

Sai Yuva

Volume No: 7

January '09

Sai Vani

The sun appears serene and peaceful
The days have become shorter and the cool
wind is blowing
The fields are ripe with golden crops
Marigold flowers are blossoming like
garlands of pearls on the banks of rivers
The farmers are rejoicing and singing
The sweet festival of Sankranti has come
in the Pushya month,
Filling the granaries in our homes with the
freshly harvested grain.
(Telugu song)

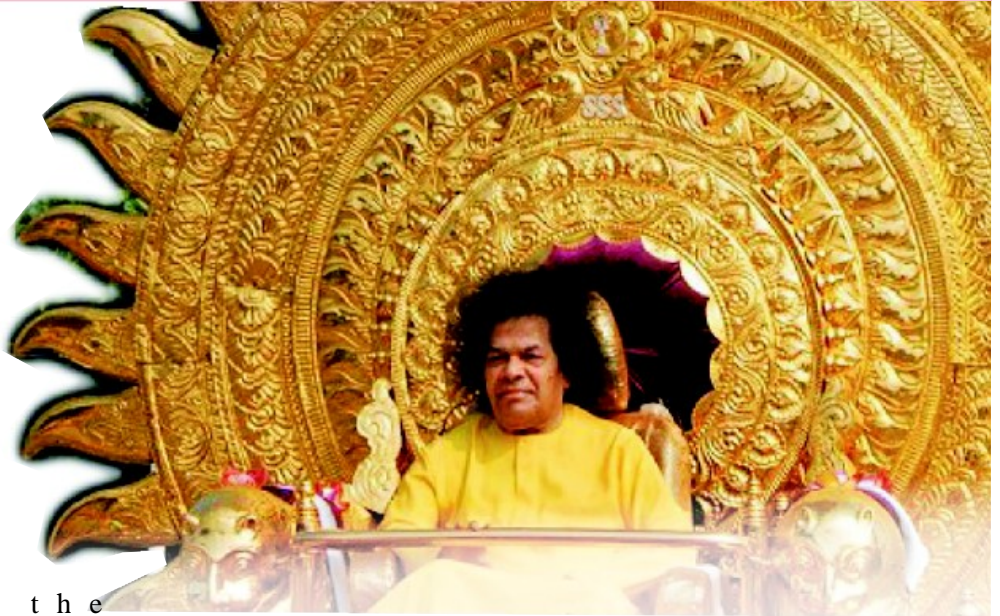
Embodiments of Love!

This is the Sankranti festival time. Sankranti is a great festival. It is a day on which the farmers bring home the harvested crops consisting of all varieties of food grains and pulses needed for the household. The farmers, having finished a hectic schedule of harvesting the crops and be-coming free from agricultural operations, enjoy good food and rest in their homes. They spend a leisure time, happily with their family and friends indulging in fun and frolic. They invite the newly married sons-in-law to their houses and present them with new clothes. The entire house abounds with joy.

The Sankranti festival is also an occasion when the bullocks are decorated elaborately and taken to various houses in the village. The bullocks are worshiped and fed sumptuously as an expression of gratitude for all the hard work they have done in the fields. Even the bovine members of the household are feted.

The mind is very unsteady. It is always affected by bumps and jumps. How then can you control such an unsteady mind? It is not possible. The mind can be controlled in only one way: by constant contemplation on God.

We often see people changing the names and forms of God for contemplation, frequently. One day they contemplate on Rama, the next day on Krishna, and yet another day on Venkateswara, etc. Mind control is not possible by such contemplation. If you consider Rama as



t h e
God

of your liking, then stick on to that name and form till your last breath. Then, surely you will have the vision of Rama.

Several pictures and paintings of God in a particular form are sold in the market. They are done by painters like Ravi Varma. Did Ravi Varma actually see Rama or Krishna? No. He only heard stories about Rama and Krishna and painted their forms based upon his imagination. These pictures and paintings only remind you about Divinity.

You are God, verily! Do not think that God is somewhere in a distant place. You yourself are God. Develop that confidence. However, when you consider yourself as God, you must develop divine qualities. Then only are you entitled to consider self as God.

Since no one had ever explained the nature of Divinity in this manner, people have fallen into dogmatic theories. God is immanent in every human being, nay, all living beings. There is no place where God is not present. Wherever you see, God is present there. In fact, you need not come over here to see God. He is very much present in the place where you reside. Without realizing this truth, people are spending a lot of money and going on pilgrimages. That's not what you should do.

Develop the quality of love in you and

share it with all. Then all people can become one. All are one, be alike to everyone. No living being can ever live without love. Living is possible only with love. Hence, develop a loving nature. When you go home, close your eyes and contemplate upon God. You're sure to find Him in your heart. When you open your eyes to the outside world, you see all and sundry.

If you go to a doctor complaining about some problem in your body, they will take an X-ray of your heart, liver, kidney, etc., and decide about the particular malady from which you are suffering. Spirituality is like an X-ray photo that will reveal your true nature.

Install the form of God in your Heart and contemplate on Him incessantly. Never change that form for any reason. You are sure to realise God. You need not search for Him elsewhere. If you wish to see Swami, install the form of Swami in the altar of your heart. You can surely visualise Swami there. If you develop a feeling of oneness with Him, everything will turn out to be good for you. This is what you have to realise today.

Festivals come and go. Sunday, Monday, Tuesday --- days roll on like that. Saturday lapses into Sunday. But God will never change. He is eternal. Realise this truth.

Stories for Youths

Can you say God Exist?

A man went to a barbershop to have his hair cut and his beard trimmed.

"Welcome." said the barber, "Have a seat". The barber began to work. They were good friends. They began to have a good conversation. They talked about so many things and various subjects. when they eventually touched on the subject of God, the barber said, "I don't believe that God exists."

"Why do you say that?" asked the customer.

"Well you just have to go out in the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. Can't imagine a loving God who would allow all of these things."

The customer thought for a moment, but didn't respond because he didn't

want to start an argument. The barber finished his job and the customer left the shop. Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and untrimmed beard. he



looked dirty and unkempt. The customer turned back and entered the barber shop again and he said to the barber, "You know what? Barbers do not exist."

The barber was startled. He laughed

and said, "How can you say that? I am here, and I am a barber. And I just worked on you!"

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah!" the barber smiled, "But barbers do exist! That's what happens when people do not come to me."

"Exactly!" affirmed the customer. "That's the point. God, too, does exist! That's what happens when people do not go to Him and don't look to Him for help. That's why there's so much pain and suffering in the world."

- Sachin Sanap, Internet

Questions & Answers!

Send your questions or doubts to saiyuvagoa@yahoo.co.in or saiyuvagoa@saimail.com

Q. Does chanting prayers before eating food makes a difference?

A. It would be almost impossible to ensure that the food we eat is always grown, prepared and served under ideal conditions.

Hence if we eat food without first offering it to god, we will be affected by all the impurities and defects present in that food.

In order to purify our food before eating the sacred and simple way is sprinkling some water over the food and chant the mantra. "Annam Brahma, Raso Vishnu, Bhokta Maheshwara." Other mantras are 'Brahmarapanam' and 'Haridata'.

The benefit of chanting these mantras before partaking of our food is that- the food is thereby sanctified as prasadam.

Q. What is the meaning of Tat-Twam-Asi?

A. It means 'that-thou-art', which means 'that-is-this'. The external world is fundamentally one, is really 'Brahma' appearing as many.

'Twam' is 'I' (myself). And that is what the experience of all the sages tells us. That is the profound- discovery embodied in the wisdom of the vedas. Tat is Twam - Twam is Tat means there is no second- there is only one.

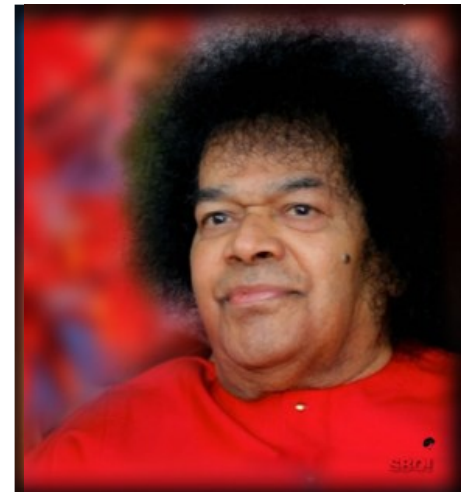
Q. What is the first bhajan Swami sang after the declaration of Avatarhood?

A. This question is clearly answered in Sathya Sai Speaks Vol. I, pg. 1-2.

'Well, that day when I came out publicly as Sai Baba, that first song I taught the gathering in the garden to which I went from the Thelugu pandit's house was: 'Maanasabhajare guru charanam, Dhusthara bhava saagara tharanam.' That was my very first message to

humanity.

... "Worship in the mind." I do not need your flowers, garlands and fruits... they are not genuinely yours. Give me something that is yours, something which is clean and fragrant with perfume of virtue and innocence, and washed in the tears of repentance.



All Maharashtra & Goa Youth Parthi Yatra



Aum Sri Sairam,

This time we celebrated our New Year Day at Puttaparthi. Around 2700 youths from Maharashtra and Goa attended the 'All Maharashtra and Goa Youth Parthi Yatra' out of which about 150 were from Goa. On the 2nd January evening a big portion of Kulwant hall of filled with youth donning their orange scarves. Today was the day Swami had blessed us to put up our programs in front of Him.

It was about 5:30 pm when Swami arrived. A huge curtain of the Tri-colour hung from the ceiling to the floor acting as the giant background. before it were giant backdrops of red fort. Sai youth rejoiced at the close darshan.

After spending a b o u t 2 0 minutes in the i n t e r v i e w room Swami came out and asked for the programme to begin. A train of youth moved up to Swami with various offerings and Swami patiently blessed each and every one of them.

Then, Swami called the coordinator and told him t o m a k e t h e announcement soon and begin the programme.

The introduction for the drama on Netaji Subash Chandra Bose was given and then the programme began. 27 fire torches lit from their respective Sai Jyotis were presented in a beautiful way before Swami. The 27 Jyotis merged into one in the Divine presence and that was used to light a candle which Swami used to light the "Maha Jyothi" as they referred to it.

After that ceremony, the drama began. Subash Chandra Bose also called Netaji was a colossus amongst the brave men of the world. The drama displayed his spiritual and social attainment, many of which we were unaware of. He was strongly influenced by Swami Vivekananda's teachings. The drama also showed his contribution to the

freedom struggle and it was an inspirational story. In one plot, Netaji wrote to his mother a letter saying that, he was not fighting only for independence from British, for the nation still had to be administered after that and he also desired true freedom in its complete spiritual sense. Swami too, being specially fond of Bose, watched the drama attentively.

As the drama concluded with the final song with B o s e march i n g o u t w i t h t h e



I N A - t h e

Indian National Army, the Tri-colour was waved in thousands by Sai Youths. Swami consented and moved down the stage for a group photo with the participants. As He did that, He also spoke to many of the boys and accepted letters.

One particular boy almost broke down telling Swami that though he had been studying and trying very hard, he was not getting a call to do MBA in Swami's University. Swami took his application form and gave instructions that the call letter be sent to that boy! There were smiles all around. Prasadam was then

distributed as the youth started bhajans. Before leaving the compassionate lord blessed us the Sai youths with 'Abhaya Hasta' (blessing with both the hands).

3rd January:

In the Morning, Swami gave us a blissful surprise. Sai youths were waiting for Swami in the mandir and as time passed by, it seemed he would not come. But lo, the kind lord appeared at the last moment when the hopes of the devotees were dying out.

In the evening, there was a sitar and "zitar" concert by Niladri Kumar, son and disciple of sitar player Pandit Kartick Kumar who was in turn a disciple of Pandit Ravishankar. The "zitar", a creation of his, is an

instrument that is a fusion of the sitar and the guitar.

Along with his accompanying artistes, he sat ready from 3 : 3 0 p m a w a i t i n g Swami. When swami arrived and told them to begin, they presented a mind blowing 'fusion' music. After that Niladri said his experience during the time of 69th B'day celebration of swami. He said that when he first came to Swami, his hand was ion bandages. Swami had blessed him in the darshan lines and told him to play the next day. He did exactly

that and from that day on, every note that has issued from him, has been due to the blessings of his guru and Swami! Showering his grace at them, the Swami manifested a ring for him and blessed the other band members.

Overwhelmed by the blissful showers of the lord, they took back their seats and played a mind-blowing solos. The jazz-drummest and the mridanga was awesome. They also sang the bhajan 'Madhusudhana hare madhava', which received booming claps. After that, swami present safari to each of them and accepted Aarti.

At 8pm, we all were said to gather at the conference hall. Mr. Nimish Pandey, a close devotee of swami and also a lawyer, gave an inspiring speech to the sai youths. He began by saying, 'You all will be thinking why you have been called here, but know one thing my friends, you don't come here by your own will.' He shared with us some of his humorous experience with Swami. He wished us to make the best out of this conference.

4th January:

This evening over the ceiling of kulwant hall were a number of banners that depicted the greatness of womanhood. At the centre mother easwaramma's picture was printed over the banner. There were two separate songs programmes - one by the ladies and one by the gents. Swami came out for darshan at about 4:15pm

and after the rounds, arrived on stage. He sat listening to the chants for a while and then moved into the interview room. It was about 5:00 pm when He came out again and asked the youth to begin their programme. The ladies then began their part of the programme.

It was a programme based on the great women of Bhaarat. There was a short narrative in English and Telugu. It must be recorded here that the speakers who spoke in Telugu did it "by heart" in every sense. Though ignorant of the language, their diction and delivery were perfect. There were narratives on the great women viz. Rani Laxmibai, Draupadi, Urmila- the wife of Lakshmana and the wife of saint Tulsidas who turned all his worldly passion into divine Love. Each narrative was followed by a song specially composed on the woman concerned and there was also a mini-ballet depiction of a major incident in that woman's life. Swami seemed quite absorbed in the presentation. In between he kept looking at the banners above, especially the one with mother easwaramma.

Soon enough, on the conclusion of the ladies programme, the gents came to Swami to seek blessings to begin. They also got a book released which Swami personally signed in His own hand! The songs sung had all been pre-recorded and the youth sang over the CD track. Swami was not impressed! He told the

co-ordinator that there was no effort involved and everything has already been recorded. Swami seems to prefer performances to be "Live" for there is a joy when we do things directly for God in His presence. The end result may not be so fantastic, but God never sees the results- He is interested only in the efforts. After two songs, Swami moved into the interview room and the songs too went on. They could not cease as the tracks played on. The songs were abhangs and some were those that Swami Himself had composed



After the programme had concluded, Swami arrived on stage again. He had a mocking smile on His face and He said that it was of not much use and that there was no efforts involved. "All old songs! nothing new. Girls did lot of efforts, but boys- no efforts." Ultimately, all are His own children. So, lovingly, He came down the stage and went first towards the women' section. He began to distribute sarees to them. Then, He waded right into their midst and posed with group photo with them. They were a picture of high joy and deep gratitude as Swami sat smiling among them. He advised the, "Do more work. Do not get into politics. There is so much politics among ladies!"

All this while, the gents side was a picture of doubt- would Swami come to them? Swami smiled and said that He be taken to the gents side. There was a loud cheer as Swami got safari cloth pieces distributed and then posed for pictures amidst them. He accepted letters from many of them and then moved to the front, where He sat watching the distribution in progress. Swami then moved up the stage and asked the ladies to lead the bhajans for the evening. Two bhajans later, Swami received Aarthi and retired for the day. With this the All Maharashtra and Goa Youth conference came to an end.

Mind the Food- II

It is very surprising to note that Man is the only living being who dislikes raw food found in the natural state. All other animals eat things as they are. But man boils, melts, mixes, and adopts various means of cooking in order to satisfy the senses- eyes, nose and tongue. As a result, the food value is either reduced or destroyed. When the seeds are fried, they do not sprout; that is clear proof that the 'life force' is eliminated. Therefore, uncooked raw pulse just sprouting, is to be preferred. Also nuts and fruits. The coconut, offered to the gods, is a sathwic food, having a good percentage of protein besides fat, starch and minerals. Food having too much salt or pepper is rajasic and should be avoided; so also too much fat and starch, which are thamasic in their effects on the body.

An intake of too much food is also harmful. Simply because tasty food is available and is being offered, one is tempted to over-eat. We have air all around us but we do not breathe in more than we need. The lake is full but we drink only as much as the thirst craves for. But overeating has become a social evil, a fashionable habit. The stomach cries out, 'Enough', but the tongue insists on more, and man becomes the helpless target to disease. He suffers from corpulence, high blood pressure and diabetes. Moderate food is the best medicine to avoid bodily ills. Do not rush to the hospital for every little upset. Too much drugging is also bad. Allow nature full scope to fight the disease and set you right. Adopt more and more the principles of naturopathy, and give up running around for doctors.

The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened. Polluted air and water are full of maleficent viruses and germs and have to be avoided at all costs. There are four pollutions against which man has to be vigilant - of the body (removable by water); of the mind (removable by truthfulness), of reason (removable by correct knowledge) and of the self (removable by yearning for God). Vaidya Narayano Harih, the Sruthis declare. God is the doctor. Seek Him, rely on Him, you will be free from Dis-ease.

Source: Sanathana Sarathi, 1979.
Discourse given by Bhagavan

Seva Activities in Goa

Akhand Bhajan at Shri Ramnath Temple, Ponda- 15th Nov- 16th Nov:

This quarter of the year it was the season of 'Sai Jyoti'. After Karmali, the 'Sai Jyoti' was passed on to Ponda samiti. The jyoti went to one home each day. This year Ponda samiti hosted the Akhand Bhajan.

The venue for Akhand Bhajan was the sacred abode of Sri Ramnath, situated amidst the ancient temples of Goa at Ponda (Ramnathi). The samiti of Ponda were hosting the program. Inside the hall of Ramnath temple all arrangements were made. Where ever the eyes fell one could see Swami's sayings. The stage was beautiful decorated with crafts and curtains. Two huge frames of Shirdi and Sathya Sai Baba stood on that was garlanded with flowers.



On Saturday, at 5:45 pm, the 'Sai Jyoti' arrived at Shri Ramnath temple. From there, the 'Sai Jyoti' was carried to the Bhajan hall with veda chantings hymned by the balvikas students. Not only devotees, but even the pundits of the temple were looking at the small children with astonishment as they chanted the vedas. After the installation of 'Sai Jyoti' on the stage, the Akhand bhajan began. Devotees sang the bhajan with enthusiasm.

Lips sang and hands clapped in the melodies. Sai Youths joined in with zeal during their schedule and filled the hall with ecstasy. Next morning there was suprabhatam followed by Nagarsankirtan and in the afternoon there was one more schedule for Sai Youth bhajans. During the last hours, selected singers raised the momentum and the atmosphere vibrated with chorus and claps. The akhand bhajan ended with Aarti and prasadam.

Margao, 10th –18th November : At Margao, 'Sai Jyoti' was taken to about ten homes. In the morning they sang suprabhatam in their home and in the evening sang bhajans and vedic chanting. They also did their usual Narayana seva in the city. On the ninth day, Savordem samiti took the 'Sai Jyoti' to their home.

Savordem, 19th –27th November: In Savordem, the 'Sai Jyoti' travelled to about 35 homes. During this tenure, the samiti carried out seva in government hospital and in an old Age home at Cuncolim. On 22nd, the samiti conducted seva activities at three villages. From here the 'Sai Jyoti' was passed to Vasco.

Sai Rally at Ponda & Vasco, 23rd November 2008:

On the eve of birthday celebrations of Sri Sathya Sai Baba and arrival of Sai Jyoti at Ponda, the Samiti of Ponda organised a Sai rally in the city during the early hours of Sunday. Devotees from all the samitis joined in the rally. The rally began at about 7am. The palki decorated with flowers, in which was the photo of Swami was picked up and rallied throughout the city. Also the Sai Jyoti followed it. Gents led the way followed by the palki and ladies. Devotees walked along the city roads singing bhajans of all religions and gods. At about 8:30 am the rally returned to Almeida High school premises and ended with aarti of palki. At Vasco, Sai Rally began at early hours, they rallied on the streets singing bhajans and clapping to the tunes. They too, ended the rally at about 8:30 am.



Vasco, 28th November -6th December: Vasco samiti had decided to take the jyoti to as many homes as possible. These also included a large number of non-devotees. The 'Sai Jyoti' visited about 178 homes in nine days time. On Sunday, the samiti organized a blood donation camp in the Vasco city.

At Kundaim, 7th –15th December: After busy days in Vasco, 'Sai Jyoti' was welcomed at Kundaim. The 'Sai Jyoti' visited about twenty homes. On 14th November, the samiti carried out a seva of painting a primary school at Cuncolim. Later, there was also a food serving seva at Lord Balaji temple. From here the 'Sai Jyoti' was passed to Panaji samiti at the early hours on 16th December.

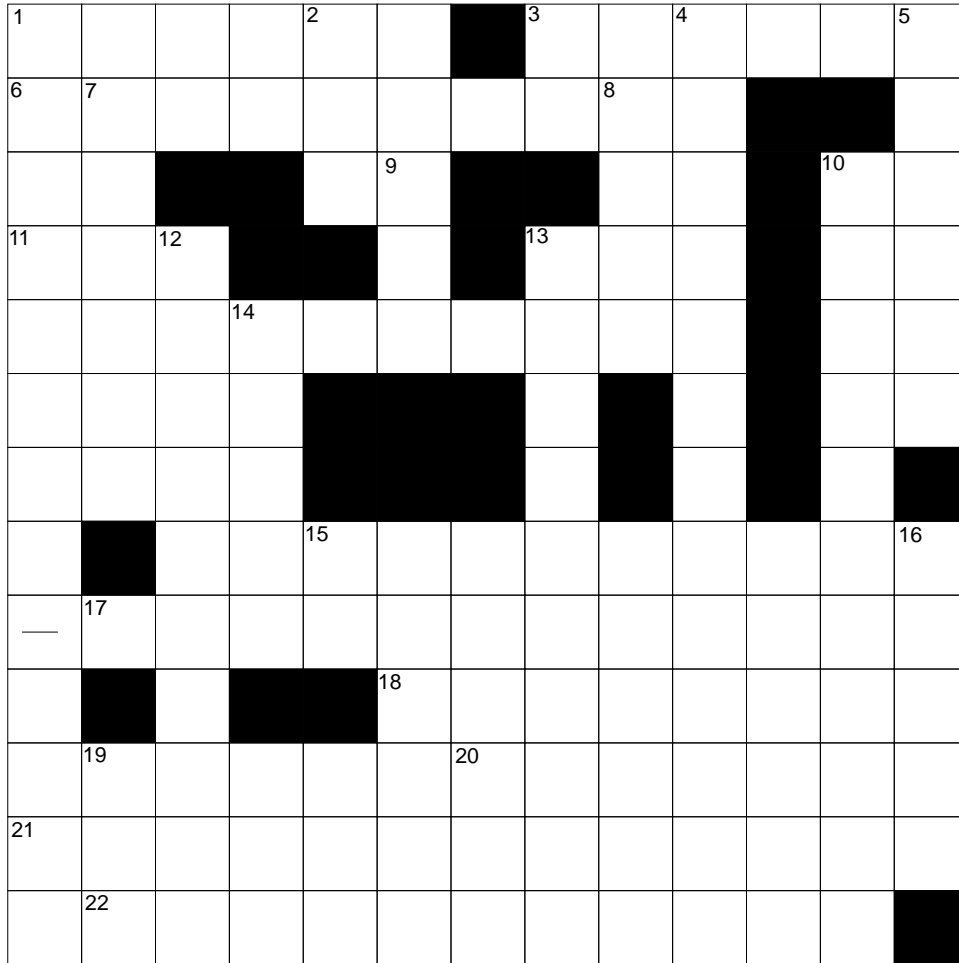
Panaji, 16th–24th December: The samiti took the 'Sai Jyoti' to about 35 homes. They adopted 6 below- poverty- line families and provide them with food provisions of about three months. They also did their usual Narayana seva in presence of the Sai jyoti.

Mapusa, 25th –31st December: After Panaji, the 'Sai Jyoti' travelled to Mapusa. From here the 'Sai Jyoti' along with about 150 sai youths travelled to Puttaparthi to attend the All Maharashtra and Goa Youth conference scheduled on 1st to 5th January 2009.

Vasco, 2nd week, January 2009: After coming from Puttaparthi, youth of vasco samiti began their service. They carried the Maha Jyoti to a remote place at bogmalo. There the jyoti was lit in more than 35 homes and the progress is still going on. They are also planning to have a program on Maha Jyoti on 7th of February 2009 at their center.

Sai Crossword

Sai ram! This time Miss Paheli has brought you a very interesting crossword puzzle. It is all related to Swami. Try to solve them. If you don't know the answer, find it out. Check for the correct answers at www.saiyuvagoa.wordpress.com



Clues:

Across:

1. At the entrance of Prashanti nilayam, you find the idol of Lord _____.
3. At present the All Maharashtra and Goa youth coordinator is _____ bhai.
6. Mother of Swami.
14. The new pet elephant of Swami is 'Sai _____'.
15. Swami is born in the clan of sage _____.
17. The river near Puttaparthi is _____.
18. The recent Youth conference of Maharashtra & Goa was held in the month of _____.
19. Swami was born in the year ____ (numerical)
20. As a child, Swami was sweetly called as _____.
21. The sai center in mumbai is called as _____.
22. The first Ati Rudra Maha Yajna was held at _____.

Down:

1. The name of the late beloved pet elephant of Swami was 'Sai- _____'.
2. Related to Swami.
4. A famous indian devotee who would be born as Prema Sai Baba's mother.
5. A famous foriegn devotee of Swami.
7. Only continent Swami has visited is _____.
8. The lamp lit by Swami at the youth confenrence is called as _____ jyoti.
9. At south Indian canteen, you get lunch for Rs. ____.
10. The world's biggest chinese roof outside china is the roof of _____ jyoti.
11. The second water project was constructed in the state of _____-_____.
12. The monthly magazine from parthi is Sanathana _____.
13. Swami prefers the number _____. (words)
14. Swami has a mole on _____ cheek.
16. Swami had two pet dogs named as _____ & jill.

Akhanda Bhajan Celebrations



Sai Jyoti Rally

Vasco



Ponda

