

Newsletter

ZONE 7

ISSUE 4
SEPT 2012



The First Mandir

The first mandir measuring 20' x 10' with traditional Mangalore tiles (made of clay) roof was constructed by Maistry Sri Ramaya under the supervision of an Engineer Munnasamappa by Sri A. II. Thirumal Rao of Bangalore. This was upgraded with asbestos another hall with sheet roof by Sri Devaraj Urs from the Mysore Royal Family, 1947. *Thirumal*

WHAT CAN I DO?

JH: Swami informs us that this life in the world is a dream only.

SAI: Yes, a dream.

JH: But Swami works endlessly in the dream. Why?

SAI: If the dream is realized as such, then the world is done with. Swami helps those caught in the dream.

JH: But it is still a dream, without purpose or end. Why bother with it?

SAI: A big scientist may know that a child's world is a dream and has no reality which is lasting. But this does not prevent him from sitting down with the child at the child's level. Again, Sai could be likened to an aircraft which briefly touches down in order to take passengers up from the ground.

JH: Swami! **How to get a booking?**

SAI: By Grace. Booking is through Grace.

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This newsletter is intended for members of SSO. This newsletter is published by the SSO Zone 7 Newsletter team.
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JH: The limitation is severe.

SAI: Yes. It is true that reservations have been made. But on the plane, the Government has some seats reserved. Swami can say, "Hislop is given one of those reservations."

JH: What is the difference between Swami's Grace and Swami's Blessings?

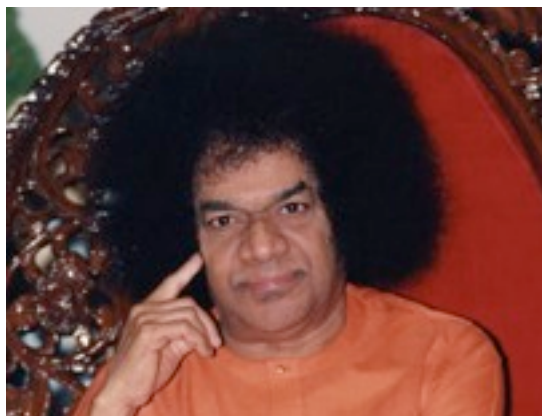
SAI: They are the same. Swami's blessings, his Grace, his Love - all mean the same.

Q: How to get Swami's Grace?

SAI: Swami's Grace is always here. Swami is always here. He is here for all; for everyone. I am always calling, but they do not listen, they do not come. What can I do?

God's Grace is always here.
God is always here.
He is here for all; for everyone.

**I am always calling,
but they do not listen,
they do not come.
WHAT CAN I DO?**



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

European Meeting - Zones 6,7 and 8

September 1st - 2nd, 2012

“Love is my form”

will be the Motto for 2013 in Zone 7.

Activities

In order to have same expressions worldwide we will use again **wings** instead of activities. The three wings reflect 3 main spiritual paths: **Service** wing – karma yoga. **Education** wing – jnana yoga. **Devotional** wing – bhakti yoga. (replaces Spiritual). Note: Since all activities in Sai centre are spiritual, we will use the word devotional for singing, study circles and other activities previously under spiritual wing.

The activities performed by the **youth** will be intertwined with any and all of the 3 wings.

Youth apprenticeship programme

This programme gives the possibility to work closely together. The youth with their bright vision, their pure hearts and strong energy can join the tasks of the experienced office-bearers who can share their wisdom. Working side by side we all can learn from each other and enjoy mutual inspiration. The trainee programme is meant for all levels of Sathya Sai Organisation, so that each leader is meant to have a youth next to him or her. The youth will have an opportunity to learn by doing and grow in close cooperation



**Zonal Meeting
2012**
Mother Sai, Italy



Zone 7 news

Outstanding activities and best practices from Zone 7

with senior officers who support and encourage the young future leaders so that they can take over leadership roles in various fields.

Gender separation

In public meetings, we do not exercise gender separation, but in our meetings we use gender separation. This is **based on the spiritual principles** and different energies. Instructions for gender separation were given **directly by Swami**. Children are separated somewhere from year 9, which may be difficult in some situations, but we **always separate them from 11-12 up** due to processes taking place in teenagers.

Office-bearer Programme and Leadership Training

All countries should take care that their office-bearers receive a proper training so that they have the knowledge which is needed to act properly in the various fields of activities in Sathya Sai Organisation.

Service Projects

All countries are asked to describe their inspiring service projects together with some pictures, so that they can be uploaded to the website <http://www.sailoveinaction.org/>

Kindly write articles about your outstanding activities for Sanathana Sarathi.

New rules for staying longer in India

It is now not possible to stay more than **180 days** (possibly it will be 3 months in near future). Even people with 1-year visa are being contacted by the police and asked to provide a letter of recommendation.

Prasanthi authorities are not willing to provide these letters and Zone authorities cannot provide such recommendation.

It is nowadays **not recommended** to go for these longer stays.

International speakers

All international speakers in a centre need to be approved by Zone Chair.

The first priority should be given to the speakers from your country. There are so many experienced and inspiring speakers in your own country who speak your own language. These are to be approved by an NC.

Pilgrimages to PN and Cultural programmes

Prasanthi authorities are very happy to have us, include us and give us space and time to present. We are most welcome to prepare and deliver a cultural programme. A part of pilgrimages can be courses, seminars, and speeches.

Zone 7 plans to go for a Pilgrimage in 2014.



Zone 7 news

Outstanding activities and best practices from Zone 7

Atmaseva – the sweetness of service

In the second half of August (15th – 19th) the second service meeting of Atmaseva took place in Hohenpriessnitz. The meeting welcomed approx. 30 devotees from Germany, Czech Republic, and Slovakia. They joined their hands in love and dedication and pushed the ideal of the Atmaseva center for selfless service closer to reality. The works included lighter renovation and gardening tasks, and harder demolishing tasks and taking down tiles and slabs as the prerequisite for complete reconstruction of the premises. This hard work was joined by men as well as by our sisters, who by their dedication and strength reminded of mother Sita, who as the child was able to unwittingly push aside the box with Shiva's bow – the bow that even the greatest warriors were unable to lift up. These reconstruction works were further supported by the loving care of our sisters in kitchen that worked relentlessly to prepare delicious meals to all the participants.

In addition to service, each day started by omkar and bhajans and ended by satsang and evening bhajans. The time after the noon break was further dedicated singing of mantras. The evening satsangs provided the opportunity for participants to share their love in words and also to learn more about the near-future plans of the reconstruction works. All this together created a beautiful atmosphere in which Swami's presence could be felt very strongly.

Indeed the whole meeting gave the feeling and joy comparable to being in Prashanti and having the opportunity of His physical darshan. We could really experience the validity of the dictum "Service to man is service to God" and get the practical understanding of the highest ideal of brotherhood of man and fatherhood of God. The few days spent in such a spirit filled all the participants with Divine sweetness that stays with them even till today.



AtmaSeva Service
GERMANY



Zone 7 news

Outstanding activities and best practices from Zone 7

Love All Serve All Week - Netherlands 2012

Since the 90's it has become a tradition in the Netherlands to organise a week long children's camp, to experience Sai Baba's teachings together, followed by camps for teenagers and since 2008 it has developed in to a family camp, where the children and parents have joint as well as separate programs.

In 2011, a full week of service activities was organized in the Netherlands for the first time. By sharing service and devotional activities and living together for a week, participants were inspired to engage more in selfless service. Although the three yoga's, bhakti, karma and jnana exist as different paths, they cannot be separated. Based on this, we wanted to merge all three and put them into practice as 'Love all Serve all' during the first combined service and family week from 6-10 August 2012.

Volunteers spread to different locations to accomplish their selfless service every day. Service ranged from taking an old age home people on a picnic or to a museum, to fixing houses or cleaning and gardening at a home for disabled children. We worked with mentally and physically challenged and attended to many other activities. This was a good example for the children as experiences were shared in the evening.

For parents and children this was a harmonious vacation, suffused with teachings of Sai through a variety of activities and games. Children did their share of service by taking care of all the cleaning and helping to prepare the meals for the seva volunteers. A Sai challenge to "secretly" do two nice things for others every day, brought about a wave of sweet notes and beautiful handicrafts one could find on one's pillow for example!

Understanding what service really is cannot be reached merely from books, it has to be experienced by using 3 HV, ie. unity in Head, Heart and Hands, and by offering all thoughts, words and deeds.

Thank you Swami that you gave us this great opportunity to discover who we are.



Love All Serve All
Camp
NETHERLANDS



Zone 7 news

Outstanding activities and best practices from Zone 7

Czech and Slovak Sai meeting (15th-17th June, 2012)

Sai devotees from Czech and Slovak republics gathered together for a first meeting of the kind. The unity between two nations was manifested by working together in service and love for Sai and we experienced His presence during this auspicious meeting.

Tomas Bures, national coordinator for both Czech and Slovak Republics opened the meeting on Saturday and welcomed our dear guest Manfred Müller Gransee, Regional coordinator for Region 71 and his wife Ursula. Manfred and Ursula were very inspiring guests, sharing stories about Swami and holding a Q&A session that removed doubts and uplifted spirits of many.

Many asked questions about what changes in the SSO now (that Swami is no longer in the body). Manfred replied that many expect changes and new things, but that there is no need for changes and new things, as Swami has left many tasks for us to be undertaken and therefore there is no need to for changes and a search for new things.

Our understanding was that we are here to put Swami's teachings in practice, not to expect some new instructions or impulses. We should utilise that which was already given to us.

Another dear guest was Jörg Schupler from Austria, an excellent musician, conductor and a leader of a Sai European Choir (to-be). Jörg taught us many new and inspiring songs and inspired and uplifted all present.

We were blessed with beautiful weather and enjoyed singing, study circles and workshop outside in the sun.



Intl. Sai Meeting
CZECH REPUBLIC



Zone 7 news

Outstanding activities and best practices from Zone 7

Eila(76) - Granny Rap, Finland

In a truly outstanding way, manifesting Sai love in action, the Helsinki Sai Centre Devotion wing coordinator, Eila (76), felt a need to approach the young generation using channels of communication that they perceive as their own.

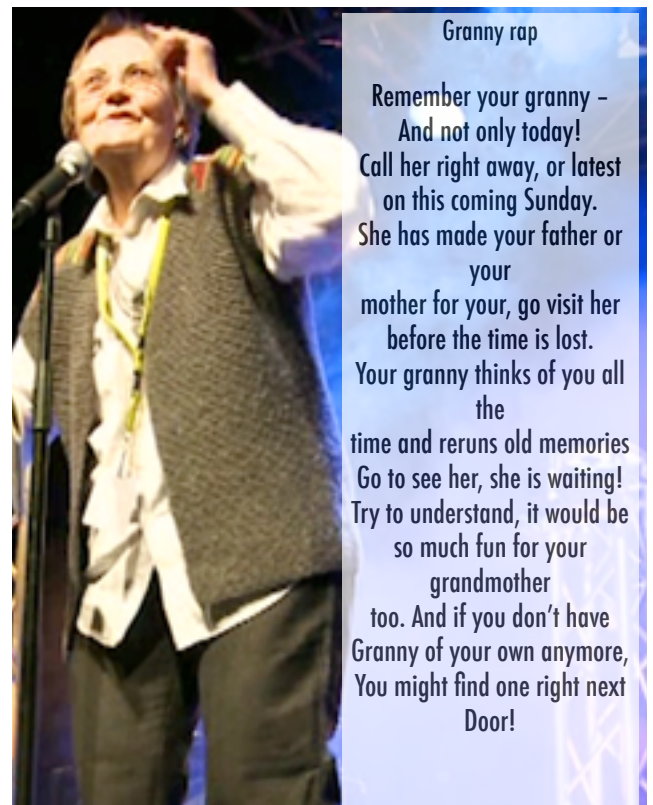


Granny Rap, as they call her in Finland, has written a few rap songs that she herself performs at music festivals around the country, already sparking a deserved wave of interest from not the only the youth, but the media in general. She has been invited and performed on Finish TV as an example.



Eila for the Zone 7 Newsletter:

Eila is soon 77 years old pensioner from Helsinki, Finland, who has been doing her best to follow teachings of Bhgavan Baba for 18 years. She's been a bhajan meetings organizer and a lead singer for many years now. First rap was about taking a stand against "Littering", then "No more school bullying", "Home for homeless", "Birthday Rap" and some other short, little raps. Then of course "Granny rap," which is a flagship song and the "Tolerance" song. (These songs sparked so much interest, that) A CD is released in October. Sai Ram.



Sai quotes on...

The basic truth in all religions, irrespective of country or race, is one and the same. The philosophic ideas or the practices and methods of approach may vary. But the final objective and goal is only one. All religions proclaim the Unity of Divinity and preach the cultivation of Universal Love without regard to caste, creed, country or colour.

When individuals change, society will change. And when society changes, the whole world will change. Unity is the secret of social progress, and service to society is the means to promote it. Everyone therefore should devote himself to such service in a spirit of dedication. It should be realised that material comfort is not the sole aim of social living. A society in which the individuals are concerned only about material welfare will not be able to achieve harmony and peace.

Message to International Symposium in Rome on the theme "Unity is Divinity," held on 30 and 31-10-1983

You must learn a lesson from the behaviour of the crow. When a crow sees an edible, it cries, 'kaw, kaw', to attract other crows to the place. Likewise, when ant sees a piece of jaggery, it does not start eating it alone. It brings other ants to the place. Rows and rows of ants can be seen coming towards the lump of jaggery and eating from it. Look at the unity and cooperation among the ants and crows. Such unity is not present among men. Personal differences are ruining the life in the villages. Enormous progress can be made by the villagers if there is unity among them. There will then be no need for approaching the Government. If the villagers are united, there is nothing which they cannot accomplish.

Discourse to a mass gathering of villagers at Kammavaripalli village on 26-5-1985.

Today, every family appears to be a house divided. There is no unity. If the five fingers in a hand do not function in unity, the hand will be useless. There are five qualities in man: Sathya, Dharma, Shanthi, Prema and Ahimsa (Truth, Right conduct, Peace, Love and Non-violence). These human qualities have to be fostered. Today peace is absent because fear of sin and love of God have declined and man has degraded himself. If we have fear of sin, love of God

Unity

and morality in society, mankind will be truly human and there will be harmony in society.

Address to Village Administrative Officers from Anantapur district in the Institute Auditorium at Prashanthi Nilayam, 16 Feb 1992

Buddhism declared that Truth and Non-violence are the basic requisites, for getting rid of delusions and achieving purity in life. Christianity proclaimed that all are children of God and should have fraternal feelings towards each other. Jesus declared: "All are one, be alike to everyone." According to Islam, all are members of one family in spiritual terms. It regarded prayer as the best means of ensuring peace and security in society. Emperor Manu declared: One must be prepared to sacrifice his body for his community and his community for the sake of the nation. Manu's Dharmasastra laid down that the welfare of society is most important. The Upanishads declared: The Divine has a myriad eyes and a myriad feet. All eyes are God's; all feet are His; all hands are His. This was the message of the Upanishads. In this manner, the Upanishads emphasized the oneness of humanity.

For man, it is the collective concept that is fundamental and not individualism. No one can live in this world all by himself. He has to cultivate the sense of community if he wishes to live in peace and happiness. Let us live together; let us struggle together; let us grow together in joy and harmony. This was the teaching of the Vedas.

Embodiments of Divine Love! Wherever you may be, in whatever country, do not give room for religious differences. Do not give up religion. Get rid of differences based on religion. Adhere to your faith and your traditions. When differences between religions are given up, love will develop in you. When love grows, you can have a direct vision of God. Without love, verbal prayers are of no avail. Realise that the love that is present in everyone is common to all. It is love that has brought you all together. It is the cord of love that has bound all of you. It is the unifier, the motivator and the bringer of joy to all. Therefore, develop love.

Christmas message at Poornachandra Auditorium on 25-12-1990

Sai quiz

This time we bring you an answer to the quiz from last time:

Om



Om

Earth/Body



Bhur

Sky(Air)/Mind



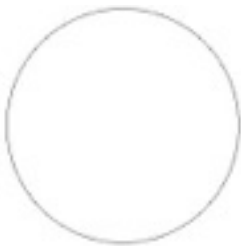
Bhuva

Universe/Spirit



Svaha

Formless God



Tat

Sun God



Savitur

Worth worship



Varenyam

Effulgence(Light)



Bhargo

(of) God



Devasya

Meditate



Dhimahi

Mind



Dhiyo

Light



Yo

Our



Nah

Lead us to



Prachodayat

Sai quiz

Notes on Gayatri mantra:

Om

Om is the Word with which the Beginningless, Endless, Nameless Entity expressed its will to manifest itself. As Swami put it, "I separated myself from myself, so I can love myself".

Bhur, Bhuvah, Svaha - These describe the Creation as it came into existence following the sound Om. They are Matter/Bhur, Sky(Air)/Bhuvah and Universe/Svaha. The same principle governing the creation is also present in a man: Body/Bhur, Mind/Bhuvah and Spirit/Svaha.

Tat is the formless basis upon which all creation is based, by which it is sustained, that which is above us, below us, in front of us, behind us, inside and outside us.

Tat Savitur Varenyam - Sun God worth/deserving worship

Sun (Savitur) shines and by its light, warmth and love animates all, be they good or bad, rich or poor, healthy or sick, young or old, God loving or atheist. The same way **Tat** sustains and permeates all without making any preferences or selections. Certainly such "attribute" is worth worship and emulation (Varenyam).

Bhargo Devasya Dhimahi - Let us meditate/Dhimahi upon Effulgence(Light)/Bhargo of Devasya/God.

Let us meditate on the fact, that by God's light this Creation is possible. The light gives us life, just like electricity gives life to a bulb. Bhargo is an electricity of Life, that lights and animates a human being, and the rest of creation.

Dhijo Yo nah prachodayat - May the light(yo) be in our(nah) minds (dhijo) and lead/encourage us (prachodayat)...

...to understand the meaning of Gayatri mantra and put it into practice.

Gayatri vocabulary

Om - the first word

Bhur - matter/body - Annadamaya kosha

Bhuvah - Sky(air)/Mind - Pranamay, Manomaya and Vijnamaya koshas

Svaha - Universe/Spirit - Anandamaya kosha

Tat - Nirguna, Formless God

Savitur - Surya, Sun God

Varenyam - Worship (adj. of Savitur meaning worth worship)

Bhargo - Effulgence, Radiance (light)

Devasya - God

Dhimahi - Let us meditate

Dhijo - mind/intellect (root Dhi is the same as in Dhimahi)

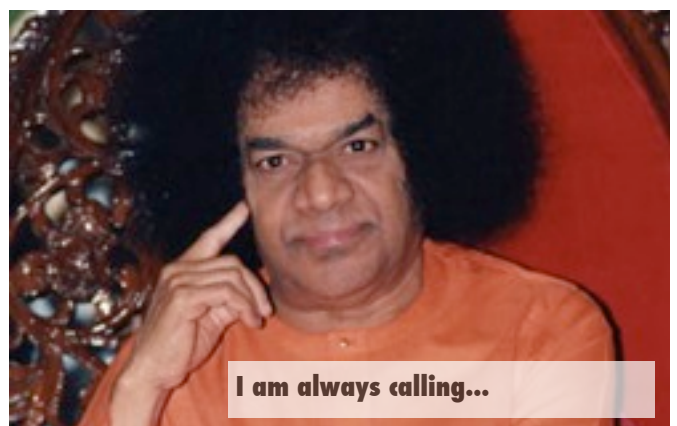
Yo - light

Nah - our

Prachodayat - Inspire, lead

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. Dhimahi relates to the meditative aspect. Dhiyo Yo Nah Prachodayat relates to the prayer. Chanting of the Gayatri mantra purifies the mind and confers devotion, detachment and wisdom.

Discourse 10.2. 2000 (SSS, chap. 33)



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