

# Sheaths Of The Self

## *Embodiments of Love!*

ONE who has recognised the truth that the same atma exists in all, experiences unity with God and enjoys divine bliss, whether he is a renunciant or a householder, or whether he follows the path of action or not. The principle of atma cannot be understood by merely studying the Vedas and sacred texts or listening to discourses. Just as a gigantic tree originates from a tiny seed, so also the entire universe has its origin in the principle of atma.

## *Embodiments of Love!*

You are verily the embodiments of bliss and happiness. Is it not sheer ignorance to search for bliss and happiness in the external world when they are very much present in you? True spiritual transformation lies in understanding one's own real nature.

Both the present and the former Vice Chancellors of our Institute have prayed to Me (in their speeches earlier) that I should explain in detail the concept of Pancha Koshas (five sheaths of the Self). The pure Atma is enveloped by five sheaths; and due to its association with these sheaths, it acquires their traits. The physical body is referred to as the Annamaya Kosha (food sheath). The atma associated with gross body in its waking state is called 'Viswa' as it is endowed with jnanendriyas and karmendriyas (organs of perception and action). As this body is

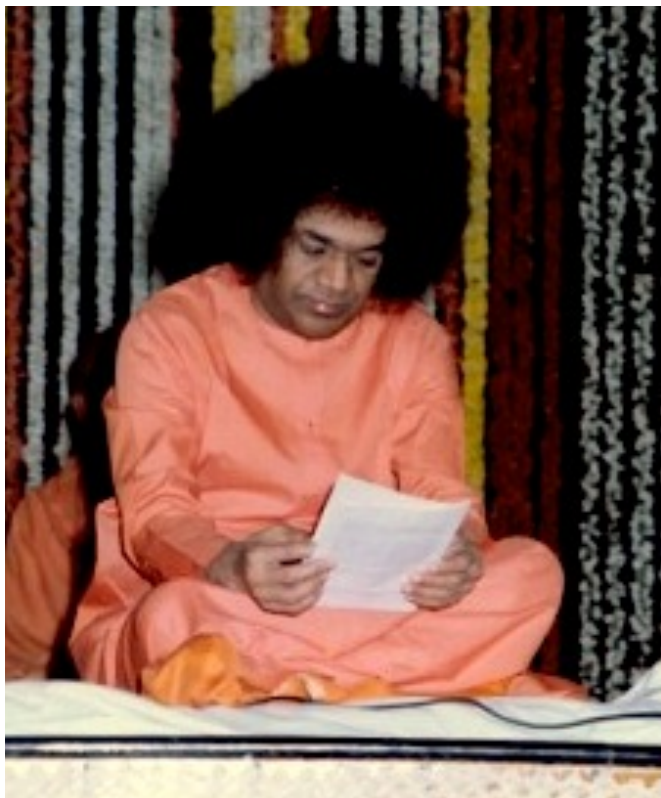
## Contents:

Sheaths Of The Self	1
Centre Leader Meeting	7
Poland SSIO meeting	10
Hungary Server the planet	12
The Netherlands 2014	13
Sai Boundless Service camp	16
Sai Art Symposium 2014	17
Sai Quotes: Gratitude	19



This newsletter is intended for members of SSO. This newsletter is published by the SSO Zone 7 Newsletter team.  
To contact us, please use e-mail: [secretariate@sathyasai-zone7.org](mailto:secretariate@sathyasai-zone7.org)

involved in various external activities, it is also known as Vyavaharika. Thus, the Vedas have given various names to this sheath which comprises the sthula sareera (gross body). The Pranamaya Kosha (life sheath), Manomaya Kosha (mind sheath) and Vijñanamaya Kosha (wisdom sheath) form the sukshma sareera (subtle body) as they are not visible to the naked eye. Mind in its subtle form is all-pervasive. That is why it is said, Manomoolam Idam Jagat (mind is the basis for the entire world). Anandamaya Kosha (bliss sheath) refers to the karana sareera (causal body). One should go beyond all the five sheaths in order to experience bliss. This state is known as turya, which is beyond sushupti (deep sleep state). This refers to the Mahakarana Swarupa (supreme casual aspect). This is Paramarthika (the ultimate spiritual principle). The bliss experienced in this state is true bliss. This bliss cannot be obtained through the senses, mind or intellect.



There are five types of kleshas (obstacles), which come in the way of experiencing this bliss. They are: Avidya Klesha, Abhinava Klesha, Asthitha Klesha, Raga Klesha and Dwesha Klesha. Man is unable to have the vision of the Atma and experience atmic bliss due to these five kleshas. One who has excessive attachment to the body suffers from avidya klesha, which leads to various desires and diseases and makes one's life miserable. The abhinava klesha arises when one does not exercise control over one's mind. Man gives undue importance to the body and gets carried away by the vagaries of the mind and as a result is put to suffering. The asthitha klesha arises out of interest in worldly pleasures. The raga klesha results from attachment towards wealth and material objects.

The dwesha klesha arises when one's expectations are frustrated and desires are not fulfilled.

### **Give Up Body Attachment**

Some devotees worship God expecting something in return. They are happy if their desires are fulfilled or else they will start hating even God. They do not enjoy the fortune on hand. On the contrary, they desire for something more which they do not deserve. As a result, they are subjected to distress. Today even the relationship between mother and child, husband and wife and between one brother and another are marred by dwesha.

The sheaths other than Anandamaya Kosha put man in bondage and subject him to kleshas. In order to understand the principle of Paramarthika, one should get rid of the mind or at least have control over it and gradually give up body attachment.

*The body is made up of five elements  
and is bound to perish some time or the other.  
But the Indweller has neither birth nor  
death.*

*He does not have attachment or bondage.  
Truly speaking, the indweller is God Himself.*

(Telugu Poem)

One cannot realize the indwelling divinity until and unless one gives up body attachment. Body attachment is an obstacle on the path of spirituality. Just as a gigantic tree is contained in a tiny seed, likewise the five kleshas are ingrained in body attachment in the subtlest manner. Attachment to the body is the main cause for man's unhappiness, anxiety, misery and lack of peace. One should consider the body as an instrument and lead a life of truth keeping in view the indwelling divinity.

First of all man should travel from the food sheath to the life sheath. Life sheath is referred to as vibration as it is responsible for the movement of the body. What is mind sheath? Mind is all-pervasive. Mind can travel any distance in a trice. Man has death but not the mind. Mind will follow man life after life. What is wisdom sheath? It is not connected with material world. The material world is associated with reaction, resound and reflection. For example, you hit the table with your hand. Then the table also hits you in turn. As is the action, so is the reaction. This is the principle of Pratibhasika. That which is related to Pratibhasika is only worldly and secular knowledge. It cannot be termed as wisdom. True wisdom lies in understanding the constant integrated awareness. It leads to the changeless eternal bliss. This can be experienced only after transcending the five sheaths, namely, Annamaya (gross form), Pranamaya, Manomaya, Vijñanamaya (subtle form) and Anandamaya (causal form). Then you reach the state of turya (supreme

causal state). That which is beyond the causal state is supreme causal state. In order to attain this state one should understand very clearly the nature of five sheaths.

### Primordial Basis Of The Universe

The entire world has a primordial basis. Here is a silver plate and a silver tumbler. Silver is the basis for these. The name and form of the object can be changed, but silver remains the same. Likewise, all names and forms are bound to change, but the primordial basis remains changeless.

*The principle of Atma is ancient and eternal.*

*It has neither birth nor death, neither beginning nor end.*

(Telugu Poem)

It is the primordial basis for the body, the mind and the life principle. Divinity is the foundation of everything.

The water of the ocean becomes vapour due to sun's rays. The vapour in turn become clouds. The clouds come down in the form of rain, flowing down as rivers and streams, which ultimately merge into the ocean, (Nadinam Sagaro Gathi). Just as the rivers, which originate from the ocean, ultimately become one with it, so also all the living beings and objects, which originate from Divinity, will ultimately merge into it. This in Vedantic parlance is called mukti (liberation). The Bhagavata also says, it is but natural for all the living beings to go back to their place of origin. The individual soul has originated from divinity and is bound to merge into it.

### The Principle Of Atma Is One And The Same

*Embodiments of Love!*

Spirituality does not mean a life of solitude. True spirituality lies in understanding the unity of the entire humanity, and giving up the sense of attachment and hatred. The principle of atma is the same in everyone. What is the form of the Atma? Sugar has a form, but can anyone describe the form of sweetness? Sweetness can only be experienced, it cannot be explained. Similar is the case with the atmic principle too. It is ancient, eternal, attributeless, formless, pure, unsullied and immortal. The sweets such as mysore pak, gulab jamoon, burfi, etc., may vary in name and form, but sugar is the same in all. Likewise, names and forms are different, but the principle of atma is one and the same.

### One Should Have Purity Of Mind

Today, man undertakes various spiritual practices such as sravanam (listening), kirthanam (singing), vishnusmaranam (chanting), padasevanam (serving the Lotus Feet), vandanam (salutation), archanam

(worship), Dasyam (servitude), sneham (friendship) and atmanivedanam (self-surrender). But they provide only external and temporary satisfaction. It is futile to argue which spiritual practice is more beneficial. As long as one gets sleep, it hardly matters where one sleeps, be it in a choultry or a palace. Similarly, one should have purity of mind whatever may be the spiritual practice one undertakes. Once the mind is pure, one can achieve anything in life. In order to purify the mind, one should develop the principle of love. The light of love can never be extinguished. Once you develop the principle of love, you will transcend the three states of Viswa, Taijasa and Prajna and attain the ultimate bliss. The individual soul in the waking state is known as Viswa, as it is associated with karmendriyas and jnanendriyas. In the dream state, it is called Taijasa (the effulgent one), as it is associated with the effulgent principle of antahkarana (inner instrument). In deep sleep state, it is known as Prajna. It is associated with the bliss sheath.



Amarasimha, an ancient scholar par excellence, composed many verses describing the principle of divinity. But some people unable to understand his sacred nature put him through hardships. They branded Amarasimha as an atheist. He was put to a lot of suffering and all his books were set on fire. When his works were burning, Sankara intervened and retrieved Amarakosha. Amarakosha is like another Veda. It is an enchanting and thrilling book. It is utter foolishness to destroy such a sacred book. In fact, people do not try to understand the teachings of the Vedas and sacred texts. That is why they have forgotten their true Self.

### Chanting Divine Name On Sivarathri

The nights you experience on other days are ordinary nights. But Sivarathri is an auspicious night. How is it auspicious? It is auspicious when you spend your time in an auspicious way singing the glories of the Lord. The mind has sixteen aspects. The moon is the



presiding deity of the mind. Of the sixteen aspects of the moon, fifteen are absent today. If you sing His glory throughout the night wholeheartedly, even the remaining one aspect can also be merged with the Divine. On this day, it is possible to get full control over the mind by contemplating on God. Hence it is considered as an auspicious night. Unfortunately, in this Kali Age, people observe the vigil of Sivarathri by seeing cinema shows or playing cards all through the night. This cannot be called Sivarathri. Every moment of the night should be devoted to the thoughts of God and chanting of His name wholeheartedly. The chanting should come from within. This is what is called the reflection of the inner being.

God has thousands of names. Of all those names, 'Satchitananda' is the most important and significant. 'Sath' stands for the changeless eternal principle and 'Chith' denotes total awareness. The former can be compared to sugar and the latter to water. When sugar and water are mixed, what results is syrup. Likewise, the combination of 'Sath' and 'Chith' results in Ananda. Fill your heart with love and chant the Divine name. Only then can you attain divinity. Perform all your activities with love. Love should originate from the source, i.e., the heart and not by force. Today people chant the divine name, not from source, but out of force. No benefit accrues from chanting the divine name unless it is done wholeheartedly. Chant His name wholeheartedly at least for half a minute, that is enough. One tea spoonful of cow's milk is better than barrels of donkey's milk. God is interested in quality, not in Quantity.

### **Secret Of Remaining Ever Young**

*Students!*

You should understand that body is but an instrument and the Atma is the doer and enjoyer. Give up body attachment. What are you studying for? You want to earn money and lead a happy life. But, are you getting happiness from your studies? No. After your studies, you want a lucrative job, then a promotion and so on and so forth. There is no end to your desires. Then how can you expect to be happy? True and permanent happiness cannot be attained in the physical world. It can be experienced only in the state of turiya. Bliss is not present in physical worldly objects.

One day, Adi Sankara, along with his thirteen disciples was going to the river Ganga for a holy dip. He came across a Brahmin sitting under a tree and repeating Dukrunkarane, Dukrunkarane... Sankara asked him what he would gain by repeating the rudiments of grammar? The Brahmin replied that he would become a great scholar, join the royal court and earn money. Then Sankara questioned him as to

how long the wealth would ensure him happiness. The Brahmin said, he could lead a happy life till his death. Then Sankara asked him, what would happen after death. The Brahmin replied that he did not know. Then Sankara sang the following verse.

*Bhaja Govindam Bhaja Govindam  
Govindam Bhaja Moodhamathe  
Samprapthe Sannihithe Kale  
Nahi Nahi Rakshathi Dukrunkarane.*

(Oh! Foolish one, when the hour of death approaches rudiments of grammar will not come to your rescue. So, chant the name of God). Only God's name will protect you in all periods of time and under all circumstances. Everything in this world is like a passing cloud. Only bliss and love are permanent. Love is God God is love. So, live in love.



*Students!*

Youth is very sacred. Do not misuse it by indulging in limitless desires and building castles in the air. Pursue your education keeping God uppermost in your mind. Do not get entangled in unnecessary activities and bondages, which will cause restlessness. Today people are in search of peace. But peace cannot be found in the external world. You find only pieces! Peace is in you. You are the embodiment of peace, you are the embodiment of truth and you are the embodiment of love. So, first of all know thyself. Only then you can be blissful always. Modern students are acquiring various degrees. But, what is the use?

*In spite of his education and intelligence,  
A foolish man will not know his true self  
And a mean-minded person will not give up*

his wicked qualities.

Modern education leads only to argumentation, not to total wisdom.

What is the use of acquiring worldly education

If it cannot lead you to immortality?

Acquire the knowledge that will make you immortal.

(Telugu Poem)

### Only God Is Permanent

Embodiments of love!

Love all, do not hate anybody. This is the teaching of our ancient culture. Sage Vyasa gave the the essence of 18 Puranas in a few words: Paropakaraya punyaya papaya parapeedanam. So "Help ever, Hurt never." It is enough if you put this into practice. Along with worldly education, spiritual education is also essential. It is said, "Adhyatma Vidya Vidyanam" (spiritual education is true education). That alone can confer the knowledge of Brahman, which transcends dualities and the three attributes, namely, satwa, rajas and tamas. Only God is permanent. Everything else is temporary. Today people have faith in world, but not in God. Do not take pride in your youth and physical beauty.

What will happen to you

When you become a decrepit old man,

When your body becomes weak,

Legs stagger and vision fails

And you are no better than a leather

puppet.

And the children laugh at you

Calling you an old monkey?

(Telugu Poem)

How long will your youth last? Just as a flash of lightning is followed by pitch darkness, likewise, youth is followed by old age. The flower that blossoms in the morning fades in the evening. Such is the nature of human body. Have control over your body and mind. Do not depend on others. Will your hunger be satiated if someone else partakes of food? No. Self-effort is very essential in order to progress on the path of spirituality.

If you want to remain young always, you should have control over your senses. Swami is the direct proof of this. My body is full of energy. There is absolutely no weakness whatsoever in Me. Even now I can run fast. Can anyone imagine that Swami is 75 years old? What is the secret behind this? Purity, patience and perseverance are mainly responsible for this. Swami's feelings are always pure and steady. Try to emulate Swami in this regard.

### Happiness Lies In Union With God

You claim yourself to be Swami's devotees. Then is it not your duty to cultivate at least a fraction of Swami's purity? You do not have the patience to give a proper answer, if someone were to ask you for some information. But, I talk to thousands and yet remain peaceful and blissful always. I am engaged in multifarious activities. None can describe the job I do. I do the work of all departments. All departments belong to Me. But, I am never restless. I am always full of bliss. During the birthday celebrations, some devotees wish Me Happy Birthday. I tell them, "You do not need to wish Me Happy Birthday, because I am always happy. Give happiness to those who are not happy." Happiness lies in union with God. If you have the firm conviction that God is in you, with you and around you, you will never face any hardship or





misery in your life. People talk of worries and misery. But, I do not know what they are. They do not come near Me because of My purity. Only those with bad thoughts and bad character are affected by misery and worry. So,

*See no evil, see what is good  
Hear no evil, hear what is good  
Talk no evil, talk what is good  
Think no evil, think what is good  
Do no evil, do what is good  
This is the way to God.*

When faced with difficulties, do not get disheartened. Consider that they are for your own good.

#### **A Devotee's Firm Faith Earns Bhagawan's Grace**

You would have noticed Swami talking to a devotee on this platform a few minutes ago. His name is Narayana. He is from Chennai. Last week he had a heart problem. His son, who is a student of our college, telephoned his father asking him to come to Puttaparthi immediately. He came here and doctors who examined him told Me that the four valves of his heart were blocked and it was difficult to perform operation on him. Three doctors who had come from America examined him. In fact, they were surprised to find him to be alive with such a serious heart problem.

Narayana told them that he had no pain and that he was very happy as Swami was with him always. But the doctors were not satisfied. They performed open heart surgery on him for five hours. Four bypasses were done. This operation was performed day before yesterday and today he has come to the mandir. In the normal course, after a bypass surgery, a patient has to be on the bed for at least ten days. But Narayana walked three hundred steps yesterday itself. Isn't this incredible? Today he has come here wearing pant and shirt looking like a college boy. I told him that his faith was responsible for this. Right from the beginning he has been saying that Swami was with him and that He would take care of him. He feels that his heart problem did good for him in the sense that it brought him to the abode of Swami.

He said, our hospital was not just a hospital, but a temple of healing. His operation was performed day before yesterday. Yesterday the doctors served him idlis and today he has come to the mandir for Swami's darshan. Is it possible in any other hospital? Ask any doctor, he will give an emphatic 'No' as answer. Such is the nature of human body, but God can change even the nature of the body and grant a bright future. God can transform earth into sky and sky into earth, but you should have firm faith in Him. Today man has become blind, losing the eyes of faith. He does not have faith in God. How can he, who does not know himself, know Divinity?

#### **Develop Love For God**

First know yourself, then you can easily understand divinity. Have faith in God. There is nothing that God cannot do. One with proper eyesight can see even the small glow-worm. But a blind man cannot see even the brightly shining sun. Likewise, one without the spiritual eye will find only darkness all around him. A spark of spiritual light is enough to see the entire cosmos.

The Age of Kali has become the Age of kalaha (quarrels). There are quarrels and conflicts everywhere. Students should resolve to eradicate hatred and restlessness. On this holy day of Sivarathri, develop the principle of love more and more. I love everybody.

Everybody loves Me. But sometimes students feel that Swami is not talking to them because He is angry with them. I am never angry with anybody. But in order to correct you, sometimes I may pretend to be angry. When one falls sick, one needs to be given medicine. Also one has to follow dietary regulations. Only then your sickness will be cured. Similarly, to cure your 'diseases', Swami gives you 'medicine' in His own inimitable way. In order to bring about transformation in you, sometimes I remain quiet and do not talk to you.

Do not breed hatred, greed and jealousy. You know what happened to Hiranyakasipu, Ravana and Duryodhana who developed hatred towards God. The Pandavas led a happy life as they had immense love for God. They were subjected to innumerable difficulties, yet their love for God did not diminish. So, develop love for God. The more you develop love, the more you experience happiness and the closer you go to ultimate bliss.

*Sivarathri, 4-3-2000, Prasanthi Nilayam*



# Centre Leader Meeting 2014

## Tallinn, Estonia

### CLM 2014

12-13<sup>th</sup> April, 2014 - Tallinn, Estonia

Centre leaders, office bearers and selected members of Zone 7 have gathered in Estonian capital Tallinn to express their love within and share the ways in which they express it in their local communities and cultures. Marianne Meyer, the Prashanti Council member and World Foundation Director, has spoken about gratitude in her opening address and many has taken it up and expressed gratitude to our teacher and founder of the organization for being able to partake in such an auspicious event.

The organizing team has proved what Sathya Sai has been emphasizing many times, that it is quality and not quantity that matters. Only a handful of dedicated and selfless organizers were able to prepare a meeting for over 80 members from all of Zone 7 and uplifted them with their service.

Küllü Kelu, the president of Estonian Sathya Sai Organisation welcomed the gathering



and Petra von Kalinowski, Zone 7 Chair, opened the meeting and introduced the agenda. Three topics were presented and further deliberated and contemplated upon during follow-up study circles:



Centre Leader Meeting, Tallinn, Estonia 2014



# Centre Leader Meeting 2014

Tallinn, Estonia



Cultural programme, Estonia 2014

- Service as a spiritual path
- Universality of Sai teaching
- The inner significance of the Code of Conduct

The afternoon was dedicated to preparing and rehearsing for the Zone 7 Pilgrimage project, planned for summer 2014. As if the exemplary organization of the event was not enough, the Estonian organizing team has found time and energy to prepare and perform a cultural programme for the evening of the first day.

Outstanding activities and best practices were shared on Sunday. Many in Zone 7 have put the selfless love to practice in many a way, and yet all were pleasantly overwhelmed to learn that a small Sai group in Lithuanian coastal town Klaipeda has been providing food, clothing and administration services to tens of homeless and needy with so much enthusiasm and love, that many

were transformed and changed their love, both the server and those serving.

The Zone 7 Centre leader meeting was a great success where not only those present benefited and were uplifted, but by bringing the joy and inspiration back to their countries and communities, the entire Zone was



Petra von Kalinowski,  
Zone 7 Chair



# Centre Leader Meeting 2014

## Tallinn, Estonia



Marianne Mayer



Manfred Müller Gransee



Organizing committee meeting

Zone 7 news	Region 71	Region 72	Region 73
	Austria Czech R. Germany <b>Hungary</b> Slovakia	Belgium Denmark <b>Netherlands</b> Norway Sweden	<b>Estonia</b> Finland Latvia Lithuania <b>Poland</b>

## The XXII. Meeting of the Sathya Sai Organization

1- 4<sup>th</sup> of May, 2014 - Lodz, Poland

There were 165 participants altogether. Most people were residents of Poland, but we also had brothers and sisters from Latvia, Lithuania, Nepal, India, and Germany.

Our main speaker this time was Dr. Art-ong Jumsai from Thailand. He delivered to us unforgettable speeches about his spiritual journey with Sai Baba. He keeps sharing his experiences in the EHV field in the Sathya Sai School in Thailand and seminars in different countries in the world. His personality and unique dedication to Swami left a deep impression on all participants of this meeting. We are thankful to Swami for sending us such a good speaker and marvelous person.

The motto of our meeting was GRATITUDE. According to this subject we had lectures, workshops, study circles, artistic events, but also a performance of the International Choir "Sarva Dharma" from Region 73. The children

SSIO meeting  
**POLAND**



Dr Art-ong Jumsai



Sarva Dharma choir - Gatitude



# Zone 7 news

Outstanding activities and best practices from Zone 7

together with the youth, has been working on the meaning of gratitude, and prepared a touching drama bases on this value. All this helped to activate many participants to work together in love and harmony.

This meeting was indeed full of gratitude. We did not only speak about it, but we really still feel it deeply all these days since. We also shared our experiences with the medical camp – “Sai Boundless Service”, inspiring more people to participate in our next camp in July 2014.

The quality of this meeting was indeed unusual. This was the mutual opinion of all participants. We certainly sensed the presence of Swami during the four days of the meeting.

Drama about Gratitude



## POLAND



Krsna



Budha



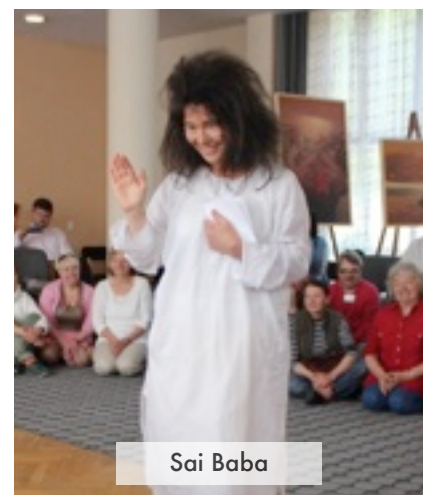
Moses



Jesus



Mohamed



Sai Baba



# Zone 7 news

Outstanding activities and best practices from Zone 7



Manfred Müller Gransee

## National educational programme Dharma of women and men

10<sup>th</sup> of May, 2014 - Budapest, Hungary

Devotees from all over the country gathered on this sunny Saturday afternoon in order to attend lectures on the dharmic duties of women and men and also to take part in a workshop designed to confer deeper understanding of the topic. It was an additional pleasure for us to have central coordinator of Region 71, Manfred Müller-Gansee from Germany, along with his wife Ursula, join us for this special event.

National meeting

HUNGARY



Workshop

Many thanks go out to our national educational coordinator Edit Hegedűs, who played a key role in the event both as the main organizer and as a keynote speaker. As an introduction to the topic she distributed among us an illustration of "the tree of dharma" in order to graphically underpin the essence of her lecture. She explained the universal law of dharma along with the lawfulness manifesting individually in the multitude of things by quoting the eternal statement of the Bhagawad Gita: "You help turn the wheel of Great Order through your actions." The second lecture was presented by Manfred Müller-Gansee, who drew his thoughts on the dharma of women and men from the most reliable source, their own life, and through personal examples stressed the importance of faith, self-awareness, and the recognizing of divinity within one another in relationships. He also shared with us very useful practical exercises all based on sincere communication with which many misunderstandings and offences can be neutralized.



Poster

The lectures were followed by the workshop, which was opened with a short drama vivifying the story of Sita and Rama in order to investigate into the ethical teachings of human existence and to shed light on the concept of dharma. After the drama a role playing game took place, in which the participants formed three groups and focused on contemporary ethical issues. The groups were asked to display a specific issue assigned to them, and to continue the role play by finding a solution to the situation. The short plays were followed



Workshop

# Zone 7 news

Outstanding activities and best practices from Zone 7

by some questions and a discussion on the outcomes. The participants of the role plays affirmed that they found it very useful to experience the given characters, conflicts and solutions from "the inside", as all these helped them in receiving a deeper understanding.

The programme was attended by approximately thirty people and it made us particularly happy that we had the chance to greet some newcomers among us. The day was concluded by a bhajan session.

## HUNGARY

### Youth activities in the Netherlands

A special bhajan session for dance students and their parents was organized by the Sai youth on March 8th 2014 at the request of one of the teachers of a dance school offering Indian dance. The youth took special care to have a 'neutral bhajan session', that is to say without specifically using the Name and Form of Sathya Sai, as this public was not familiar with Sathya Sai Baba. They chose bhajans on the varied aspects and names of God. During rehearsals the focus was the spirit of unity and this was clearly felt by all. Everyone present was touched by the beauty and peace that the singing procured and their only regret was that it did not last longer... In turn, the teachers and parents expressed their hospitality through a delicious vegetarian Indian meal for all who were present.



Youth panel Satsang

## THE NETHERLANDS

### A Dutch Belgian Satsang

9-11<sup>th</sup> May, 2014

The Dutch Belgian Satsang from May 9-11, celebrated the 25 years of the official Dutch Sathya Sai Organisation. The theme 'Dharma' plus the initiative to invite speakers, musicians and workshop facilitators living in The Netherlands and Belgium instead of from abroad, proved to be an inspiring choice. Having all but one programs in Dutch, touched people in a direct way and also allowed for a greater number of devotees to present something as part of the program. This was a new experience in The Netherlands, as we



Satsang cooking workshop



# Zone 7 news

Outstanding activities and best practices from Zone 7



Children open podium

## THE NETHERLANDS



Sathya Sai Seva Choir



Garden Seva

previously always invited noted speakers from abroad, which was also very wonderful. This year again, the satsang provided a source of love, inspiration and joy for the 164 participants.

Two speakers who shared their personal experiences, one on gratitude to one's parents and on how Baba led him to insights on what it means to follow dharma, the other on dharma in the business world and everyday life, were most inspiring. The special panels of 'Golden Oldies' and 'Precious Youth' were highlights of the satsang where each participant shared their personal experience with Sai Baba's teachings and the practice of dharma, and answered questions. The workshops too were based on the theme, and covered lessons from the Ramayana, the Bhagavad Gita, dharma of parents, dharma of women, attaining dharma through silence, intuitive drawing, yogic dance, a nature walk, music, satvic vegetarian food and self-evaluation as a direct practice for spiritual growth. In addition there was a seva activity in which the children participated. First they baked cookies, decorated beautiful paper hearts and wrote personal messages. Then they distributed these gifts to the people living in a retirement home while the Seva choir sang beautiful and uplifting songs. A musical performance and open podium plus a special mother's day panel completed this satsang that left us filled with a feeling of unity in Sai's Love.

### Mahasamadhi day activities

For Mahasamadhi Day various seva activities were undertaken: cooking for homeless people, gardening for people who are too old or sick to take care of their gardens themselves, singing for elderly.

One beautiful testimony came from a man who could no longer care for his garden due to illness. Four youth contacted him to come and help. Once they had finished their task, the man called the adult contact person to let us know how very happy he was. Just to speak with one of the youth on the phone to arrange the meeting made him rejoice over the polite and pleasant speaking manner and he was touched by the



# Zone 7 news

Outstanding activities and best practices from Zone 7



Baking cookies

sheer fact that today's youth were willing to help someone in need. He really looked forward to their coming.

On the set day, the youth worked all afternoon and into the evening. When they finished the garden, while watering and cleaning the tiles, soil splashed onto the windows. So they washed the windows too. They also cleared out and rearranged the garden shed where the man kept the tools for his hobby. The result was that he is now motivated to try his hobby again. Finally, he said that he feels so inspired that he gathers up some strength to try and do a little gardening himself. The biggest surprise was that he asked the neighborhood nurse, who is also a member of the Sai Center and through whom we got his contact, to come to the Sai Baba meeting to see and experience what gave these youth such motivation. He came and although it was a physical effort for him, he enjoyed the bhajans very much.

## THE NETHERLANDS



Sathya Sai Seva Choir

# Zone 7 news

Outstanding activities and best practices from Zone 7



## SAI BOUNDLESS SERVICE CAMP

*"The wise ones use money, strength, intelligence, skills, aptitudes and opportunities for helping others and making their lives happier. Thus, they win Divine Grace, for selfless service is the highest form of worship. There are millions who are hungry, desperate and miserable. I am directing you to limit the intake of food to actual need, so that you can share it with the poor. Do not waste food. Do not fritter away money for harmful purposes; use it for helping others. Do not waste time and energy; allow others to benefit by your skills."*

Sathya Sai Baba

OM SAI RAM!

On behalf of the Sathya Sai Organisation in Poland, we'd like to invite sisters and brothers from the European Sai Groups and Centres to participate in our

**10<sup>th</sup> Sai Boundless Service Camp in Kwiejce - Poland**  
**30<sup>th</sup> June - 6<sup>th</sup> July 2014**

Like every year we will concentrate our work mostly on three wings:

- **Medical** (doctors, nurses, masseurs)
- **Renovating & Repairing Team** (this time we will renovate the common room for children)
- **SSEHV projects for children** at two places

The accommodation will be possible in a hostel (address below).  
 Towels and bed sheets will be provided.

**Ośrodek Wypoczynkowy DOM SPORTOWCA**  
**64-733 Drawsko**  
**Kwiejce 20**  
<http://domsportowca.pl/>

### Costs:

Accommodation: 5 € per day  
 Food: 6 € per day

Arrival time - **29<sup>th</sup> of June** (afternoon).

Because of organisational reasons, we need to know in advance on whom we can count.  
 That's why we set the deadline for registration to **31<sup>st</sup> of May 2014!**

Beside those with special qualifications in the respective fields, everyone with an open heart is very welcome to join and support!

Registration and more information:

Maria Quoos - [quoos@firma.pl](mailto:quoos@firma.pl) tel. +48 502 602 567  
 Katarzyna Andersson - [katarzyna.andersson@yahoo.pl](mailto:katarzyna.andersson@yahoo.pl)

With Sai's Love,  
 Organizing Committee





# Zone 7 news

Outstanding activities and best practices from Zone 7



## SaiArt Symposium 2014



# BEAUTY IN LOVE FOR GOD

Sai Prema (nearby Athens) in Greece  
18<sup>th</sup> - 26<sup>th</sup> of October 2014

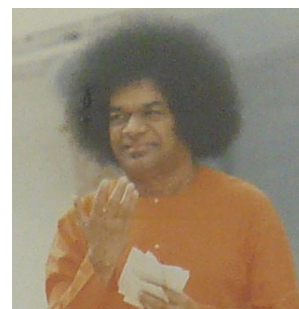
Art is closely connected with Love for God. In pictures, rituals, in scriptures (as artbooks), in architecture, in music, in sacral dance the main aim of Art is to serve, to express this love for God in the pieces of Artwork.

In this 5<sup>th</sup> SaiArt Symposium 2014 in Sai Prema with the topic **“Beauty in Love for God”** the intercultural dialogue will be continued. It started in Sai Prema 2010 with the topic “Sri Sathya Sai Baba: His Life, His Teaching, His Work”. During the second SaiArt Symposium we focused on the selfless Service with the topic “Art – Selfless Service – Art”. The Myths as a source of inspiration for Art was the focus in 2012 and 2013 with the topics “Myths: the Hidden Wisdom” and „The Fascination of Myths“.

Working sessions during the symposium will give the possibility for intercultural, international and interdisciplinary teamwork. The topic will be deepened in workshops, study circles and in presentations.

On the 20<sup>th</sup> of October “Serve the Planet-Day” there will be the possibility for the participants to do service together with the Greek devotees.

The symposium will be concluded by a cultural event.



SaiArt Symposium 2014 in Sai Prema (Greece)



# Zone 7 news

Outstanding activities and best practices from Zone 7

**Artists, writers, dancers and musicians** are invited to take part in this SaiArt Symposium.

Arrival will be on Saturday, 18<sup>th</sup> of October, departure on Sunday, 26<sup>th</sup> of October in the afternoon or on Monday, 27<sup>th</sup> of October 2014.

The cost for accommodation and food will be 200 Euro (a reduction is possible if needed). Transfer from and to the Airport is included, if the arrival or departure time is suitable. The amount will be paid after arrival.

Every participant is expected to cover the cost of art materials for oneself. You may bring your colors and materials with you.

Kindly send your application before 15<sup>th</sup> of September 2014 to Helena Rytkönen.

Along with the application please share some information about your professional background (curriculum vitae) and a photo or documentation of a chosen piece of your art work.

If you would like to receive more information, please contact: Helena Rytkönen  
Am Dorfplatz 7  
23689 Rohlsdorf, Germany

Phone: +49-4504-4955  
E-mail: [helenarytkoenen@web.de](mailto:helenarytkoenen@web.de)

## Organizing team:

Manos Karakostas, Greece  
Helena Rytkönen, Germany



*"When the heart melts, love flows from it.  
When love matures, it turns into beauty.  
When the taste of Beauty ripens, it is sweetness.  
In that experience of sweetness everything appears brilliant and shining".*

*Sathya Sai Baba, Discourse in the Prasanthi Mandir on 2-7-1989.*

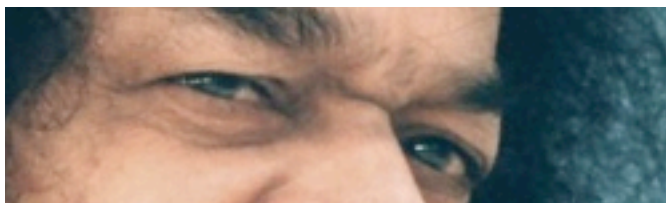
**Sathya Sai Organization, Zones 6, 7 & 8**

SaiArt Symposium 2014 in Sai Prema (Greece)

## Sai quotes on...

Have firm faith in the reality of God's existence. You have to show your gratitude to God for the benefits showered on you. Consider, for instance, how the Divine has filled the atmosphere with life-giving oxygen to enable you to live. The biggest fan made by man can provide breeze only for a small area. But the winds caused by Nature can blow over the whole world. Who is the cause of this wind? There are three kinds of lamps in this Mandir. They illumine a small space. But the Sun created by God illumines the whole world. We pump water with the help of pump sets. Can all the water pumped by these sets equal a fraction of the water got from a heavy downpour of rain which can inundate the Ganga? Who is it that is providing this air, this water and this illumination? We are enjoying all these, but we show no gratitude to the provider of these benefits. We render thanks to those who render trifling acts of service. But what thanks are we expressing to God who is providing such essential life-sustaining amenities for meaningful human existence? Can this be a virtue in a human being? Is it a sign of a right education? Is it the mark of a scholar? No. You must show your gratitude with humility and sincerity to whoever has done you any good.

DD 12.07.1988



In the Study Circle, whatever we listen and assimilate in the mind should be distributed to others. In that way we show gratitude for what we have received. We should not listen and keep it to ourselves only for our benefit. Whatever we hear and practice should also be distributed to society at large. Such

## Gratitude

gratitude is very important for man. If one does not have gratitude, he leads the life of an animal. Even a dog shows gratitude if you give a little rice. In the Sathya Sai Organization, keeping this in mind, we should maintain unity and help the world. Other organizations may not know the inner meaning of this, but in our organization we should know the inner meaning and we should practice it, otherwise it is of no use. You should therefore be an ideal to others.

DD 30.01.1985

There is one aspect that you can use to identify Divinity and show your gratitude. God is giving you so many things. When you are hungry you tell your mother that you would like to eat something. Your mother gives you some food that you relish with great joy. This itself is an expression of gratitude to your mother. You may be suffering. When someone comes and consoles you and gives you strength, you express gratitude to him. In this way, all help rendered is gratefully acknowledged without fail. This should be the custom. Unfortunately, there is no such tradition today. God is giving you so much. How do you express your gratitude for all these? You must give up your ego and spread happiness like He does. That will be the right thing to do. Offer your salutations to God. Without doing this, you will become an ungrateful wretch. You will collapse into the endless cycle of birth and death. Suffering and agony will cling to you. Your tears of gratitude will liberate you from all such problems. You will always be blissful, with cheerful smiles. This is the result of constantly expressing your gratitude to God.

DD 23.05.2002

Last year, with view to offering to Bhagavan their first month's earnings, the old students brought two lakhs of rupees to be given to Swami. Their love is priceless. Wealth has

## Sai quotes on...

value, but love is invaluable. Your gratitude is the most precious thing. It is enough if you cherish this feeling. There is no need for you to make this kind of offering of money. What I desire from you is your love. It is enough for Me if you adhere to the disciplines of the Sathya Sai Institute wherever you may be.

DD 25.12.1991

Give bliss and accept bliss in return. That is the only true form of gratitude you can express to God. Without expressing your gratitude, you cannot aim to please God with anything that you may do. You will not attain any happiness in return. When you see your presiding deity, give a smile. Do not stand with a frowning face! With such a serious face, you can never hope to experience bliss. You must always be happy because bliss is your true nature. Always maintain a pleasant smile on your face. You may definitely encounter problems and obstacles in life. Grief and sorrow may sometimes assail you. Do not break down and cry. These are things that come and go. They are passing clouds and will never stay permanently to trouble you. Do not yield to them; face them head

## Gratitude

long instead. A steady faith in God will give you the satisfaction of being a true devotee.

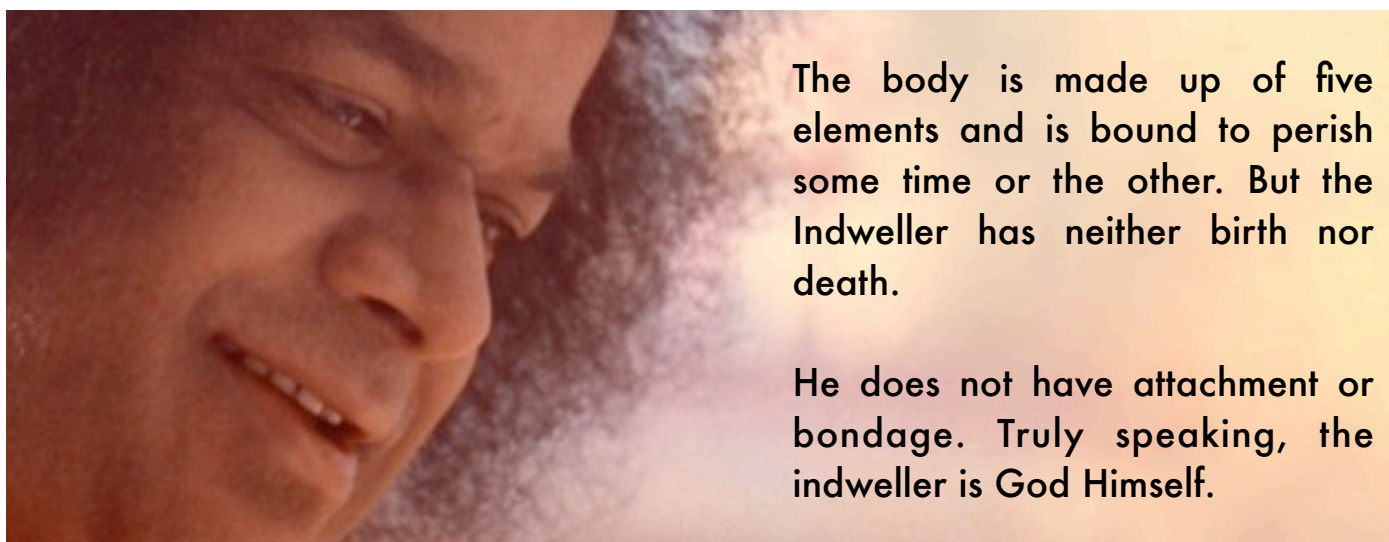
DD 23.05.2002

Gratitude is a great virtue. When the power of gratitude is realized, it will be seen that it can give benefits much more than anyone can imagine. If out of narrow-mindedness, men become ungrateful, they will suffer grievously.

DD 10.05.1992

You must express your gratitude. You have to pay four kinds of debt in this world: debt to your mother, debt to your father, debt to the saints and seers and the debt to God. Since your mother has given you her blood, her life and strength, and is responsible for your birth, you must show gratitude by respecting her. You must show gratitude to your father, who gives you money, education and protection. The rishis or saints teach you human qualities and so you must show gratitude to them. Ultimately, God is responsible for all these; so, you must show your gratitude to God.

summershowers/ss1973/ss1973-19



The body is made up of five elements and is bound to perish some time or the other. But the Indweller has neither birth nor death.

He does not have attachment or bondage. Truly speaking, the indweller is God Himself.



This newsletter is intended for members of SSO. This newsletter is published by the SSO Zone 7 Newsletter team. To contact us, please use e-mail: [secretariate@sathyasai-zone7.org](mailto:secretariate@sathyasai-zone7.org)