He participated in many spiritual practices (*sadhana*). He realized that none of these practices were appropriate for realizing the ultimate truth of Nirvana. He considered the five life breaths gifted by God as verily *Paramatma* (God). And the five subtle elements of speech, touch, vision, taste, and smell (*tanmathras*—the essence of the five senses) are associated with the five sense organs. **He realized that liberation (*nirvana*) is nothing but using these five senses in a sacred manner.**

He also realized that repetition of God's name (*japa*), meditation (*dhyana*), yoga, and sacrifice (*yajna*) are all mere external practices. These spiritual practices are needed only for those attached to the body (*dehabhimana*). One who is attached to the Self (the one with *Atmabhimana*) need not undertake any of these practices. So, **Buddha taught that nirvana (liberation) could be attained only by cultivating *samyak drishti* (right vision), *samyak vak* (right speech), *samyak shravanam* (right listening), *samyak bhavam* (right feeling), and *samyak kriya* (right action).** True liberation comprises undertaking these five actions properly, without fault.

Why not use the eyes gifted by God in a sacred manner? Man uses his eyes improperly and goes on increasing the flaws. Thereby, he is polluting his mind. Once the mind itself is polluted, how can he expect to attain *Nirvana*? So, to begin with, one should develop *samyak drishti*. We should develop the right vision. We should see that our vision is never faulty. See no evil; see what is good. Because of faulty vision, man is subjected to suffering and hardships. It contaminates the very humanity. **Evil vision is sure to lead to sinful acts. Nirvana is attained from the proper use of vision.**

Buddha undertook many spiritual practices, ultimately renounced everything, and left society. He could realize the truth only by renouncing everything and recognizing unity in the multiplicity of the world. Only after renouncing everything could He realize the ultimate truth. This is what the Vedas say

*na karmana, na prajaya,
dhanena, thyagenaikena
amrutatthwamanasu*

(immortality is not attained through action, progeny, or wealth, but only by sacrifice).

This immortality is true nirvana. *Samyak drishti* is the first step toward nirvana. Eyes have been given (by God) to put one on the right path, seeing all human beings in proper perspective (as divine) and to teach the truth (*sathya*).



Let your vision be
suffused with love.
This vision filled with love
is the hallmark of
a true human being.

Consider all that you see as divine. Let your vision be suffused with love. This vision filled with love is the hallmark of a true human being. All are one, be alike to everyone. You can understand unity in diversity only when you develop *samyak drishti*. **This right vision makes you realize the presence of divinity in all. Based on this, the Vedas declare, “*ekam sath; viprah bahudha vadanti*” (truth is one, but the wise speak about it in many ways).** By recognizing this truth, we should see the world with the vision of truth. Our vision should be sacred. One looks at their father and calls him father. One sees their daughter and calls her daughter. As the bodies (outward appearances) are different, one develops different types of relationships. Who is the father? Who is the child? It is said,

*mata nasti, pita nasti;
nasti bandu sahodaraha;
artham nasti; griham nasti
tasmajagrata, jagrata, jagrata*
(Sanskrit Verse)

*There is no mother (mata nasti); there
is no father (pita nasti);*

*There are no relatives or brothers;
(nasti bandu sahodaraha);
There is no wealth (artham nasti);
there is no house (griham nasti);
So, be vigilant, be vigilant, be vigilant!
(tasmajagrata, jagrata, jagrata).*

All are one; all are the embodiments of the divine. So, to proceed on the journey to unity, give up the idea of multiplicity.

The Vedanta declares that true Atmic principle is realizing the underlying unity in diversity. What is the unity underlying this multiplicity? There is only one Atma. There are many bulbs, but the same current flows in all of them. **Unity in diversity is seeing one Atma in all.** One should not differentiate by saying my Atma, your Atma, his Atma, and this person's Atma. Dividing this principle of unity is the primary cause of humanity drowning in ignorance. True humanness lies in understanding unity in multiplicity. Seeing diversity in unity is contrary to this principle. **Therefore, we should not enter the path of diversity. We should see unity in our vision.**

The first teaching of Buddha was *samyak drishti*, and the next was *samyak vak*, speaking truthfully, kindly, and with

purpose. The plighted word should remain truthful (should not be altered for convenience); it should neither be passionate nor untrue, and it should not be unjust. There should be no impropriety or violence.

*anudvegakaram vaakyam, sathyam,
preeti hitam chayat*

(Sanskrit verse)

*(One's speech must be loving,
pleasing, and non-aggressive.)*

That's why it is said "samyak vak." Divinity is no different from right speech. This speech is the personification of Brahman (God) (*shabda brahmam*), and that is why it is said,

*shabda brahmamayi,
characharamayi, jyotirmayi,
vangmayi, nityanandamayi,
paratparamayi, mayamayi, srimayi*

(Sanskrit verse)

*(God is the embodiment of the
primordial sound, present in all that is
movable and immovable, full of light,
the essence of speech, eternal bliss,
the most supreme, the embodiment
of illusion, and the very form of divine
auspiciousness).*

Under no circumstances should you renege on your given word. **Remain truthful; do not speak harsh words and learn to always speak in this manner. This is true spiritual practice (*sadhana*).**

When everything is unified, there is no possibility of agitation. Our bodies act like mirrors. When you see your reflection in these mirrors, why do you get angry at an image when all the mirrors reflect the same thing? This is why you should speak lovingly to your own reflections. There is no greater divinity than love. **When the heart is filled with love, only words of love flow from it. From that heart filled with love, the vision will be filled with love.** From that love, whatever one hears will be full of love. Out of love arise loving thoughts,

and you perform acts of kindness from that love. Not knowing how to fill the heart with love, you fill it with various negative qualities and ruin it.

How can you attain God's grace? Here's a simple example to illustrate this concept. Imagine you've worked hard, earned money, and deposited it in a bank for safety and security. While it's clear that the money belongs to you, the bank manager won't simply hand it over to you upon demand. Some specific rules and regulations govern the withdrawal of funds. You can access your money only after signing a check and presenting it to the bank manager.

Similarly, you have deposited the 'currency' of your virtuous deeds (good merit) with God, who acts as the divine bank manager.

To receive God's grace, you must present to Him the check of sacrifice with the signature of love. Only then will He bestow upon you the wealth of His grace. This is the proper path to receive grace. This is the appropriate way to gain sacredness, which leads to liberation (*nirvana*). To receive the love you earn, make an effort through sacrifice. Although God is the embodiment of sacrifice and you have credit for meritorious deeds, there is a proper process to follow to receive His blessings.

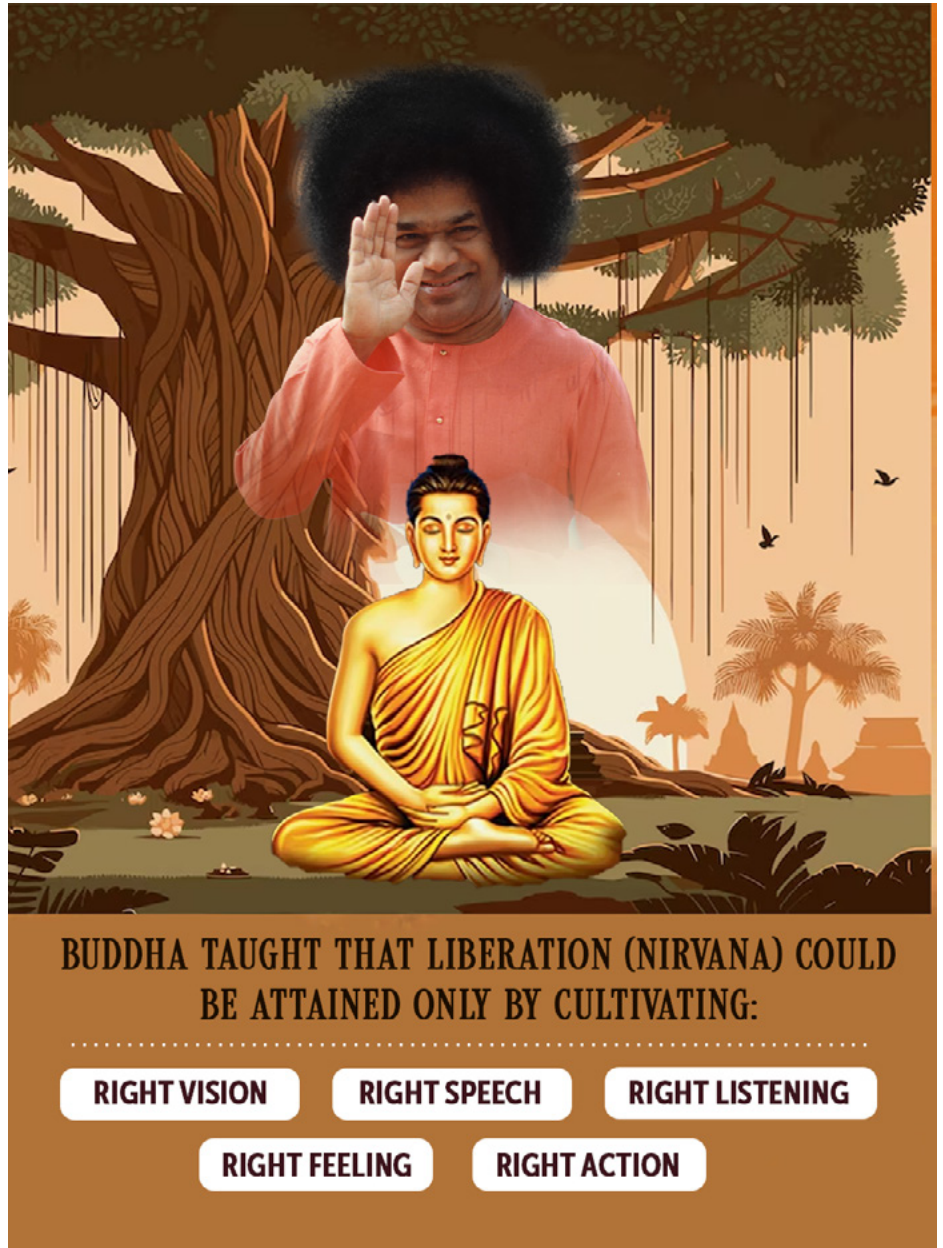
What you say should be proper. You are not authorized to withdraw funds if you deposit money in one bank and submit a check from another. The truth that God is one must be recognized and obtained in that bank, which holds all the other names. If you enter a different bank with a different name and ask for money, will they give it to you? You must give the check to the bank where you made the deposit. This check should only be given to that God whose name you remember and believe in.

For instance, if you deposit money in one bank and provide a check from another

bank, will the other bank give you the money? No. Similarly, you deposited in the “Bank of Love,” so you must present a check from the “Bank of Love.” Sign the check of “sacrifice” with the signature of “love.” The signature must be made in love. What is your name at any bank? **Your name is the same everywhere—love, love, love. If you write “love” on the check of sacrifice, you will certainly receive divine grace.**

This is why Buddha called it “*samyak vak.*” No matter how many changes occur in your heart, love should always remain the same. There should be no change in your love. Offer sacrifice through love and gain the grace of God.

Money is not just currency notes; it signifies “money of knowledge (*jnana*)” and “money of right conduct (*dharma*).” The money of love has many names, so if you wish to obtain it, what truly matters is love. After undertaking various spiritual practices for a long time, the Buddha felt sad for wasting time without getting the desired results. He felt that he would have been happier if he had recognized this mistake in the beginning itself. He realized that one can attain divinity only by adequately using the five senses. God has given the five senses of sound (*shabda*), touch (*sparsha*), form (*rupa*), taste (*rasa*), and smell (*gandha*) equally to all, regardless of whether one is rich or poor.



Everyone has these five elements (*panch-abhutas*). When these five elements are used properly with love, the divine will appear to you then and there. For the sake of our material lives, we often follow various paths, taking wrong routes and misusing the gifts God has bestowed on us. Consider how much we have misused our words, hurt others with harsh words, and polluted our hearts. **Therefore, use gentle, kind, and sweet words. Only then will it become “*samyak vak.*”**

Next, “*samyak shravanam.*” God has given us ears not for listening to all kinds of nonsensical words. Think of the voice

of Atma as coming through a loudspeaker. The actual message should resonate through this speaker, reflecting the essence of Atma. The vibrations of the Atma must be perceived by our ears. This is why these loudspeakers (voice of Atma) exist—not to pollute the air, but to clearly convey the message of the Atma, which is the same for everyone. There are no differences in the Atma present in different people. The Atma present in you and others is the same; it possesses no attributes. Atma is the form of Atma itself. So, we must fill it only with love.

Consider a vessel. When it is empty, it can hold anything. If you pour water, only water will remain. If you pour syrup into it, only syrup will remain. If you pour milk or buttermilk, it will stay in the vessel. The vessel contains whatever you pour into it.

Similarly, your heart is like a vessel. Fill it with love, fill it with sacrifice, fill it with truth, and fill it with peace. When you do this, you don't need to seek peace outside yourself; it will naturally emanate from within.

Everything comes from your inner Self, not from external sources—a reflection of the

inner Being. Your inherent nature is always pure.

nirmalam, nischalam, nisswartham
(Sanskrit verse)

(Pure, steady, and selfless)

You are polluting your pure nature by allowing the external world to influence you. Safeguarding this sacred nature is essential. So why pollute such a sacred heart? The root cause of this pollution lies in a lack of *samyak drishti*, *samyak vak*, and *samyak shravanam*.

You will acquire *samyak drishti* when you sanctify and transform the five elements (*panchabhutas*) and five principles (*panchatattvas*). The root cause of everything is the heart. It is always filled with compassion. That compassion itself is love (*prema*). This love has many names, but fundamentally, it is only one.

Through the love of truth, we engage in right conduct (*dharma*) and experience the love of peace, often leading a life of sacrifice. As these are all expressions of the same Atma, one must strive to understand the oneness within multiplicity.

Sri Sathya Sai Baba
May 7, 2001

This is the first of two parts of the divine discourse. The concluding part will follow in the next issue.



Sathya Sai

EVERY WORD OF HIS IS THE TRUTH

I LEARNED ABOUT SRI SATHYA SAI BABA IN 1994 FROM A LOCAL NEWSPAPER, which covered unique phenomena and events, including stories about extraterrestrial beings. I always had a great interest in spiritual literature, so I read everything I could find on the subject. Ultimately, I came across a short article about a Polish journalist who traveled to the southern part of India and explored the ashram of Sri Sathya Sai Baba.

She wrote briefly about some miracles performed daily by Sathya Sai Baba and brought with her some '*vibhuti*', the sacred ash He materialized. **She stated that He also performed most of the miracles that Jesus Christ performed, along with many more.** In India, He was admired and adored as an Avatar-God incarnated in human form. I was very interested in this, and for some reason, I immediately believed it. The article included a small black-and-white photograph of Sathya Sai's face adorned with a crown of shoulder-length, flowing black hair. I recalled seeing a brochure in a bookstore with a similar face on the book cover. Without delay, I headed to that



The place and time of the event do not matter, as He responds instantly to save His devotees.

shop and located the book. Once I bought it, I read it quickly and grew even more fascinated by this person and phenomenon. I discovered through the book that there was a Sathya Sai Center on Fontanka Street in St. Petersburg, Russia.

The Decision to Visit Sai

Visiting the Sathya Sai Center, I purchased every book available there about Sai Baba. One of them, “The Holy Man and the Psychiatrist,” by Samuel S. Sandweiss, resonated deeply with me. As a result, I was convinced that an Avatar, the divine Lord Himself, lived in India in human form. Such a miracle, the incarnation of the supreme divine consciousness in the form of a human being on Earth, is very rare. The last time it happened was more than five thousand years ago when Lord Krishna lived in India. **To be a contemporary of the Avatar is a great fortune, and to know about Him is an even greater one.** I imagined how interesting it would be to find myself in Ancient Judea when our Lord Jesus Christ walked there. The thought that this rare good fortune could be enjoyed in the present day took my breath away. I knew intuitively that it was a truly remarkable and incredible chance to encounter the Lord while I was still alive. I learned that reaching Sai Baba’s ashram was easier than I thought. With great anticipation, I decided to pursue this goal right away. I was fortunate to connect with Mr. Neapolitanskiy, the publisher of those books, who had met Sathya Sai Baba before. In January 1995, without delay, I embarked on a trip with my wife Augustina to see Him. While I will not elaborate on our first trip, I can affirm that

it was an amazing visit and exceeded our expectations.

The Experience of Darshan

I still remember the first *darshan* vividly, as I sat on the floor cross-legged, among thousands of devotees, waiting to see the divine form. Finally, to the sound of a beautiful melody, a short figure in flame-colored clothing emerged, slowly and gracefully moving in front of people. **As He approached where I sat, I breathed hard, my heart raced, and when I saw His beautiful black eyes, tears flowed like a river. Something in my chest twitched, trying to break free.**

This experience was repeated several times during subsequent *darshans*. We spent a whole month at the ashram, which changed my entire life. During our stay, we experienced much love and amazing grace, and in response to my request, He blessed me with a glimpse into my past life and previous name.

Swami’s Promise to Me

In the summer of 1995, during the Guru Poornima festival, I traveled for the second time to visit Sri Sathya Sai Baba, and I was fortunate to have my first interview with Him. There were over a hundred people in the interview room and He spoke with us for about an hour. As He walked past me, He said, “Good person, I will replace your ring.” At that time, I had a bronze ring with Swami’s image, which I had purchased from a street vendor. We were fortunate to get permission to film the interview with a video camera, and we recorded almost the entire interview.

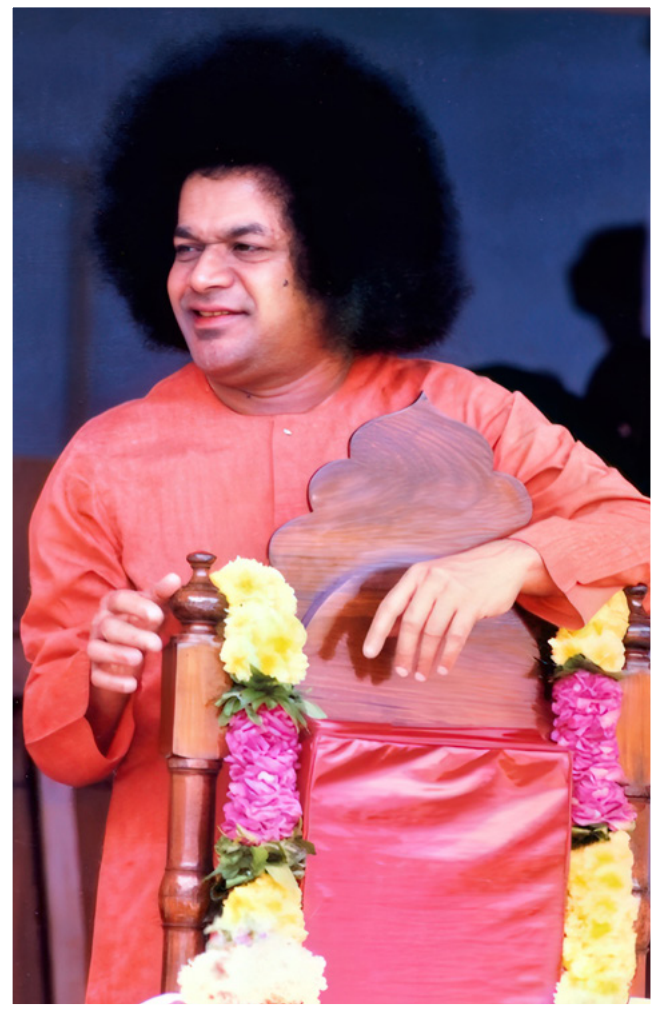
After that interview, I took good care of the ring, remembering that Swami said He would replace it. I knew it could not be lost, because **I believed that the words of Sri Sathya Sai Baba would be fulfilled as the promise was given by the Lord Himself.** However, I realized that Swami's promise would be fulfilled only if three conditions were met: the ring was safe, I was alive, and I got another interview with Swami.

The Fulfillment of His Word

One summer, I was traveling by car with Augustina to a farm in Estonia and went through customs at the border. The customs officers inspected my luggage. When the inspection ended, I noticed the ring had disappeared from my finger. I assumed that it had slipped out while I was opening the bags for inspection, so I tried searching for it in the trunk of the car and on the ground nearby. But it was all in vain. I decided to resume my search later, repeating to myself that the ring would indeed be found.

Upon arriving at the farm, I unloaded all our luggage, completely cleared the trunk, removed the mat, and carefully examined everything. Having shaken and emptied all the bags, I still did not find it. Yet, the thought would not leave that I had to find the ring. Passing by the veranda, my gaze fell on a head of cabbage lying on the window-sill. Suddenly, I saw the ring, embedded in the cabbage at a right angle, with its bronze surface shining straight at me! **This was, without doubt, Swami's miracle, as the cabbage had previously been lying in a bucket, wrapped in several layers of newspapers, and no one had touched it. The ring was safe!**

I also recalled how, more than a year before the 1995 interview with Swami, another miraculous event had occurred. After about 20 years, during the summer on one sunny Saturday, I decided to go to my homeland, where I had spent my childhood and youth.



I believed that the words of Sri Sathya Sai Baba would be fulfilled as the promise was given by the Lord Himself.

I wanted to explore my native town and reunite with friends from my early years. I set out alone in a new vehicle, heading toward the regional hub of Slantsy, passing through Kingisepp City. Intending to return before dark, I departed early in the morning.

Following my exit from Kingisepp, I turned left onto Slantsy from the Tallinn highway.

The road was empty, and I was driving at a high speed of about 140 kilometers per hour. After a while of being the only one on the road, I observed a vehicle in front of me that I was swiftly approaching. It was a large motorcycle with a sidecar carrying a passenger. The rider, wearing a helmet, was traveling slowly in the right lane at approximately 40 kilometers per hour. I had already shifted to a different lane, to avoid collision. Just as I approached the motorcycle, about 30 meters away, he suddenly moved from the right lane to the left lane without using turn signals, blocking my path. At this location, there was also an exit onto a side road marked "Tannery." I didn't have the time to maneuver, as my car was moving too fast, and everything happened in a matter of seconds. I could only perceive a curved, invisible 'space' ahead of me. It was not a smooth space but 8-10 distinct areas, each about a meter across. My car maneuvered through this twisted 'space', clear of the motorcycle, while I simply passively 'observed' the scene. There was no accident, and I was safe. **This was unmistakable evidence of divine intervention to save me from a serious outcome.** The Lord allowed me to witness the incident without harm, so I could share this incredible story with others.

It was only later when I read books about Swami that I learned of similar miraculous occurrences. For example, once, when devotees were traveling, their vehicle approached an oncoming truck on a narrow road, and it seemed inevitable that they would crash

into a police officer standing on the roadside. Miraculously, it was averted. Similar incidents may have occurred in other places, in other countries, at different times, when the Lord intervened to save His devotees. It is by the abundant grace of the Lord that His omnipresence, omniscience, and omnipotence are demonstrated in such critical cases. **The place and time of the event do not matter, as He responds instantly to save His devotees.**

In 1996, Swami finally called me for an interview. As promised, He lovingly replaced my bronze ring, materializing a gold ring with a diamond.



What further evidence is needed to affirm the principle of unity with the divine *Atma*, from which we originate, and to which all visible manifestations will ultimately return? Jai Sai Ram.

Mr. Alexander Filippov 
RUSSIA



Mr. Alexander Filippov was born in 1940 in the Leningrad (presently St. Petersburg) Region of Russia. After graduating from the Leningrad Institute of Aviation Instrumentation in 1964, he worked for a few years in Russia. Subsequently, he worked in Nigeria for two years and, in 1990, moved to Algeria in Africa. During the 1990s, he was involved in business ventures in Russia.

Tired of worldly setbacks, he started his journey on the spiritual path and met Bhagawan Sri Sathya Sai Baba in 1995. Swami entrusted him with translating and publishing books about His teachings in Russian. Mr. Filippov has authored two books on Swami and translated more than 160 books on Bhagawan, which were published in Russia.



DIVINE MASTER AND MOTHER

My story with Swami began before I could speak, walk, or even know my name. In 1979, during what should have been a simple naming ceremony for me, the first miracle unfolded.

In Hindu tradition, the father writes the newborn's name in a bowl of rice—a sacred moment that bridges the earthly with the divine. My father, a staunch non-believer in Sai Baba, sat before the rice bowl that day. What happened next would become a family legend: without conscious thought, his hand moved across the grains, writing “**Sai Prasad.**” When the priest began to read

the name aloud, my father erupted in anger, creating quite a scene. He couldn't understand how he had written the very name he had rejected when my mother suggested it.

My mother's joy knew no bounds. She had wished to name me after Swami, but it seemed hopeless, due to my father's reluctance. Yet there it was, written in rice by his own hand—Sai Prasad. Looking back, I smile at the divine choreography. ***Does the cosmic proprietor need permission to enter our family?*** Of course not. My father's very doubt became the doorway through which Swami entered our lives.

Swami often said, ***“You take one step toward me, and I will take a hundred steps toward you.”*** But in my case, He took the first step, marking me as his own before I could even take my first step as a child. It was as if he planted a seed that would grow in me throughout my life, sending signals to guide me in every way.

Every message from Swami carries a hidden cue, a gentle nudge toward our next spiritual step. The key lies not in the complexity of faith but in the simplicity of following these divine pearls. My naming ceremony wasn't just about giving me an identity – it was Swami's way of claiming our family, turning skepticism into surrender, doubt into devotion.

Reflecting on my childhood memories, I understand that Swami's teachings often came to me the hard way. But perhaps that first lesson, written in rice by a doubting father's hand, was His gentlest teaching: **divine love needs no permission to enter our lives**; it simply finds its own divine way, one grain of truth at a time.

Divine Test A Skeptic's Journey to Faith

In the early 1980s, my father's spiritual journey with Sai Baba began reluctantly, driven by a family friend's continued encouragement to visit Puttaparthi. As a skeptic, my father arrived in Prasanthi Nilayam with high expectations—hot water, coffee, and other comforts that were rare luxuries in the *Ashram* at that time.

The pivotal moment came during his first *darshan* at Prashanti Nilayam. Seated among an ocean of devotees, my father's heart had more doubts than devotion. As Swami moved through the crowds, seemingly distant from his section, my father's skepticism peaked. In a moment that would later prove decisive, he mentally threw a challenge to the divine: **If Swami is omniscient, let Him come directly to where I am sitting.**

What happened next defied human logic. Within moments, Swami changed His route, making His way through the crowds directly toward my father's section. Then, amidst the crowd of devotees, something extraordinary occurred – Swami pressed my father's leg firmly with His foot, a touch that carried more than physical significance and pain. It was a divine communication, silently conveying: ***“Surrender first, and My grace will follow.”***

This beautiful encounter marked the beginning of my father's spiritual transformation, though his journey to wholehearted devotion would involve many more tests of faith. Each challenge he posed was met with Swami's infinite patience and love, gradually transforming a hardened skeptic into a true devotee. The divine's boundless love proved more powerful than my father's skepticism.

The culmination of this spiritual encounter brought a profound blessing. Swami assured my father with the sacred promise: ***“Kanta, Inta, Venta, Janta Vunta”–“In your eyes, in your home, I will be there with you... forever.”*** This divine assurance sealed a transformation that began with skepticism and ended in total surrender, illustrating how the Lord's mysterious ways can transform even the most hardened heart into a vessel of pure devotion. Swami demonstrated His divine grace in many instances that went beyond ordinary human understanding. What might appear as arrogance or overconfidence in my father's demeanor is an expression of his complete confidence and trust that comes from spiritual surrender to Swami.

Divine Teacher Lessons Through Time

Growing up, I had many questions, like wildflowers in a garden. Why did my father insist I repeat my first grade just to attend the newly constructed Sathya Sai School in Visakhapatnam? While other children played freely on Saturdays, why was I accompanying my father to *Narayana Seva* (feed-

I believe that the greatest joy is when you experience God within. From trust comes this beautiful connection with God within, which produces fearlessness.

ing the needy)? Seeing a wealthy *Zamindar* (rich landowner) neatly arranging the shoes at the temple puzzled my young mind. Perhaps, most intriguingly, why did Swami collect countless letters from devotees—could He possibly read them all?

Our school trips to Puttaparthi were always magical, brightened by Swami's generous gifts and treats to all visiting school children. There was something inexplicably comforting about touching His lotus feet—like being embraced by a mother's unconditional love. That feeling never grew old, even as I did.

In the Poornachandra auditorium, many of my questions found their answers. During His discourses, I often felt Swami's gaze meeting mine as if He was speaking directly to my innermost thoughts. He would explain why He collected those letters—to address our troubles and concerns, promising to carry our burdens Himself. His eyes seemed to say, **“Leave it all at My feet; I will take care of them.”** It took a while to understand the deeper meaning of Swami's actions.

One moment remains crystallized in my memory—Sports Day of January 1993. Amid the festive atmosphere, my mind was cluttered with typical teenage preoccupations. Then Swami spoke words piercing my mental chatter: **“Our thoughts become words, which become actions. The nature of these actions depends entirely on the seed of the initial thought.”** I looked around, startled as if someone woke me up from a dream. These words echoed in my consciousness, though my young mind couldn't fully

grasp that Swami knew every thought, word, and deed of His devotees.

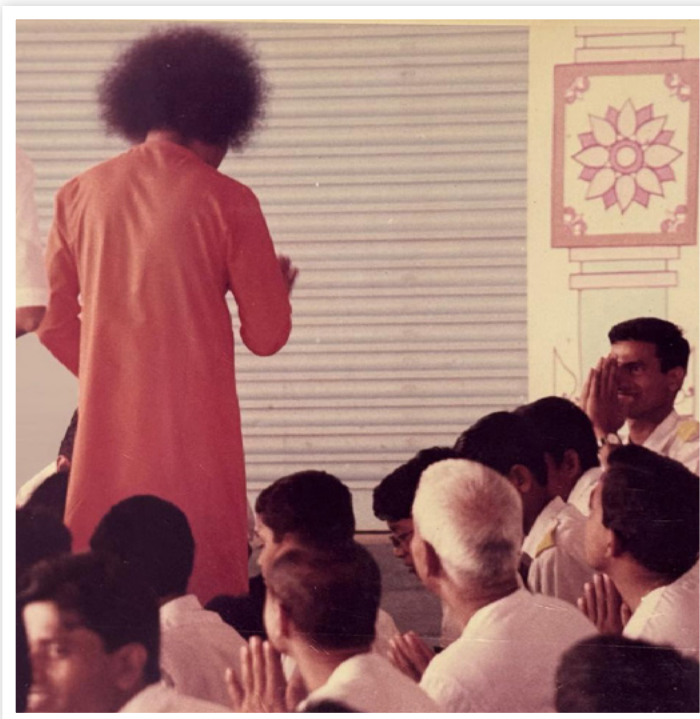
Only with maturity did I begin to understand the profound grace in His teachings and the power of His words. As a teacher, when I prepare lesson plans for SSE children (Balavikas) each week, Swami continues to guide me, weaving beautiful stories and messages that reveal exactly what He wants me to understand.

Looking back, I see how Swami refined me like raw gold into pure gold, putting me through various challenging situations. Like a master sculptor, He knew exactly how much pressure to apply to shape my character. This **“solid dose”** of life lessons was His way of teaching me values that would last a lifetime.

What seemed like hardships were, in reality, carefully crafted lessons from the divine teacher, who knew that sometimes the most profound understanding comes through life experience rather than explanation. **Through it all, Swami was not just teaching—He was transforming me, one lesson at a time, with the patience of a master and the love of a mother.**

The Missing Mangalasutra A Lesson in Divine Surrender

In 2000, an incident during my sister's wedding became a profound lesson in faith and surrender. Just hours before the *Mangalya Dharana* ceremony (tying of the sacred necklace), we discovered that one of the essential gold *Mangalasutras* (two gold discs tied with a sacred yellow thread) was missing. In Hindu tradition, this sacred neck-



lace, featuring two gold discs with a yellow thread, is a crucial element of the wedding ceremony as the groom ties it around the bride's neck at the auspicious moment, symbolizing the holy union.

With just three hours left before the *muhurtam* (auspicious time), panic set in through the family like wildfire. While everyone frantically searched every corner of the function hall, my father's response was surprisingly calm. **He simply said, "Antha Swami chusukuntaru" (Swami will take care of everything) and remained composed.** His apparent lack of concern infuriated me, especially because of the orthodox nature of the groom's family and that it was a Sunday when all the shops were closed to buy a replacement.

Taking matters into my own hands, I worked with my uncle, and we searched the city for any open jewelry shop. While my attempts were futile, my uncle's persistence paid off. Through a family contact, he convinced a shop owner to open their store, and miraculously, they had a similar *Mangalasutra* in stock. My uncle rushed back, arriving just 30 minutes before the *muhurtam*.

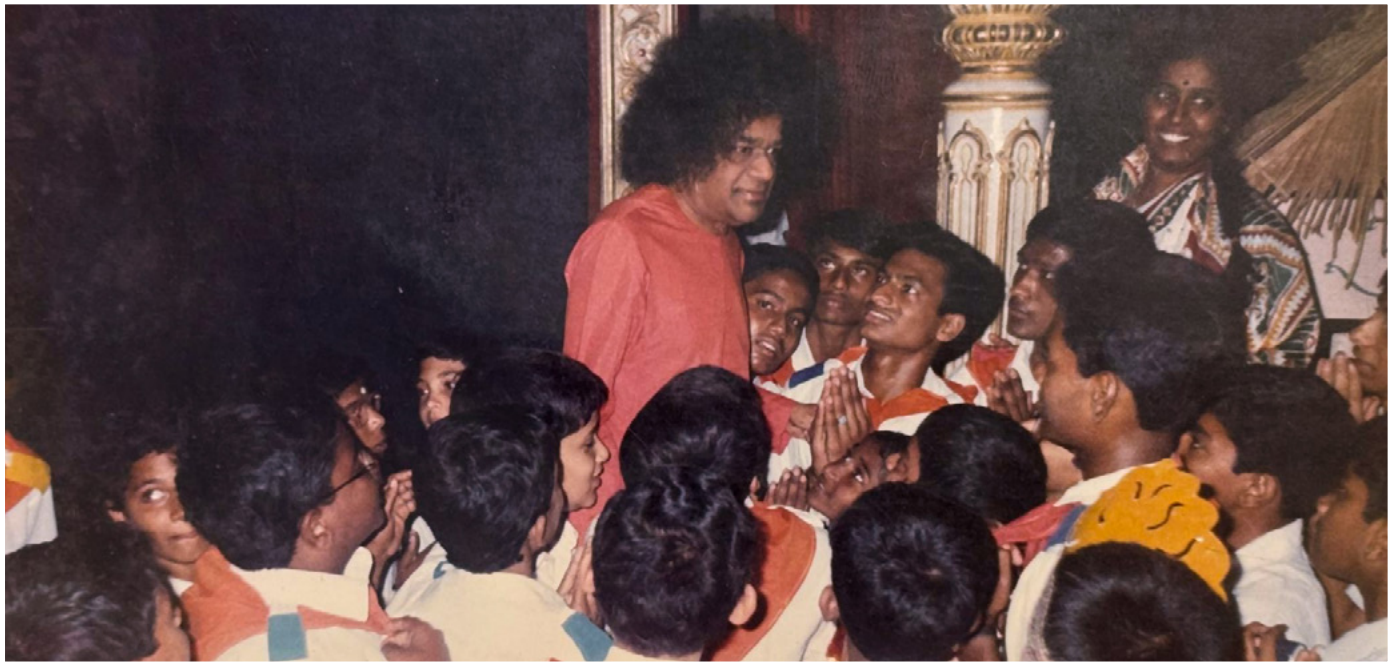
At that time, I was angry with my father's passive approach, so much so that I didn't speak to him for days. His frequent nonchalant use of "Swami *chusukuntaru*" had always seemed like a convenient excuse to avoid taking action. However, years later, reflecting on this incident, I finally understood the profound wisdom and conviction in his words.

What I had perceived as inaction was a demonstration of his complete faith and surrender to the divine. Like a child who feels secure in the mother's care, or an actor who trusts the cosmic play director, my father had absolute faith that everything would work out as per His plan. Through this seemingly stressful experience, Swami taught me the true meaning of surrender in His unique way. I believe now that fearlessness stems from total surrender to the divine. This realization brings tears of joy, understanding that sometimes our most significant challenges are divine lessons in disguise. **Out of all the joys we experience in life, I believe that the greatest joy is when you experience God within. From trust comes this beautiful connection with God within, which produces fearlessness.** It reminds me of a bumper sticker I saw on a car, "One who kneels before God can stand tall against anyone!"

The 'Role of Death'

In December 1994, during my 8th grade, I experienced one of Swami's mysterious teaching methods through what seemed like a simple school play. The teachers, perhaps seeing something fitting in my personality, cast me as the God of Death in a spiritual comedy; a choice that would later reveal its profound significance.

For two months, we dedicated ourselves to rehearsals before heading to Puttaparthi. In the Parthi sheds, we waited anxiously for Swami's call, intensifying our prayers day and night as advised by our teachers. Finally, through Professor Anil Kumar, we received



the blessed news that Swami wanted to see our performance in the Poornachandra Auditorium.

An extraordinary moment unfolded during our final practice session just before the girls' turn. The central door on the stage suddenly opened, and Swami Himself appeared—an unexpected divine entrance that left us all spellbound. Standing beside Him, I felt His soft hands touch mine, and I held on, unwilling to let go of this precious moment. What puzzled me was His comment that He had already seen our performance and it was “coming out very well,” though we hadn't yet performed. In that magical moment, He also materialized a gold chain for one of the boys, a miracle I witnessed standing just beside Him.


The play's plot revolves around a man bargaining with the God of Death, attempting to remain on Earth by offering everything from family connections to material wealth. As Death, I delivered menacing laughs and

stern warnings about the inevitability of life's end. **My character emphasized that when the time comes, nothing accompanies us except the memories and good deeds accumulated during our earthly journey.**

Concluding Thoughts

Years later, in a crisis, I remembered the dialogue I had delivered decades ago as 'Death' and I was happy. During times of challenge, I could relive these experiences that Swami granted me and feel connected with Swami. My beliefs, misconceptions, and questions did not affect Swami's grace and love toward me. I know He is always with me as my constant companion forever. **So I would like to continue to express my gratitude and love toward Swami by serving in His Organization.** Having received His unconditional love, I want to share it by loving and serving all.

Jai Sai Ram.

Mr. Sai Prasad Kalluri 
USA



Mr. Sai Prasad Kalluri's spiritual journey began at a young age when he was drawn into the divine fold of Bhagawan Sri Sathya Sai Baba. His early education was at Sri Sathya Sai Vidya Vihar in Visakhapatnam, India, where he absorbed both academic excellence and spiritual values. After moving to the United States, Mr. Kalluri has remained deeply connected to the Sai mission and His teachings. He lives in Boston with his wife, Ananda, and their son, Ishaan. Mr. Kalluri serves as a coordinator for Sai Spiritual Education (SSE) at one of the Sai centers in Northeast USA. Professionally, he works for Amazon in Boston.



Mother Easwamma anoints Bhagawan Sri Sathya Sai Baba by applying fragrant oil to His hair on His Birthday.

7th Anniversary of DHARMAKSHETRA

Bhagawan Sri Sathya Sai Baba blessed the city of Bombay while celebrating the 7th Anniversary of the inauguration of Dharmakshetra (Sathyam) on May 12, 1975. Since its establishment in 1968, over the past seven years, the Dharmakshetra campus added the Sathya Sai High School which caters to the children of lower-income groups with a vocational curriculum, the first-of-its-kind agricultural polytechnic institute, the Shanti Deep prayer hall, and a new 5-petaled, 5-fluted *Stupa* representing all faiths which Swami inaugurated. **This *Stupa*, the precursor to the *Sarvadharm Stupa* in Prasanthi Nilayam marked the Golden Jubilee of the divine advent.**





Sarvadharm Stupa
Inauguration

In fact, Swami gave *darshan* to the mile-long assembly of devotees singing *bhajans* and participating in *nagarsankirtan* from near the *Stupa*. This was followed by *darshan* and *bhajan* sessions where at least 20,000 people gathered under a spacious *shamiana* (canopy). The public meeting in the evening was presided over by the Mayor of the city, Sri. M. M. Pinge. Sri. P. K. Sawant, former Minister of Agriculture, gave an account of the new trends in rural education that the polytechnic institute intended to foster. Sri V. S. Page, the famous scholar of Maharashtra spoke on **the significance of the *Stupa* saying that it represented three facets of Swami's teachings—universal love, incessant sadhana, and the promotion of peace and progress in society.**

After blessing the school students who had shown excellent academic performance, Swami blessed the huge gathering with an inspiring and illuminating discourse on the importance of work. **He said that all work is the end product of three powers in man: the *Iccha Shakti* (power of desire), *Jnana Shakti* (power of knowledge), and *Kriya Shakti* (power of action).** Each of these urges has to be sublimated, and action must evolve from the low (benefiting oneself and

family) to the middle (benefiting the country) to the high (benefiting the world).

The morning of May 13 saw the students of the Sri Sathya Sai Arts and Science College enact a drama titled '*Bhaja Govindam*', at the Shanmukhananda Hall in Sion. The play was followed by skits, playlets, and dances by the Bal Vikas children, the Pre-Seva *Dal* youth, and the *Seva Dal* (volunteers). Every hour of His stay in Dharmakshetra, Baba moved among the tens of thousands who had flocked there and showered His blessings on everyone including the sick and others in distress. Many of them came from long distances and small towns and neighboring states as well.

Swami also inaugurated a Book Center, guided the 18 Trust members and State Presidents regarding activities to be conducted in connection with the Golden Jubilee Birthday, spent hours with the students of the college who had traveled with Him, and blessed all the *Seva Dal* with *vibhuti* and sweets. He took off for Bangalore by the earliest flight on May 15, leaving Dharmakshetra at 5:30 AM. Despite heavy rain, thousands gathered to get a glimpse of their beloved Lord and bid farewell to Him.

LOVE IN ACTION



AUSTRALIA

Bringing Santa to Christmas for the Homeless

On December 19, 2024, the Melbourne Center of the SSSIO enhanced its regular program of serving food to the homeless with a special Christmas celebration. For over 25 years, the Center has served the homeless at Queen Victoria Market. In the spirit of Christmas, volunteers prepared 50 festive gift hampers containing personal care items, sweets, drinks, and snacks. In a celebration that included beautiful singing of Christmas carols and a visit by Santa Claus, bringing Christmas cheer, 20 SSSIO members served meals to around 80 recipients and distributed the festive hampers. The joyous and gratitude-filled atmosphere reflected the teachings of Christ and Sai Baba, emphasizing selfless service as a form of devotion and expression of love for God.



BELARUS

Acts of Kindness

In mid-March, 16 SSSIO volunteers from four cities in Belarus brought aid and comfort to more than thirty people in need. They lovingly served porridge with vegetables, salad, and pizza near three temples in the city. Volunteers from other cities delivered food packages for pensioners. The volunteers also distributed clothes and lovingly served the stray animals on the street.





MALAYSIA

Celebrating Thaipusam with Blood Donation

Thaipusam is a festival honoring Lord Murugan (Karthikeya), celebrated mainly by the Tamil-speaking community in Malaysia. Devotees perform rituals, carry *kavadis* (a symbolic ritual of carrying a burden), and undergo penance to seek blessings and fulfill vows.

Adding a generous dose of service to the devotional fervor of Thaipusam, the SSSIO in Malaysia organized a blood donation drive on February 11 and 12, 2025, in collaboration with the National Blood Bank and government hospitals. Held over two days across four locations—Penang, Ipoh, Batu Caves, and Segamat—the program ran non-stop for 66 hours, supported by 372 volunteers. More than 2,150 pints of blood were collected to replenish hospital supplies, potentially saving lives.

The event highlighted the community's spirit of unity and compassion. The organizers extended their heartfelt gratitude to all



donors, volunteers, and partner agencies who participated in this loving offering to Swami.



URUGUAY

Hot Meals for the Homeless

On December 22, 2024, in Montevideo, Uruguay, 12 SSSIO members embarked on a service initiative in Parque Rodó, offering hot meals to around 30 homeless individuals. Held after the year's final *bhajan* session, this act of selfless service aimed to provide care, compassion, and hope, and reflected SSSIO members' dedication to expressing love through service. Through this gesture, volunteers not only provided



physical nourishment but also compassion and hope to those who needed it the most.

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

Divine Love Therapy FOR CEREBRAL PALSY

IN THE INTRICATE TAPESTRY OF LIFE, MY STORY UNFOLDS AS A SPECIAL-NEEDS COUNSELOR WHO TRANSITIONED INTO THE ROLE OF A DEVOTED MOTHER to our son, Suneet, born with cerebral palsy and developmental delay. Choosing the love and dedication of a mother over a counseling career, I embarked on a transformative journey, navigating the complexities of therapies, and embracing divine love and grace with family support!

Having spent years as a dedicated special-needs counselor, the shift in my life was seismic when my son was born with cerebral palsy. The knowledge and empathy I gained through my counseling career became the compass that guided me through the uncharted waters of being a mother to a child with unique needs. Still, I spent years in disbelief at this 'cosmic joke' in my life, played by the divine! As a professional, I knew what had to be done; as a mother, I was devastated!

“Looking back at Swami’s words of eternal wisdom, I am grateful to Him for guiding me in making this tough decision and sticking to it.”

A Firm Resolve Behind a Tough Decision

There were immediate decisions to be taken, which had far-reaching consequences. Faced with the challenges of my son’s condition, I made a heartfelt motherly decision to step away from my counseling career.

“It is in her role as mother that there is the highest expression of a woman’s strength. Every child that is born owes its existence to the mother.”

Sri Sathya Sai Baba

May 6, 1996

“A lady must look after the home first and then work outside, if necessary. A house without a mother is like an empty choultry (caravan-sary). A lady should be an ideal mother to her children, look after her husband, and then do outside work. She can study, get degrees, enter politics, or do any other work, but she should not neglect the home, which is the very foundation of her life.”

Sri Sathya Sai Baba

November 19, 1997

Looking back at Swami’s words of eternal wisdom, I am grateful to Him for guiding me in making this tough decision and sticking to it.

Challenging Times

The journey began with rigorous therapeutic interventions aimed at addressing the specific challenges of cerebral palsy. The interventions ranged from physical therapy to speech therapy to enhance Suneet’s motor skills, communication abilities, and overall quality of life. Despite best efforts, he showed only minor improvements and the challenges kept mounting, one after another.

Sleepless nights became routine—whether it was calming his spasms, managing his feeding difficulties, or simply embracing him close for comfort when frustration overwhelmed him. Every therapeutic visit felt like a battle, and every new diagnosis was a fresh heartbreak. The world’s well-meaning, but sympathetic, glances stung. Yet, what hurt most was the isolation—a normal lifestyle for Suneet just eluded us. Amid exhaustion and tears, the divine love that permeated my heart remained my strongest anchor, pushing me to fight for every bit of progress, however small. **In the face of such adversity, I found strength in faith, prayers, and our Swami’s unflinching love and divine grace!**

Christmas Gifts in 2007

Our family joined the SSSIO-USA Region 8 pilgrimage to Puttaparthi in December 2007. Our second son, Suhas, was acting the role of Jesus in a Christmas play titled,

Swami giving Suhas a gold chain with pendant during Christmas 2007



'Boy Jesus.' That was the first time our son Suneet, who was just 7 years old, saw Swami. We spent 11 days in Prasanthi Nilayam, stood in lines for *darshan*, and constantly prayed for Swami's grace on our special son. Nothing seemed to happen till the 27th of December when the children presented the Christmas play.

The play is about the days of King Herod's rule. Angel Gabriel informs Mary that she has been chosen to bear Jesus. Joseph and Mary wander about searching for an inn and finally come to a shed where Jesus is born. Then, the wise men, Caspar, Melchior, and Balthazar from Mesopotamia, Persia, and Ethiopia reach the babe after following a star. They carried gifts of gold, frankincense, and myrrh. Jesus grows into a boy and impresses and inspires everyone with wisdom far beyond his age. He reminds everyone that the Kingdom of God is within one and all. The whole skit was interspersed with carols—*Silent Night, O Little Town of Bethlehem, We Three Kings of Orient*, etc. During the final song, Joy to the World, the children came forward to sing the final lines.

As this happened, Swami called Suhas, who had acted as Jesus, near Him. He began talking to him, asking his name, and where he was from. Then He materialized a gold chain with a beautiful pendant! Swami seemed to take some time opening the link of the chain to put it around Suhas' neck. Suhas said, "Swami please do not trouble yourself." The Lord beamed a broad smile, put the chain around Suhas's neck, and blessed him.

While we were elated with the shower of blessings that Suhas received, we thought Suneet needed His blessings even more. But then, when we returned to the US, we noticed Suneet's condition started to improve miraculously! He started vocalizing sounds, speaking simple words, and following conversations. He started taking small steps holding on to his walker and finally got out of the wheelchair! He started using his arms and accompanying the *bhajans* by clapping. He also sat with good trunk support during the *bhajan* sessions with joy and full attention! All these things happened so quickly that my heart erupted with joy. **We realized that Swami had blessed both our sons, and all of us, in different ways.**



Suneet with Swami at Christmas 2008, and in more recent years.

The Power of *Bhajans*

One day, amidst all the breakthroughs, Suneet began vocalizing a tune and started humming and singing *bhajans*! **It was a moment of great astonishment and joy for all of us. We all cried with happy tears at our Sai's divine grace and blessings! This melodic breakthrough marked the beginning of a transformative journey. Suneet found his voice through the devotional Sai *bhajans*.**

Recognizing music's profound impact, we incorporated it into my son's daily routine of listening to Sai *bhajans*. The therapeutic potential of music by listening to and singing *bhajans* became a guiding force, creating a harmonious environment that contributed to his overall development. He began to

sing Sai *bhajans* in community events, temples, and even at school!

Today, in 2025, Suneet is 25 years old. He is computer literate, reads books, speaks English and Kannada (Indian language) fluently, solves puzzles, walks with minimal support, rides a bike, takes care of his daily needs, and leads *bhajans*, having memorized over 100 *bhajans*. **All of these have been possible only by the grace of our beloved SWAMI.**

Today, we stand beside our son, witnessing a symphony of triumph over adversity. What began as a journey marked by uncertainty and challenges transformed into a testament of love and resilience by the divine grace of our loving Swami!

Mrs. Revathi Subra 
USA



Mrs. Revathi Subra resides in California, USA with her family. She joined the SSSIO in 2005 and has experienced its positive influence in her life and the lives of her family members. She serves as the Media Coordinator for SSSIO USA, Region 8 (Southern California). Professionally, she holds an M.A. in psychology and is certified to work in special education. She also manages a non-profit organization in California that assists individuals and families with special-needs individuals.

from the International Sai Young Adults

One for All, All for Sai Suriname

On March 9, 2025, the SSSIO Suriname participated in a public outreach event, 'Holi Milan', collaborating with various NGOs to promote the theme "Spirituality and a Healthy Lifestyle." This annual gathering emphasized

human values and well-being, covering topics such as vegetarianism, health, nutrition, mental wellness, spirituality, and service.

Three Young Adults (YAs) along with five senior SSSIO members had the opportunity to share Swami's universal message with over 700 attendees from diverse backgrounds. The focus was on understanding the deeper values of the Holi festival through multiple perspectives, reinforcing the principles of love, unity, and service. Notably, even members of other participating organizations embraced the same ideals, creating a collective atmosphere of spiritual upliftment.

The SSSIO set up an interactive booth displaying posters with Swami's teachings along with books, *vibhuti* (holy ash), pendants, and other materials. Food was served to residents of elderly homes, spreading the message, "Love All, Serve All." The day's activities included cultural perfor-

mances, devotional music, and discussions on vegetarianism, all reinforcing the five human values—truth, right conduct, peace, love, and nonviolence. A highlight of the event was the distribution of wheelchairs, demonstrating love in action through selfless service.

An inspiring finding was that many attendees were already familiar with Sai Baba's teachings, having read His books. This event provided a wonderful opportunity to share SSSIO broadcast links, invite them to future activities, and further expand Swami's message to everyone.



AROUND THE WORLD

Echoes of Devotion

A Satsang of Bliss and Bonding

Canada

On February 2, 2025, the Agincourt Sai Center in Canada hosted the **Second Regional Youth Bhajan**, a spiritually uplifting event uniting Sai devotees across the region. A collaboration between the Toronto East and Agincourt Sai Centers, the gathering radiated devotion, unity, melodious music, and love.

As devotees arrived, the auspicious ambience was palpable, with soft lighting and the smell of incense enhancing the spiritual atmosphere. The youth, at the heart of the event, led the *bhajan* session with enthusiasm and love. The harmonious voices uplifted the audience, creating an atmosphere of peace and devotion.

Following the *bhajans*, Ms. Pranita Prashanth, the newly appointed Young Adult Coordinator, shared her spiritual journey. She spoke about how the Sai Spiritual Education and the YA programs shaped her personal and professional life. As a registered nurse, she integrates Swami's teachings of compassion and care into her daily work, inspiring the youth to carry these values into their careers and lives.

Ms. Preeti Gover, Regional President of Region 1 and Vice President of the National Council (SSSIO Canada) shared



how the *bhajans* filled the space with divine energy, making Bhagawan Baba's presence felt. Ms. Usha Kapoor, Regional President of Region 2, expressed joy in witnessing youth-led devotional programs and emphasized the importance of such gatherings in strengthening their spiritual journey.

The evening concluded with a dinner gathering, allowing devotees to connect, mingle, and share their experiences. The final *bhajans* echoed in the venue, uplifting spirits, filling hearts with love, and focusing minds on Swami's teachings. The event left everyone in eager anticipation of the next *bhajan* session, continuing the path of devotion and service.

AmazinGrace25

Malaysia

On January 11-12, 2025, the historic city of Ipoh, Malaysia, set the stage for AmazinGrace25, a Young Adults retreat. Fifty YAs from across the country gathered to immerse themselves in Swami's teachings through spiritual practice, selfless service, and fun adventure. The group had over 50% of attendees from Perak, while others traveled from Kuala Lumpur, Pahang, Penang, Kedah, and Johor, reflecting widespread enthusiasm for Swami's message.

Rooted in Divine Grace

The retreat commenced at the serene Tambun Cave Sai Temple, a unique limestone cave sanctuary dedicated to Bhagawan Sri Sathya Sai Baba. Originally, the temple was a shrine to Goddess Quan Yin, the *bodhisattva* (enlightened being) of compassion in East Asian Buddhism, revered as a merciful and loving deity who hears the cries of those in need and bestows divine assistance. The temple was transformed in the late 1970s by Mr. Philip Foo under Swami's guidance. Swami personally blessed and signed the temple's architectural plans, inspiring its construction. Nestled amidst majestic rainforests, the temple's *Shivalinga*-shaped structure, adorned with natural stalactites and stalagmites, exudes an aura of peace. Lord Vigneshwara stands at the entrance, welcoming visitors into this spiritually charged space.





Transformative Sessions and Engaging Activities

The cool morning air resonated with the spiritual energy of *bhajans* and Vedic chants, setting the stage for a deeply meaningful experience. A tranquil Jyothi meditation session, themed “Rooted in Sai,” provided the spiritual foundation for the retreat.

The retreat featured several thought-provoking sessions:

- **Inspirational Talks:** Mr. Sugumaran Vairavappillai and Mr. Gunasegaran Reddy emphasized growth through challenges, while Dr. Suresh Govind’s workshop, “The Call to Adventure,” encouraged self-reflection and embracing one’s inner spiritual hero.
- **Interactive Wisdom Sharing:** Ms. Prashanthini and Ms. Yuhashinee led an interactive session titled “Hanuman’s Superpower with Spiderman’s Spider-Sense,” sharing ancient wisdom with modern metaphors, offering practical insights into life’s challenges.
- **Why the Sai Center?** An intimate sharing session allowed participants to share their personal journeys and the profound impact of Sai’s teachings on their lives.
- **The Amazing Race–Service Meets Adventure:** Day 2 introduced The Amazing Race, a thrilling exploration through Ipoh’s historic streets. Teams navigated cultural landmarks and engaged in service, seamlessly integrating spirituality into daily life. Every task reinforced the retreat’s core values—teamwork, devotion, and selfless love.

Looking Ahead: A Legacy of Inspiration

AmazinGrace25 proved that adventure and devotion, tradition and innovation, and fun and service can coexist beautifully. Inspired by this experience, participants pledged to initiate service projects in the future and deepen their spiritual commitment.

Reflecting on the retreat’s success, the organizers stated, “What began as an experiment in youth engagement blossomed into a powerful demonstration of passion and creativity in Swami’s mission.” As a humble offering for Swami’s 100th year of divine love, AmazinGrace25 reaffirmed the strength and dedication of Sai’s young adults, ensuring a bright future for His mission.



Ms. Sai Vina V Vimalenthiran
Singapore



His Subtle, Silent Ways

As a child, I often wondered why Swami never appeared in my dreams or spoke to me, especially when others shared their personal experiences of such dreams. Growing up in a family devoted to Swami, I was always reassured, **“Swami will take care of everything.”** But how could He, when He wasn’t physically present? How could He be everywhere and nowhere at the same time? It didn’t make sense to me. And yet, I believed in Him—*because that was all I knew.*

Years passed, and as I navigated the ups and downs of life, my faith was tested. On a particularly difficult day, I found myself sitting in a *bhajan* session, overwhelmed with frustration. My mind was restless, filled with questions. I was angry at Him, arguing with Him in silence. Two thoughts kept repeating in my mind. First, *“If You really are God, how could You let bad things happen to us, to me?”* And second, *“Why and how would You even know I’m upset with You when You are so far away?”*

As these thoughts circled in my mind, I suddenly felt a hand on my shoulder—large and warm, a stark contrast to the gentle tap of the small aunty standing beside me. She beamed at me and said, *“Today, you do arathi (ceremonial offering of light), okay?”* I hadn’t asked for the chance to do *arathi*. There was no reason for me to be chosen. Yet, at that moment, I was stunned. *Is this really You, Swami?* I wondered. My gaze shifted to the altar, and there He was, smiling.

That day, I understood—He is everywhere and nowhere. He is always listening. He answers when we need it the most, and even when we don’t realize it, He responds in His own subtle, divine way. He indeed keeps His word:

“God resides in your heart. He listens to your prayers. If you aspire to attain His grace, you have to contemplate on Him incessantly. Worldly difficulties come and go. One should not attach much importance to them. However, through prayer, one can overcome any difficulties. Only God’s grace is true and everlasting. One should strive to attain it.”

Sri Sathya Sai Baba
July 21, 2005



The Transformative Power of Meditation

“In order to calm the mind and keep it on an even keel, dhyana (meditation) is prescribed as a sadhana (spiritual practice). Dhyana is the process by which the positive and negative aspects of the mind are regulated out of existence.”

Sri Sathya Sai Baba
November 21, 1979

Meditation is a powerful tool prescribed by Swami for attaining Self-realization and a vital practice for calming the mind and soothing emotions. Swami emphasizes daily prayer and meditation

in the 9-point code of conduct. Inspired by this guidance, the International Sai Young Adults have taken the initiative to encourage this transformative practice and help individuals experience its profound benefits.

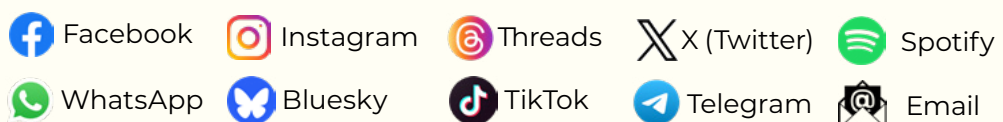
At the International Sai Young Adult Leaders Retreat held in Greece in July 2024, YA leaders recognized the need to provide practical means for YAs to navigate through the challenges of daily life with peace and clarity. YAs needed a space to calm their minds, direct their thoughts toward uplifting ideals, and experience Swami’s love. A short meditation session was introduced at the retreat, where participants had profound experiences of deep peace, healing, and Swami’s loving presence as if He were gliding alongside them in the meditation room.

The International Sai Young Adults initiated a series of regular meditation sessions in 2025, led by Mr. Jagdesh Lakhan from Trinidad and Tobago. The first session on January 18, 2025, focused on goal setting to bring clarity, peace, and joy as the new year began. Centered on Lord Shiva in anticipation of the auspicious Maha Shivaratri, the second session on February 15, 2025, guided the participants to experience divinity as Sat-Chit-Ananda—pure existence, consciousness, and bliss. The third session held on March 15, 2025, was dedicated to healing limiting thoughts and beliefs, helping participants release negative self-perceptions and embrace their divine truth as beings of love, peace, and wisdom.

These live sessions are conducted in English with real-time Spanish translation, making them accessible to a broader audience and ensuring that more hearts can come together in this shared, uplifting experience.

Follow our social media channels for updates on the next session.

Follow Young Adults on Social Media



yacoordinator@sathyasai.org | <https://sathyasai.org/ya>

Easwaramma The Chosen Mother

Oh! Easwaramma...
Through the ages that was...
through the present time...
and the epochs yet to come...
Your Sai is... and will remain...
the most loving, benevolent and
compassionate cosmic.
He will be consistently acclaimed,
applauded...
admired, adored and appreciated...
as the sampoorna avatar!

Oh! Easwaramma...
Tera Sai iss yug ka Avatar...

Oh! Easwaramma...
Tera Sai yug yug ka Avatar...

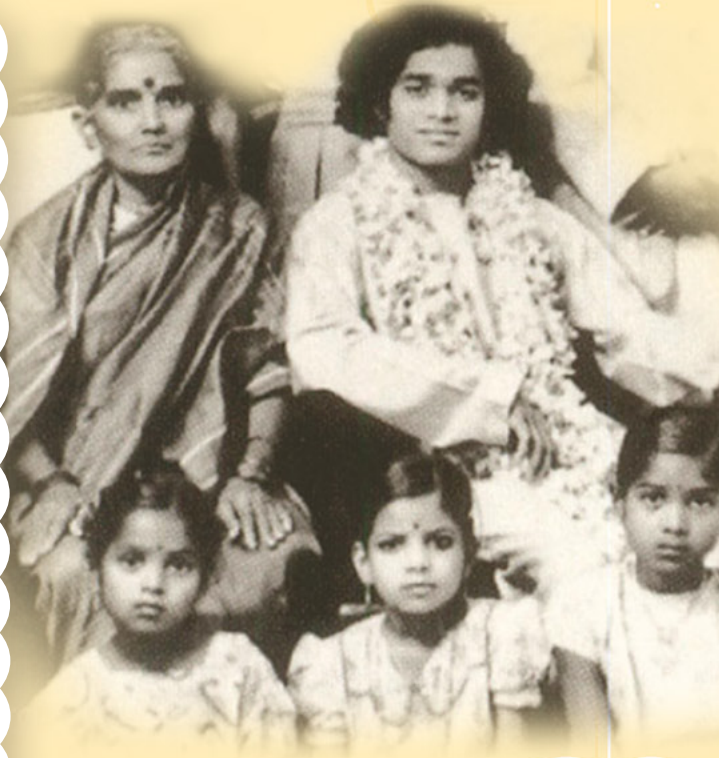
Oh! Easwaramma...
Tera Sai Sampoorna Avatar...

Tisha M | Group 4 | Mauritius

Mom, I look at you
and see a walking miracle
your unfailing love without limit
your ability to soothe my every hurt,
the way you are on duty unselfishly
every hour, every day
makes me grateful
that I am yours, and you are mine
with open arms and open heart
with enduring and inner strength.

Hemali S | Group 2 | Mauritius





I will love and respect my mother,
I will listen to my father's words,
For I know in this world there's no others,
Who will love me with a loves so true.

I will always be kind to my mother,
and live up to my father's words,
For I know in this world there's no other,
who wil love me with a love so true.

Aahaanaa N | Group 2 | Mauritius

Easwaramma Nandan
Sai Mukundan
Parthipuri Bhagawan
Janam Janam Sey
Pooja Tujhko,
Ashk sey pooja charan
Kamak ko parthipuri
Bhagawan Sairam
Hrudayaniwasi.

To be His mother, she was chosen by God
upon Mother Earth.

Vedanshee C | Group 1 | Mauritius

True, a mother is a mother,
Holy beyond words for all time
even if the son goes astray.
But among them all
The one who begets Hari, the Lord
is the holiest of all.
Who has earned this honor
for her relentless penance.
But oh, Easwaramma!
Unparalleled is the sacrifice
you made
To set an example
For women is every age
of what motherhood is
Let's open our hearts for you!

Eishwarya S | Group 3 | Mauritius

Upcoming SSSIO Events

Please visit sathyasai.org/events for details on scheduled events, local dates and timings.

Date of Event	Day(s)	Festival/Event
May 10, 2025	Saturday	Buddha Poornima
June 14-15, 2025	Saturday-Sunday	Akhanda Gayatri
July 10, 2025	Thursday	Guru Poornima



Streaming on sathyasai.org/live and YouTube



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.**



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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](#)



If you throw a stone in a well, it will give rise to waves. How far will the waves go? They will spread in the entire well and go up to its edges. Similarly, when you drop a stone of a good or a bad thought in the lake of your mind, its effect will spread to your entire body. If it is a bad thought, your eyes, ears, and tongue will see, hear, and speak all that is evil. Your hands will also perform evil actions and your feet will take you to undesirable places. The effect of your thoughts will spread to your entire being right from head to toe. Therefore, the heart is very important.

Sri Sathya Sai Baba

July 8, 1996



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never

