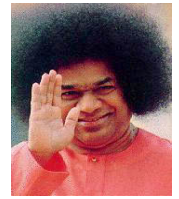


Sai Newsletter

Sri Sathya Sai Baba
Centre of Toronto



"The heart with compassion is the temple of
God"
- Baba

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my rambling musings...dust settled!

for sometime, the 'dust' was flying all over, without even a trace of whirlwind. finally proper conditions prevailed, with Swami's Grace, and the 'dust' has been settled. this helped us to stop and evaluate our 'progress' in our spiritual journey. now, love flows genuinely at all 'levels'.

Normally, wings generate our Centre's news. You, the devotees, share your experiences with Swami via our Newsletter. Also you have been showing your spiritual creativity by contributing articles. Obviously, there will not be any Newsletter without your support. Hence we NEED your submissions on time. **We request you to adhere to deadlines.**

We sincerely thank all the authors including youth and children for sending their articles.

An anonymous devotee has taken care of entire copying costs of this issue of Sai Newsletter (v. 9, No. 1). We sincerely thank this devotee for the generous help and excellent interest in our Newsletter.

All contributions must be submitted to the Editor, Dr. Venkata R. Neralla, via e-mail (neralla@sympatico.ca) or on a 3 1/2" diskette in Microsoft Word format. **I urge you all to send your reports, updates, articles etc. for future issues on time.**

- Dr. Venkata Neralla

INCORPORATION OF ETHICAL PERSPECTIVES IN TEACHING

The study of Biosciences deals with the aspects of science pertaining to life-bearing forms. Living beings are endowed with finite span of life spending either in groups or rarely solitary in their respective habitats. As such, the life pervades all over the globe i.e., parasitic, arboreal, terrestrial, caverine, volant, pelagic, littoral, planktonic, benthic, freshwater and marine. These types of adaptive radiations not only make the individual being adapted to its respective environs but also work together with the fellow beings to upkeep the surroundings. Their attitude towards environment, behaviour towards fellow beings, enriching the resources in their respective habitat for the perpetuation of their race- all in such perfect harmony symbolises *Sangha Neethi* (principles relating to social life).

The response of an organism to the environmental variations and perception of signals from the environment needs a refined and integrated physiological mechanism.

A somatic cell by itself cannot become an organ system and an organ system for that matter cannot constitute an individual. In a similar way an individual cannot become a society. However, an individual is a component of a society. Unless, the cell performs its scheduled activities, an individual could not decipher the perception of signals from environment. Therefore, the course of *Sangha Neethi* starts from

**** and many more!

the individual level, and then at the level of society in discharging its activities to achieve the set targets of harmony and synthesis. In contrast to somatic cell, a zygotic cell invariably gives rise to an individual. A comparable homology is the advent of Avatars/Rishis (saints) to start a determined, disciplined and devoted society to rectify the remedies for the peaceful existence of humans and the fellow beings. The malfunctioning of major group of cells and organ systems usually occur due to the diseased conditions and makes the organism cripple and a homologous situation nonetheless causes distortion in society. As human beings are endowed with higher behavioural traits such as reasoning, memory and cognition, they must all aim to make the society sprout well by following the *Dharma* (righteousness) principle of social life. These parameters confirm the scientific theory of evolution of life as manifested rather than created.

The adaptive features such as the persistent practice, mental aptitude, thinking abilities, behavioural approach and habitat selection. The following verse from Indian scriptures further describes the crux of evolutionary sequence of events:

“Sow an action reap a tendency
Sow a tendency reap a habit
Sow a habit reap a character
Sow a character reap a destiny
You are the master of your destiny
You can do or undo”

The above verse emphasizes the organic evolution, which took several geological eras to establish. The species must live in harmony to build up resources to perpetuate or otherwise perish as is evidenced by Mesozoic reptiles (you can do or undo). The Future is not certain and sure. How will the *present* living organisms manifest in future i.e., do they become extant or extinct?

One of the social responsibilities is rearing of young ones by the parents i.e., adopting parental behaviour to upkeep

the young ones to resist the adversities in their life. Similar behavioural patterns were also noticed prominently among the lower group of animals. For example, a young one of Chaffinch, a singing bird, learns the full tune and frequency of song while it is with its parents. The song of isolated young Chaffinch does not coincide with the mother as a result the isolated bird loses its identity by not being preferred for flocking. Thus, mother directs and guides the life principles of children, which amount to the added advantage in the later years of the child. **Adding chronological years to life is meaningless, if we cannot add life-values to years.** Moreover, the scientific approach is an inevitable requirement for society and life, whereas the ethical approach is a latent requirement for an individual to maintain tranquillity.

The zoological man after being identified as human being must follow a set of *Dharmic* principles and that he must get involved in the activities of society which he has made for himself since the Psychozoic era. “Hands in Society, Head in the Forest” makes man calm and serene culminating his goal towards *divinity* (not possible to explain in scientific jargon and possibly one can say as ‘unknown’ by keeping himself away from animalistic and demonic features). The peace is within us and we are the embodiment of peace. To practice the same we have to follow the ethical guidelines prescribed for humanity.

“Talk no evil, talk what is good
Hear no evil, hear what is good
Think no evil, think what is good
Do no evil, do what is good.”

Work is worship. All the living individuals of biological hierarchy invariably work in their respective environs to upkeep their resources and continue their races. Otherwise, they are all vulnerable for extinction. Of late, only humans are neglecting their duties and that is being reminded and

redefined for the benefit of humans as ‘the work can get transformed into worship’. Work is not different from worship i.e., *Prakrithi and Paramathma* (Nature and God) are not different. They are the same aspects of reaction, reflection and resound.

The students of Biology are all familiar with the structure and morphology of brain of animals including man. The uniqueness in relation to man is that he possesses the mind, which is something more than brain not usually attributed to animals. The mind is a functional aspect of brain, the attribute of which is expressing in various forms of emotions making a man into a human allowing him to have a pleasant interaction with the fellow beings and Nature. Therefore, mind nonetheless needs a treatment for which we chant *Shanthy* thrice after performing rituals/bhajans. There is a significance in chanting *Shanthy*. The first one is for the body (physical); the second one for mind (inner consciousness) and third one is for the inner unknown being, *Atma*, (Spiritual).

- Prof. S. Krupanidhi

"God is simple, everything is complex"

FROM WINGS

SEVA WING

Ceiling on Desires

On Swami's 78th Birthday, **Ceiling on Desires ~ a National Program** was launched. This program has been designed for us, so that we may experience Divine bliss. What is Divine bliss? Divine bliss is ever-present. The one and only obstacle hampering us from Divine Bliss is desires. Hence, we

strongly encourage everyone to actively participate in this program since our wish is that everyone leads blissful lives, during waking and sleeping. We must remember that placing a ceiling on our desires does not imply the elimination of desires. As Swami says, "Start early, drive slowly, reach safely" and hence, success is assured when we make progress slowly but steadily.

Jai Sai Ram !

"Faith is the fountain for the realization of God"

EDUCATION WING

The Centre Web Site Needs You!

It has been six years since the centre first approved the idea of creating a web site to represent who we are, and what we do, as a Sai Centre. In these six years, we have seen a lot of changes and improvements to the centre site due to constant feedback from you the browser.

The web site started off as a simple home page and has grown to represent all the areas of the centre in various ways and means. It has been an example to many centres within our region, the province, the country, and the world (?), in terms of how to structure their centres' web sites. We have received countless emails over the years from people all over, who express their awe as to the amount our centre is doing for the community directly and indirectly, and tell us how they are inspired and encouraged to do more in their centre's, as a result.

Over the years, we have tried our best to meet and exceed the centre members' expectations of what they would like to see on the web site. In recent months, the amount of direct feedback we have received from you has diminished. In order to continue to provide you with the same level of informative materials like the Newcomers' Booklet, video clips of centre activities, audio clips of bhajans, reviews of the centre's educational resources, and centre historical information like The 25th Anniversary Celebrations in 2000, and "The Journey of Love" Centre Trip to Prashanthi in 2001, and of course, downloadable copies of this very newsletter, all currently accessible on the centre web site, we need you to continue to give us your direct feedback.

There are a few ways in which one can provide feedback to us. *Email us* at the centre email address and let us know your thoughts. *Fill out a paper survey* that will be provided at the Centre Web Site booth that is often displayed outside the bhajan hall and place it in the "suggestion box" located there, or ask for an *electronic copy of the survey* via the centre email address, to fill and send back to the team via that email address. Also, when signing the newly created *Guest Book*, on the web site itself, you can leave your comments there.

We thank you for your continuous love and support for the efforts we are making in trying to ensure that you are being represented as accurately as possible on the internet.

- Sujith Kumar Reddy (for The Web Site Team)

"Do not preach; practice"

PRACTICE WHAT YOU PREACH

A woman once came to Mahatma Gandhi with her little boy. She asked, ' Mahatmaji, tell my little boy to stop eating sugar.'

' Come back in three days' , said Gandhi.

In three days the woman and the little boy returned and Mahatma Gandhi said to the little boy, ' Stop eating sugar.'

The woman asked, ' Why was it necessary for us to return only after three days for you to tell my little boy that?'

The Mahatma replied: ' Three days ago I had not stopped eating sugar.'

LIFE

Life is simple
Made up of the strands of DNA
DNA replicates, cell duplicates
Makes arrangements for companion
Cross talks for self-defense
Avoids foes, moves with friends
Four-letter code transcribes
Molecules made and arranged
In silence with forbearance
Yes, Life is simple.

Prof. S. Krupanidhi

YOUTH CORNER

On Life and Lifeless

Life has no meaning without death. Death gives life an urgency and a finality that confers value upon it. Swami says that death is merely the 'dress of life' and the Atma, ever eternal does not die but seeks other existences,

and hence we should not despair. Why then, do so many people fear death? Why do people cry at funerals? Swami teaches us that the reason is attachment - attachment to the physical world.

When we cry at funerals, we are not crying for the *person* who is dead; rather we are crying because that person gave us something in life that we could not get elsewhere. Indeed, there is a Buddhist saying which states that when we are born, we cry and others rejoice. When we die, we rejoice and others cry.' Therefore it is because of the fact that we are selfish that we cry at funerals. After all, the fate of the departed soul is in God's hands and so why should we grieve at this 'loss'? It is in fact no loss at all.

For most people, death is the Great Unknown. No one really knows, at the human level, what lies beyond the grave for the departed being. Therefore it is much more comfortable to cling to life and its delusions and illusions rather than be unattached and having trust in God. Such an idea is analogous to the parable of the man who was perilously hanging from a cliff beneath which was a large chasm of doom.

The man prayed to God to help him, and suddenly he heard a voice: 'My son, let go off the cliff, and I will lift you to safety.' The man then said, 'but if I let go, I'll fall into the chasm!' The chasm for us is Death, and if we place our faith in God and realizing that Death is not the Great End as it may seem, then certainly He will lift us to safety.

- Aroon Sivaji

CHILDREN'S CORNER

Ways to Serve and please Baba

1. We can be really good, kind, and non-violent to everyone.

2. We can obey our parents and all our elders, including teachers
3. We can be generous to everyone
4. We can be helpful to others
5. Show respect to everyone
6. Have good thoughts
7. Be truthful
8. Forgive others
9. Respect animals
10. Pray because you want to be with God
11. Do not waste anything
12. Be responsible
13. Do not speak ill of others

By Group 2 Boys & girls

What Swami taught us...

I have learned from Swami's teachings that we have to respect and help others. Also, we learned different types of prayers for different Gods.

We also did Veda chanting for Baba's Birthday celebration. At Aarati time, we offered flowers to Swami's Feet.

In Balavikas, we learned different types of Bhajans. We all had turns to sing Bhajans. It was good.

This year I had fun-time in Balavikas

Vinoth Naganathan, Gr. 2

TWINKLE

Neighs to you all and Sai Ram!

I hear most of you live in the city. How do you do it? I don't understand the city ways! (I'm a pony and I love to be free!) Anyway, let us get back to business. I had a very interesting experience in the city that I wish to share with you; it taught me the value of prayer.

I was living in a city called Oakville. At the time, the city

was developing; therefore, no electricity or cars existed. The humans relied on us for transportation (the best animals in the world, of course, horses and ponies, whom God chose to serve man!).

During that time, I lived in a barn in the city with no paddocks. Everyday, I was hitched up with another pony and clip clopped on the cobblestone streets, pulling a carriage full of humans, who squawked, rattled, screeched, and yapped. When I was not relieving humans from walking, I found myself standing in a small box with hay, grain, and a little water to keep me company. Before I ate, I always remembered to say my prayer:

"Thank you for the world so sweet

Thank you for the food we eat

Thank you for the birds that sing

Thank you God for everything"

I also prayed everyday for a chance to romp and gallop with the wind blowing through my mane and forelock and for fresh, lush grass and a quiet trickling stream. Anyway, I spent my spare hours trying to figure out how to unlock my stall door, in case the need ever arrived (wink). I must tell you that when I was pulling the carriage and during my spare hours in the stall, I had an opportunity to meet many pony buddies. Nevertheless, my days were filled with work that I dutifully undertook, since Baba says, "Duty is God and work is worship". However, I would have liked to be given time to play as ponies were designed to. (Don't they know that ponies are never to be confined to a stall? We are a little wild, you know.)

One early morning, I was fiddling with the latch on my stall door, hoping to uncover its mystery

when lo and behold! I unlatched the door! (I thanked God for being a Shetland pony! We were gifted with nimble lips.) Suddenly, I got a brilliant idea! (A pony scheme!) Throughout the day, I told my pony buddies about my idea. As night settled into the barn and all humans departed, I quietly unlatched my stall door and walked daintily (the cobblestone floor made so much noise!) to each of my buddies' stalls. At each of their stalls, I unlatched the door. Once all the ponies were free, we walked out of the barn. As we gathered outside, we had a little pony meeting to discuss what we would do with our newly found freedom.

"I know! Let' s go to the restaurant!" I exclaimed, "But we must be back by morning, so the humans will not find out about our night adventure."

All my buddies nodded their heads in unison.

"Off we go!" I neighed as I led the way, cantering joyfully.

The streets were deserted and most of the stores were closed, except for a few restaurants. We hurried into a restaurant and went to the counter to order food. The waiter took one look at us and asked, "Why the long face?"

I felt insulted. I pinned an ear back, but remembering Baba' s words, "Love all", I unpinned my ear.

"We would like carrots, oats, sugar, apples, grass, and lots of water," I ordered for all of us.

We found an empty table and stood around it as the waiter brought our food. (My sensitive ears were hurting me, since someone in the restaurant was very noisy! I believe it was the cook! I could hear him complaining, grumbling, and muttering, and he was saying that someone was mean, inconsiderate,

and aggressive! He was also talking about taking revenge!) All my thoughts and worries vanished as I gobbled up the yummy food (oops!). After eating, we returned to the barn, since morning was approaching. Back in my stall, I was trying to sleep, but strange thoughts kept bothering me.

"Ghr! Those humans who take care of us are so inconsiderate! They lock us up in stalls, limit our water intake, and do not reward us for our hard labour! I should teach them a lesson and give them a few kicks or even a bite!" I thought.

Ah! What am I thinking? Yuck! I must stop thinking like this, but... I can' t seem to stop! Why?

Sensing my uneasiness and restlessness, the wise, old, huge draft horse staying in the stall beside mine nickered his concern. I told him about the night' s adventures and about my negative thoughts.

After a few moments, the draft horse began to speak, "My dear Twinkle, I believe I know the cause of your suffering. It seems to me that you may have forgotten to say your prayer before eating, am I right?"

I recollected the night' s events in my mind and then nodded my head, realizing my mistake and wondering why it was so serious.

The wise draft horse explained, "The vibrations and thoughts of the person who prepares the food enters the food and affects the person who eats it. But if you say your prayer before eating, God will purify the food and you will not be affected. This is the importance of praying before eating."

I thanked the great draft horse for his wisdom. (He must be a messenger from God!) From this day onwards, he became my role model. I strive to be as wise, helpful,

and spiritual as he is, although I will never be as huge!

Sai Ram and neighs to you all!

P.S. I' ll be back soon! Hopefully, you' ll find me back in the countryside!



"The objective world is but a delusion of the agitated mind"

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The primary cause for the chaos of divisions, conflicts, disorder and violence in the world today is the absence of the sense of oneness among men. There is an urgent need for cultivating the spirit of love which will serve to promote the feeling of oneness.

- Baba

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READ, STOP, THINK AND MOVE FORWARD

Swami Says.....

Sai Organizations are growing from day to day. There would be no room for factions and differences within the organizations if all members developed devotion, dedication, tolerance and the spirit of sacrifice and considered themselves only as sevaks. There is no place in Sai Organizations for bossism. Whether they are office-bearers or others, all are equally sevaks engaged in service. This organization is intended for those who are wedded to dedicated and selfless service. Those who are not active in service should be kept out. It is better to have ten genuine active sevaks than a large number of office-bearers who take the credit for what others have done. You should not be concerned about the wealth, position, name or distinction of anyone. Sincere service is the only criterion. Those who are not active or who merely indulge in idle talk or criticism of others should have no place in the organization. And those who are puffed up with self-conceit should be eliminated. Only those who have humility to regard themselves as 'servants of servants' can become true servants of God.

There are some who are connected with several organizations, either as office-bearers or members, and cannot serve fully any one of them. Those who wish to have connections with other organizations may keep out of the Sai Organization. It is a bad trait to be associated with any organization merely for the sake name or prestige. It is better to be connected with only one organization and render effective service through it.

All that has so far been achieved by Sai Organizations is due to the unostentatious work of the 'active workers.' I am well aware of your dedication and sacrifice in rendering

service. I am quite content with such workers.

There should be no difference among Sai Workers on grounds of creed, caste, community or nation. All religions are the same for them. The Divine is omnipresent. It cannot be confined to a picture or idol in a small shrine. You must dedicate yourselves to service with love, looking upon the Divine as the embodiment of love.

(from a Discourse given by Swami at the active worker' s conference held on 21 November 1987)

WEBSITE of our Centre

Do you want to have access to information from previous or upcoming centre events? Do you want to obtain past copies of our centre' s newsletter?

For these and more, please visit us at our elegantly designed site: www.sathyasaitoronto.org

Our congratulations to the website team for having surpassed their goal of 10 000 hits for the year !

For more information or comments, contact us at: feedback@sathyasaitoronto.org

Please do not forget to BOOKMARK us on your browser!

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Realize the relationship between your body and God. You are a limb of society. Society is a limb of the world. The world is a limb of Prakriti (nature). Nature is a limb of God. Man has no need to seek anything outside him. He has the universe within him in his heart. He is potentially the Cosmic Being. He has within him the magnetic power of

attraction. It is derived from the Divine.

- Baba

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Black Spots (evil traits) in Man

Lust, anger, greed, infatuation, pride, envy, rajoguna, tamoguna, conceit based on lineage and scholarship, wealth, youth, beauty, position and penance.

It is only when man gets rid of these evil traits that he will be able to realize his oneness with the Divine (his poornatva).

Who is the one who enables man to achieve this state of fullness (Poornatva)? **It is the Guru who transcends the gunas and has no form.**

- Sanathana Sarathi, v. 33., no. 8

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Let us keep the flame of sharing via this Newsletter burning bright!

When I can get knowledge from reading books, why should I attend study circles?

\$ Knowledge about what this author says or what that sage teaches is not what your study circle must aim to acquire. Not information, but transformation; not instruction, but construction should be the aim.

(from Sathya Sai Speaks, v. 10, p.51)
