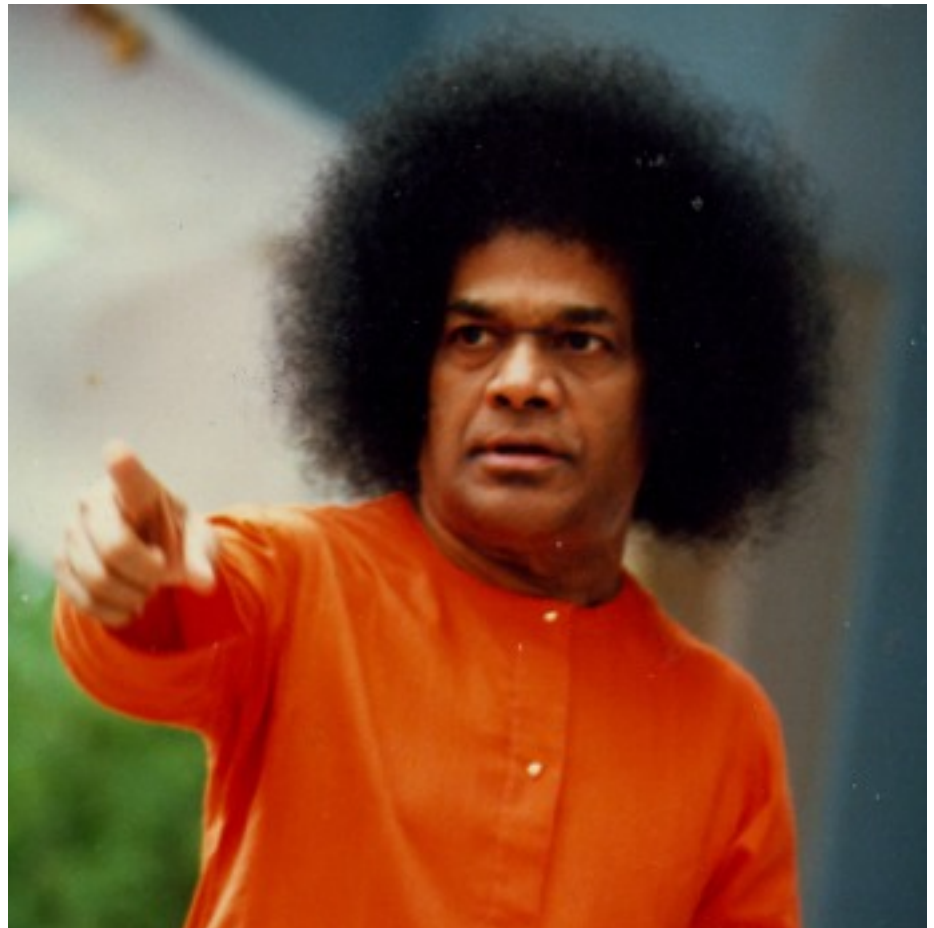


Newsletter

ZONE 7

ISSUE 0
SEPT 2011



THE LEGACY OF BHAGAWAN SRI SATHYA SAI BABA

Mr. V. Srinivasan

qualified engineer, Mr. V. Srinivasan is a well-known industrialist. He is the chairman of W.S. Industries located in Chennai, India. He was formerly the national president of the Confederation of Indian Industries, the national president of the Institute of Indian Plant Engineers, a member of the Jawaharlal University Syndicate, senior member of the US-based Institute of Electronic and Electrical Engineers, and founder chairman of its Chennai chapter.

He came to the Lotus Feet of Bhagawan more than four decades ago, and has since then been blessed by Swami to hold several key positions in His divine mission.

As the all-India president of the Sri Sathya Sai Organisations, Mr. V. Srinivasan guides and supervises the activities of the organization across the country. He is a Trustee of the Sri Sathya Sai Central Trust, the Sri Sathya

Sai Institute of Higher Learning Trust and the Sri Sathya Sai Medical Trust.

For millions of devotees all over the world, Bhagawan Baba has been God personified. They worshipped and adored Him; they prayed only to Him in times of joy and sorrow; He was their friend, guide and philosopher. Many still continue to have the same attitude towards Him and He still answers their prayers in His own unique way, which we cannot even begin to comprehend and understand. Bhagawan continues to manifest His miracles all over the world. Each individual has his/her own special experiences of Baba's Divinity. The greatest joy for Sai devotees is to share and listen to these leelas - the infinite stories of His glory. Through these conversations, which are in fact satsangs, each one's faith and devotion is reinforced and strengthened.

All of us were greatly attached to Bhagawan's wondrous physical form.

We eagerly looked forward to the daily darshans for which all of us waited patiently for hours without caring for our bodily discomforts or inconveniences. Darshan was everything, and if by chance Baba looked our way, it was heavenly; if He spoke to us, we were transported to ethereal joy.

Baba had repeatedly told us "I am not this body, and you are not this body too". He wanted us to realise the

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universal *atma* which He personified and of which each one of us is also a container.

God-Made Institutions for Man's Inspiration

First are the Institutions that He has set up, such as the University, etc. These are mainly administered by the Sri Sathya Sai Central Trust and the University Trust. With His vision and foresight, Bhagawan has set up adequate corpus funds for His Institutions to enable them to continue to function well on the income from these funds, which are all deposited in the fixed deposits with nationalised banks. Hence, all of them will continue to offer free education and medical treatment to all, irrespective of religion, caste, creed or income. Hospitals, the Schools, the Ashram

Bhagawan established these Institutions to be models to prove that it is possible to offer free high quality education and the most modern medical treatment totally free of cost without seeking assistance from the government for everything. The proof has been there for more than twenty years in the successful working of these Institutions. Lakhs of poor and needy persons have benefited and they are indeed the living proofs of Baba's compassion and love. These Institutions are for those that need them and hopefully will motivate others as Bhagawan wished, to set up similar citadels of love and service to humanity.

These are the material parts of His Legacy, which are there for the whole world to see and experience.

Love - the Royal Path to Salvation

The second part is a manifestation of the purpose for which the Sai Avatar descended. He was Love personified, a Love which transcended all barriers and limits, a Love which encompassed the entire creation. He has lit the lamp of love in millions of hearts, the brilliance of which inspires them to transform their lives and project that love in their daily lives. This love makes those individuals caring and sharing persons, who collectively engage in the society and by their actions, motivate others to also be caring and sharing, leading to a general improvement of society. Even though this process may be slow, its impact is long lasting. Baba's inspiration of Love to millions of individuals is translated verily into Love in Action all over the world.

This Love transforms lives every second. Life acquires a new meaning. For Sai devotees there is a new path - Prema Yoga which embodies all the other yogas of Karma, Bhakti and Gnana within itself. Bhagawan has said "Live in Love" and that is the way for our continuous communion with Him.

LOVE is therefore Bhagawan's greatest legacy, which may not be touched but is real and universal and experienced by all. It belongs to all mankind, not just to a few. It cannot be

World Zones:

Zone 1

United States, Israel
West Indies, Canada, Latin America

Zone 2

South America, Central America,

Zone 3

Australia, New Zealand and Oceania

Zone 4

Far East (South) - Thailand,...
Far East (Middle) - Pakistan,...

Zone 5

Far East (North) - China, Japan

Zone 6

South Europe: Croatia, France, Italy, Malta, Portugal, Slovenia, Spain, Switzerland, Albania, Bosnia-Herzegovina, Bulgaria, Cyprus, Greece, Macedonia, Montenegro, Romania, Serbia

Zone 7

North Europe: Austria, Czech Republic, Germany, Hungary, Slovakia, Belgium, Denmark, Greenland, Iceland, Luxembourg, Netherlands, Norway, Sweden, Estonia, Finland, Latvia, Lithuania, Poland

Zone 8

Azerbaijan, Armenia, Byelorussia, Georgia, Kazakhstan, Kyrgyzstan, Moldova, Russia (Россия), Tagzhikistan, Turkmenistan, Uzbekistan, Ukraine

Zone 9

United Kingdom, Republic of Ireland, Africa, Middle East (except Israel)

Ekagratha

The wayward mind wanders hither and thither, but it is possible to fasten it on one fixed point by means of steady discipline and persistent training in spiritual discipline. This condition is called onepointedness (ekagratha).

Country focus

Austria



SSO started: 1987

Centers and Groups: 3 centres and 9 groups

Number of members: 112

Current national coordinator:
Günter Landschützer

Highlights of the SSO achievements:

- 38 participants of the Sai Choir Austria had the rare privilege to perform in the Divine Presence of Swami on the 19th of July 2008
- Organization of the 4th Zone 7 Centre Leader Meeting 2011 in Vienna with 92 participants from 13 countries

Capital: Vienna

Population: 8,4 million

Official lang.: German

Other major and beautiful cities:
Graz, Linz, Innsbruck, Salzburg

Famous Austrians: W.A. Mozart, Sigmund Freud



appropriated by anybody but can only be shared and experienced, for the redemption of one and all.

Sri Sathya Sai Organisation – A Spiritual Nursery for Mankind

The third part of His legacy is the Sri Sathya Sai Organisation, which is active in all the states of India and in 125 countries of the world. The Organisation is an instrument created by Bhagawan to enable all to perform their sadhana and achieve their spiritual goals through it. The Organisation has three wings - the spiritual, educational and service. One can choose any to perform their seva and sadhana. Today in India alone, there are 600,000 members who voluntarily serve with love and devotion. They include government officers and bureaucrats, doctors, engineers, judges and lawyers, professors and teachers, legislators, farmers, and students. They work in over 2700 villages, and in slums, hospitals, old age homes, jails, orphanages and in disaster areas, inspired by Bhagawan's message that service to man is service to God. Many of them have never even had a chance to talk to Swami, yet they have been supercharged by His divinity and have dedicated their lives to selfless service.

We see Seval volunteers from every state of India regularly in the ashram, in the hospitals, and in all places at Prashanti Nilayam. They come here at their own expense, lovingly giving their time and effort. For these volunteers, offering such seva is their communion with Bhagawan Baba, since they know that Bhagawan is pleased when we serve the poor and needy with love, and their faith is that Bhagawan is there where His work is done. This seva has transformed their lives and they will continue to engage in it till the end of their lives. Nobody can take their Bhagawan away from them for He is always with them. Nobody need force them to do anything, since they serve with love and devotion. For those that are served, this seva brings Bhagawan into their lives and transforms them also to in turn love and serve others.

The Organisation's activities continue and will only increase in the future. The Youth are giving a new dynamism and energy to the Organisation, using new tools and technology to improve the efficiency of their Seva. This Legacy of Bhagawan created for human good and welfare is always His, never to be taken away by anyone but only to be shared and experienced by personal involvement.

The Sai Organisation is now active in 125 countries of the World. Bhagawan belongs not just to India and Indians but to all the citizens of this earth. They came in millions for His Love and Inspiration and they will continue to do so for He has become a part of their lives forever.

This therefore, dear brothers and sisters, is Baba's legacy of Love. His legacy is His eternal message to Humanity. Blessed are those who knew Him. Even more blessed are those who share His legacy of LOVE ALL, SERVE ALL.

Zone 7 news	Region 71	Region 72	Region 73
	Outstanding activities and best practices from Zone 7	Austria Czech Rep. Germany Hungary Slovakia	Belgium Denmark Netherlands Norway Sweden

First Seva camp in The Netherlands

3rd-7th May, 2011

A five-day Seva Camp was held in The Netherlands, bringing together 32 devotees from various parts of the Country. The oldest participant was 84 years old.

In a wide range of 11 projects, the participants served inhabitants of old people's homes, mentally and physically disabled people as well as young single mothers and children. Furthermore, a Ganesha temple was provided support in cleaning, a holiday farm for the poor was offered assistance in gardening work, and two overgrown gardens were rendered help. Surroundings of the Seva Camp venue also were tidied up.

The devotees worked hard and happily on the first day to prepare for the upcoming tasks. The following days were spent on various Seva activities. On the last day of the Camp, all gathered to share and evaluate experiences. Since the Seva activities were carried out in separate teams, this was a very inspiring satsang that filled all hearts with joy and love, which could be felt in the air during the closing bhajan session.

The highlight of the Service Camp was the last day of service, when a cultural programme was presented to about 300 asylum seekers. They were invited to present something from their own respective cultures. All participants were moved by the love energy generated by these events. Happiness reflected the faces of those who were present. We thank Swami for this possibility to serve.



Netherlands



Zone 7 news

Outstanding activities and best practices from Zone 7

Zone 7 Centre Leader Meeting 2011, Vienna, Austria "Is Swami's Message Our Life?"

3rd - 5th June, 2011

SSO Zone 7 held the 4th Centre Leader Meeting in Vienna, Austria on 3rd-5th June, 2011. There were 92 sisters and brothers from 13 North European countries: Belgium, Czech Republic, Denmark, Estonia, Germany, Hungary, Latvia, Lithuania, The Netherlands, Poland, Slovakia, Sweden and Austria.

"Is Swami's Message Our Life?" was the inspiring motto of the event. Participants displayed discipline and all earnestly participated in preparatory programme, working on questions, aimed at inspiring introspection and promotion of maxim "Your life is my message".

At the very conference, after inspiring opening speeches, participants delved into study circles, exchanging ideas and building upon the work they had done preparing for the conference. In the evening, Sai Choir Austria and the youth with LASA band blessed the participants by performances that were presented to Swami recently.

The meeting had a cheerful and uplifting atmosphere and the divine presence could be strongly felt. All were leaving filled with love and determination to continue living their lives in a way, that they are His message.



Austria



Zone 7 news

Outstanding activities and best practices from Zone 7

FLOOD relief project IN POLAND

Central regions of Poland were afflicted by severe hurricanes and heavy rains, resulting in devastating floods in May 2010. Twenty villages were flooded, more than 400 households had to be evacuated. There was another flood two weeks after the first one, hitting the same villages. Many houses were under water for more than one month and the water reached the height of 1.5 to 3 meters.

Polish Sathya Sai Organisation sent the first group of volunteers. They visited every family, wrote down the essential needs, talked to them, listened to what they had been through, which had a very healing effect, as the people often felt lonely and helpless in this difficult situation.

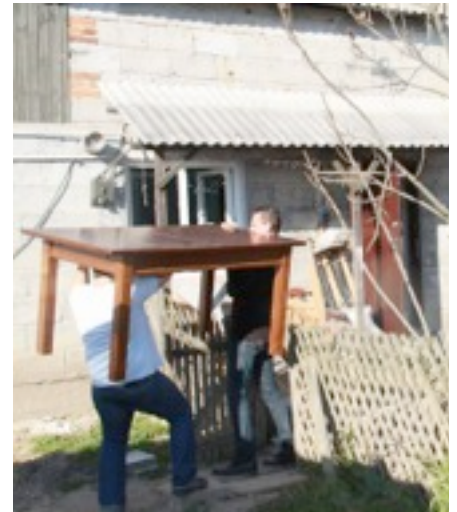
Furniture and other necessities were provided in the following months and delivered to the families. The Sevaks gained the trust of the locals and their regular weekend visits became source of light and joy to the suffering families. The project is still going on now in summer 2011 and service groups are visiting the needy at least once a month.

Swami's touch of Love

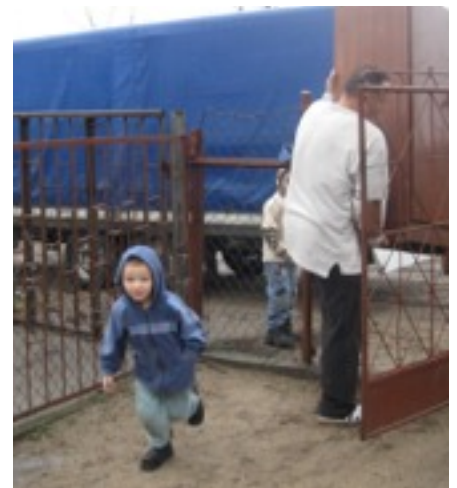
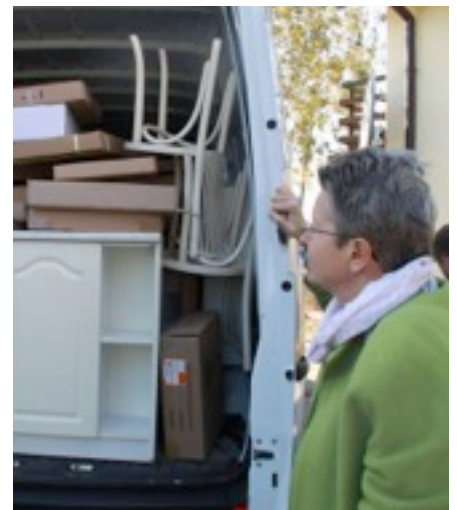
Volunteers experienced being instruments of God on many occasions, let us share one of them. Volunteers were preparing a lorry full of furniture. An entire kitchen set was donated, however it was huge and in an unusual dark blue colour. There was much discussion about this piece since it was not requested and it took $\frac{3}{4}$ of available load space, which could be used for something more needed.

Eventually it was loaded and two families were selected as potential receivers. The first family said too big, ugly colour, no thank you. Slightly disheartened, the volunteers approached the other family and asked what they needed, the family said they urgently needed a kitchen set. Volunteers argued it was an unusual colour, but when the lady saw the kitchen, she liked it very much. The team insisted it was too big and went into the house to measure the kitchen...the kitchen was not only the perfect fit, its layout was an exact copy of the kitchen the set was taken from, including windows, doors and pipe locations.

The wife and the husband were overwhelmed and the volunteers were filled with gratitude to Swami for His love, help and care. The experience of God's touch and His love will remain there forever bestowing light, encouragement, hope and happiness.



Poland



Short stories (Chinna Katha)

A ray of hope and light



Once Wealth and Poverty approached a merchant and introduced themselves as Goddesses. The merchant offered his salutations to both of them and said: "May I know what brings you to my humble tenement?" The Goddess of Wealth

said: "We want you to judge and tell us as to who is more beautiful between us two?"

The merchant was in a fix. He knew he was between the devil and the deep sea. If he were to declare wealth as more beautiful than poverty, poverty would curse him. If he were to declare poverty as more beautiful, than wealth, wealth would forsake him. However, he regained his composure and said: "I have great respect for you both. Would you please act according to my instructions? Then only I can judge properly." The Goddesses agreed. He said: "Mother wealth, would you please go to the entrance (gates) and walk into the house? Mother, poverty! Would you please walk from here towards the gates? I can have a good look at you both, from near and far." The two Goddesses did walk as the merchant wished them to. Then the merchant happily declared: "Mother wealth! You appear very beautiful when you enter the house. Mother poverty! You look very beautiful when you leave the house!" The Goddesses appreciated the wit and wisdom of the merchant. The Goddess of wealth happily stayed in his house while the Goddess of poverty cheerfully walked away.

When a serious problem confronts us, if we look within and think calmly, a ray of hope and light will beam forth and show us the way.

Faith

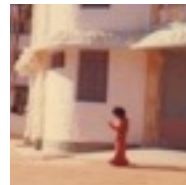
During the second world war, a steamer carrying Indian Sepoys was bombed by the Japanese and was sunk. Many lost their lives. Five among them managed to row their lifeboat and hoped to have a chance of surviving in spite of the surging Ocean. They were tossed about for many hours.

One of them became desperate and cried: "The sea will swallow me. I will be a meal for the sharks". In that panic, he got drowned.

Another sepoy wept for his family: "Oh, I am dying without arranging for the future of my family." He too lost faith in his survival and breathed his last.

The third sepoy thought: "I have with me the Policy and documents of Insurance. What a pity!" I should have kept them at home. What will my wife do? I am sure to die." He also died.

The other two men reinforced each other's faith in God. They said: "We shall not yield to fear. We shall prove that however desperate the situation may be, God will certainly protect man if he has faith in Him." Even as they were talking like this, a helicopter sent from a coastal ship which had received signals for help, caught sight of these two men and hauled them up. When they were safe on land, they said, "It is only five minutes between victory and defeat. Faith earned the victory; lack of it brought about defeat and death."



Sai Centre focus

Prague Sai Centre



Czech Republic, Region 71

Founded: 1997

Number of members: 28

Current centre leader: Lída Nováková

Activities:

Devotional singing - Thursdays and one Sunday a month.

Service - serving food for homeless and singing in hospice

Education - regular courses by ESSE Institute and SSLTP

Outstanding achievements: Prague Sai centre organized a Czech Sai choir, that performed in Divine presence in January 2011.

Sai quotes on...

Gayatri Mantra

Om Bhur Bhuva Svaha
Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dhiyo Yo Nah Prachodayat

This mantra teaches that there is equal opportunity of spiritual achievement for all religions, for people of all countries and people of all communities and all places. This mantra has something to do only with intelligence. It has nothing to do with religious activity. We say "Dhiyo Yo Nah Prachodayat," and this portion of Gayatri means, "Blossom my intelligence, give importance to my intelligence, remove the dark-ness of ignorance and let the *Pragnana* in me blossom out." It prays to the Lord who is present at all time, (past, present and future) and who is present at every place, to come and burn away the darkness of ignorance and give the brightness of knowledge.

Summer Showers in Brindavan 1977, p. 156,

Gayatri mantra has three parts: praise, meditation and prayer. First, the Divine is praised, and then it is meditated upon in reverence and, lastly, prayer is offered to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. Dheemahi relates to the meditative aspect. Dhiyo Yo Na Prachodayat relates to the prayer. Chanting of the Gayatri mantra purifies the mind and confers devotion, detachment and wisdom.

Sathya Sai Speaks, Volume 33, p.54, Sanctify Your Life By Chanting Gayatri Mantra

Gayatri is the master of the senses. Savitri is the presiding deity of the life principle. When Gayatri acts as the protector of life force, she is known as Savitri. You might have heard the story of Savitri, a woman of chastity, who brought her dead husband, Sathyavan, back to life with the power of her prayer. Savitri protects those who

lead a life of Sathya (truth). This is the inner meaning. Saraswathi is the presiding deity of speech. Man has to earn the grace of Gayatri, Savitri and Saraswati to sanctify his life. First and foremost, man has to purify his speech.

Sathya Sai Speaks, Volume 33, p. 55

Real eloquence consists in the exercise of restraint over speech. Excessive talking, use of abusive and obscene language and losing of one's temper while speaking are some of the blunders that the tongue is bound to commit if it is engaged in constant chatter. The tongue is really meant for chanting the various divinely potent names of the Lord like Govinda, Damodara, and Madhava. Of the five sensory organs, the tongue is the most important. It has a dual role to play, unlike the eye, the ear, the nose and the skin, which have only the single functions of



seeing, hearing, smelling, and touching respectively. The tongue has not only the capacity to taste but also the power of speech. The tongue has tremendous alertness and forbearance as is shown by its survival in the midst of thirty-six sharp teeth which may inadvertently bite it at any time. Besides, it displays enormous self-respect and does not leave its abode, the mouth, even under the most difficult circumstances! The wound caused by a slip of the foot may be healed by medication; on the other hand, the damage caused by a slip of the tongue may be irreparable. That is why the tongue must be carefully controlled at all times. Om Bhur Bhuva Svaha - Tat Savitur Varenyam - Bhargo Devasya Dheemahi - Dhiyo Yo Nah Prachodayat. So runs the sacred Gayatri Mantra, an invocation addressed to the Sun for the improvement of the faculty of buddhi or intellect. The darkness of ignorance is dispelled by the

Sai quotes on...

Gayatri Mantra

incandescence of the buddhi which shines its light like the glorious sun.

Summer Showers In Brindavan 1979, p. 213-214

Lord Rama faced many problems and difficulties, but he never strayed away from His path. He never gave up Truth; rather, whatever He spoke became Truth. This was the sacred path taught by Narada. Narada was not a conflict maker as we all think. He was verily the beacon of light that spread sacred wisdom. He propagated and spread the Gayatri Mantra given by Sage Viswamitra. 'Bhur' pertains to physical matter, which is the body. The body is the combination of various materials like calcium, lead, etc. 'Bhuvah' is the vibration that comes out of the mind and makes the body function. 'Suvah' is the radiation, which is the Atma. Man is the combination of matter, vibration and radiation. As the feeling, so is the vibration. Everyday, morning and evening, bhajans go on here. You think that the bhajans are going on in the Bhajan Hall. No. The vibrations of bhajans are there all over this place. You can certainly hear the bhajans even from this table if you listen carefully, with a steady mind, pure and selfless heart. Everything is Divine vibration - the walls, the roof, and this mike. The great sages were the ones who had these vibrations. The Veda was heard through sound, through vibrations. If you sit down and listen with a pure heart, you too can listen to it. Why go so far? Just close your ears and you can hear the Aumkar from within. Everything originated from the Aumkar. The same air produces seven different notes through different reeds in the harmonium. Similarly the Aumkar is one; all other sounds are 'vikaaras' - modifications of the Aumkara. Vinayaka, who is the master of all these vibrations, gifts these vibrations to you. You may listen to any sound, but the most sacred is Aumkara. If your body is full of wicked vibrations, everything will be wicked. Never allow a wicked man to come near you. Run away from bad company to avoid the wicked vibrations from getting into you. Avoid bad company; foster good company. Perform good deeds day and night; discriminate between permanent and temporary.

Sathya Sai Speaks, Volume 33, p. 237

Your faith in God must be strong. If it is, God will surely respond always. If you emphatically declare your firm belief in God, nonbelievers would automatically shut up and walk away. You must understand that Creation is full of mysteries. The eleven words starting with Brahmananda are not praises of God. Nor are they descriptions of God. In fact, they are the Names of God. The celebrated Gayatri Mantra has three basic parts. Om Bhur Bhuvassuvah, Tatsavitur Varenyam, Bhargo Devasya Dhimahi, Dhiyo Yonah Pracodayat. First there is praise; next, there is meditation; finally, prayer - adoration, meditation, and prayer. But the hymn beginning with Brahmananda, goes far beyond even the famous Gayatri. The words Brahmananda etc., have nothing to do with praise - they are the very Names of God. The Gayatri Mantra is the gift of Sage Viswamitra to humanity. It has a basis; it can be analysed; its meaning can be comprehended. But the Divine Principle [to which the words Brahmananda etc., refer] is beyond human reasoning, human analysis, and human understanding as well. God knows no sorrow, has no pain, and is beyond thought. Sorrow and grief come only to those with thoughts, while the one without thoughts is always happy. God is beyond thoughts and is therefore always in Bliss. No matter what people tell Him, Swami always responds by saying, "Santosham, santosham" [meaning 'I am happy to hear that']. That is because Swami is Parama Sukhadam. A lady comes to Swami and cries, "Swami, my husband died". Swami replies, "Santosham". The shocked lady asks, "What Swami! I am telling you that my husband has died and You are saying You are happy!! Are You happy that my husband died?" Swami replies, "No matter what you say, for Swami it is always santosham, santosham, santosham!" Once, a person told Swami, "Our people met with an accident". Swami said, "Chala santosham [very happy]". Swami is always happy. What is there to be unhappy about? Whatever has to happen according to destiny, will happen. Why then bother and feel sad about it? Life and death are natural. They are common to all and not meant specifically for this person or that. Therefore, one must calmly face the verdict of destiny and accept with equanimity whatever happens. People suffer not because of destiny but because of desires and attachments.

Discourse from 23.5. 2010, p. 197



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