

Newsletter

ZONE 7

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Issue 5

The way of Jesus

There are four types of persons—those who see only right everywhere, those who are less spiritual in their vision and so see right as right and wrong as wrong, those who shut their eyes to right and see only wrong and lastly, the worst of all, those who judge even the right to be wrong. No one brings wealth when he is born or takes it with him when he dies. Whatever riches one has accumulated have to be freely shared with others. Flowers scatter fragrance; trees offer fruits in plenty. Instead of learning the lessons they teach, man pursues his own sense-cravings, and his urge for fame and authority over others. Contentment is the most precious wealth; greed brings misery in its train. Contentment alone can lead man to the goal of life viz., the attainment of Divinity.

A tender heart is more valuable than all material possessions. When moral and spiritual excellence is gained, the divinity in man becomes patent. Vishwamitra was a powerful king, proud of his might and the vastness of his kingdom. He wished to defeat the Sage Vasishta but could not succeed. Thus he learnt the lesson that material, physical or mental powers are too weak to win over Divine Power. So, he entered upon spiritual sadhana (effort) to rid his mind of anger, greed and envy. As a result, he himself became a sage.

The Kaurava brothers, a hundred of them, were intoxicated by greed for more, though they had riches in plenty and kingdoms vast in area; so, they contended with their cousins, the Godfearing and God-led Pandava

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brothers, who were only five in number. In the end, the Kauravas destroyed themselves to the last man and the Pandavas were blessed with victory.

Every man in the world is a messenger of God

The brothers, Hiranyaksha and Hiranyakashipu, succeeded in securing as boons from God mastery over the elements but they misused this power and spread havoc over all the worlds. Man has to acquire mastery over the foul urges in his own mind—lust, anger, hatred, jealousy. Then only can he enjoy the Divine Peace that is his birth-right.

Every living being is on a pilgrimage—whether it is aware of it or not. The Bhagavatha Purana (Story of Glory of Divinity), says that the destiny of all beings is to return to their origin. Lord Krishna has declared in the Geetha that all beings have emerged from Him and have to merge in Him. The Sun causes clouds in the sky by raising water from the sea as vapour; the waters of the sea fall as rain, the rain water accumulates and flows as streams and rivers, until it merges with the source, the sea. It is faithful to its destiny; it confronts bravely all the hurdles and obstacles on the pilgrim path. Every man has come into this world as a Messenger of God.

Jesus announced himself as a Messenger of God. He spent many years in austerities so that he could shower compassion and love on all humanity. Later, he asked himself, "Am I just a messenger, or am I more closely related to God, a part of God with the Divine as my essence?" Jesus spent twelve long years, wandering alone in deserts engaged in this inquiry. At the end of this period, he returned to the society of men and announced "I am the Son of God."

In Kali Age Judases have multiplied

At that time, the priests of the holy temples of Jerusalem had become corrupt and commercialised. They had deteriorated into proud and selfish men. Jesus condemned them and tried to root out the evil practises. For, all forms were in the eyes of Jesus, Divine Forms and he could not tolerate any action which belied this status. So, when asked by people who he was, he could reply, "I and my Father are One." Jesus tried to teach everyone the Fatherhood of God and the Brotherhood of Man.

Tradition-minded and egoistic men considered Jesus a false prophet and they tried by every means to thwart his mission. Jesus, however, did not waver. Faced with opposition, he continued to be an example of living Truth, and to purify society. Many disciples followed Jesus, but throughout history, it has been the experience of Rama, Krishna, Jesus and Muhammad that disciples however close are seldom fully dedicated. Most are only part-time devotees. Jesus had 12 disciples, most of whom had faith in him and

lived his teachings. But, Judas yielded to greed. He betrayed his Master for a mere 30 coins. He could not find joy in life after this treachery. His mind gave him no peace. He had to seek refuge in suicide.

Betrayal by people who pretend to adore is happening since ages. Corrupt, greedy and selfish people spread falsehoods about their own Masters. We hear of a Judas, 2000 years ago. But in the Kali Age, people are obsessed with money and Judases have multiplied. They seek to amass paltry riches whereas good character, good conduct and knowledge of God are the three real treasures to be gathered. Land and buildings, silver and gold, dollars and other currencies are temporary and trivial. They are possessions only until life lasts. But those three treasures will stay on, sustain and strengthen you until you attain union with the Infinite.

Try to be like Jesus.
Jesus was a person whose
only joy was in spreading
Divine Love, offering Divine
Love, receiving Divine Love
and living on Divine Love.

The three real treasures to be gathered

Man has mastered astronomy; he knows all about the earth. He is conversant with all that is happening in America, Russia and England. But he does not know who he is, and so, all other knowledge does not make him wise. He is eager to collect information about everything else but he never asks the question "Who am I?" though he uses the expression 'I' and 'my' freely almost always. You are the farmer; the body is the field. Sow the seeds of goodness, you can get the harvest of happiness; sow the seeds of evil, you reap the harvest of grief. You are the cause of either of these. Do not blame others or impute partiality to God. Above all, do not rely on this impermanent objective world; it is full of sorrow and change; cultivate detachment, equanimity and self-control and love.

This life is a temporary rest place

Develop knowledge about the higher levels of consciousness and the higher planes of existence. Knowledge leads to skill. From skill in using such knowledge, one acquires balance. You must recognise that this life is a stage in the long pilgrimage and that we are now at a hotel, a temporary resting place which has also a watchman. The mind is the

watchman. So, do not feel permanently attached to the mind or the body. This 'negative' body has the 'positive' Divinity within it. When you become all-embracing infinite Love, the Divine will manifest in and through you. Try to be like Jesus.

Jesus was a person whose only joy was in spreading Divine Love, offering Divine Love, receiving Divine Love and living on Divine Love.

There are various theories about the birth date of Jesus based on the 'bright star that appeared at his birth.' It is visible once in 800 years, it is said. Some say he was born on the fifteenth day of September. But, he was born at 3-15 a.m. (early morning) on December 28, 1980 years ago. It was Sunday. The Star that appeared that day appears only once in 800 years. Its appearance had nothing to do with the birth of Jesus. There is no rule that, when Divine Energy or Divine Incarnation descends on Earth, a star has to appear. That is the opinion of devotees only. But, Jesus was himself a 'Star' of infinite value, spreading brilliance of infinite dimension. Why posit another less brilliant glow?

Today is the Birth Day of Jesus, celebrated amidst December snow-falls with lights and Christmas Trees, and prayers. But it is useless to pray just one day and forget God, the rest of the year. That is an empty show; it does not emanate from the heart. We are true Christians only when we live according to the teachings of Christ and practise them in daily life. Even if we follow two teachings of his, that would be enough. Christ said, "All life is one, my dear Son! Be alike to every one."

Be engaged in doing God's work

If we truly follow this, it would be enough to fulfil our destiny. When he was on the Cross and overcome with agony, an unseen Voice said from Heaven, "Death is the Dress of Life." The body is the dress which the Divine Spirit puts on. Therefore, we should not weep when the body is worn out or falls or is injured. Death is an event, that is the very nature of the body. Men seek the cause for death but no one seeks the Divine Source of Life. Be engaged during the brief span of life in glorifying God and in doing God's Work.

God has incarnated in human form, in order to inspire man to follow higher ideals not only in India but foreign countries also. Men may have different languages and life styles but God is One and He is present everywhere. All religions speak of Him as Love and as attainable through love. Forms of Worshipping God differ, for they are shaped by time and place but love is the basic content of all the forms. The language of love is understood and spoken by all hearts. There is only one race really, and that is the race of mankind. We now consider petty distinctions of nationality, race, religion and language as vital and

hold back love which must flow to every one from the heart. That was the life and message of Jesus. Nurture it in your hearts. Experience Jesus as your Messenger sent from God.

Become what you truly are

Love alone can reveal the Divinity latent in all. Love is God. Live in Love. Love lives by giving and forgiving; Self lives by getting and forgetting. Love is selflessness; Selfishness is Lovelessness. Do not waste your life pursuing the narrow interests of the self. Love! Love! Become what you truly are - the embodiments of love. No matter how others treat you or what they think of you, do not worry. Follow Jesus Christ. Love for your own evolution and not for what others say. Do not imitate others. Cultivate your own life. You have your own heart, your own opinion, your ideas, your own will. Why then imitate? Imitation is human, they say; but creation is Divine. Follow your chosen path. Let your own experience of God be your guide and master. Do not go into the grave, weakly copying others. You won't find God if you search in the outside world. Your own heart shining with Love is God's Love. Follow the Master. Face the Devil. Fight to the end and finish the game. You are God. The true you is God.

You are not one person but three—the one, you think you are, the one others think you are and the one you really are. You think of yourself as your body and its sense cravings, others think of you as a personality. You are truly infinite spirit Divine. You should constantly remind yourself, "I am God" "I am God." "I am God." The day you see yourself as God, you become God. If you think I am only human, you will be led astray. Do not allow your body and the sense to dictate your moves. Develop the inner vision. The body is the cart, the Spirit is the horse. Do not put the cart before the horse. Spiritual practice is the only means of acquiring mental peace. If all the cars in America are placed end to end, they would reach the moon; but there is no true happiness there, no peace of mind. Cultivate not riches, not comfort and luxuries, but Divine virtues. Then you become fit to receive God's Grace. Why trade permanent peace of mind for impermanent physical luxuries?

Speak sweetly; shed comfort with every glance of yours. Do not be slaves to your sensual desires. Prahlada told his father who had conquered the three worlds that he had failed to conquer lust and desire. You should conquer lust and vanquish anger. Exile from your mind greed, hate and jealousy. Dedicate your hand to the service of mankind. Jesus teaches infinite love and compassion. To resurrect love and compassion, you must kill jealousy and selfishness, purify your hearts. Earn the true mercy of Jesus. Follow the path shown by him and reach the position he holds.

DD 25-12-1979

ESSE Institute 25 year anniversary

Swamis Silver Jubilee gift

In August this year Swami gave the ESSE Team an outstanding experience, when travelling to Kazakhstan conducting a seminar for 250 non-devotee Teachers (see separate article in this newsletter). A perfect Silver Jubilee gift, as a beautiful manifestation of 25 years of dedicated work! Thank you Swami for allowing us to serve you through bringing values to society.



How did it all start?

The first steps towards a formalised Institute were taken in August 1983, when Thorbjörn and Marianne Meyer (DK) participated in an International SSEHV Seminar in Prasanthi Nilayam. Swami was giving lectures 4 hours a day during the 5 days seminar and afterwards invited the overseas teachers for lunch. He would serve and interact with the teachers bringing these Divine days to a crescendo. Among the participants were, Art Ong Jumsai, Victor and Genevieve Kanu as well as Vassiliki Stephanides from Greece, who later became an ESSE Trainer.

To keep the process alive, two Indian trainers from this seminar, Jean Vaghela and Sanjeev Chaudhry, were invited to Denmark – with Swami's blessing - for Benelux/Scandinavia Teacher Training in 1984. Here the first team of trainers was formed consisting of Birgitte & Stig Meincke (DK) and Marianne & Thorbjörn Meyer. Together they developed material, course content and seminar structure to fit western culture.

To broaden our vision we participated in an International Conference on Education in Human Values in London in 1985 as well as another SSEHV Seminar in Prasanthi in December 1986.

The ESSE Institute was founded in August 1987

Full of inspiration and determination to bring Swamis values forward in a more formalized way the ESSE (European Sathya Sai Education) Institute was established in 1987 with Thorbjörn Meyer as Director in presence of the International Chairman of the Sathya Sai Organisation, Indulah Shah.

This happened in connection with the first International SSEHV Seminar in Odense, Denmark in August 1987. Serving the European countries the trainers, (Victor and Genevieve Kanu, Art Ong Jumsai, Marianne & Thorbjörn Meyer, Birgitte Meincke and Sanjeev Chaudhry), were sharing their knowledge and experiences with the participants.

ESSE in Latin means 'to be', and this is symbolic describing the aim of the Sathya Sai Education in Human Values Programme (SSEHV).

The purpose of education is to initiate a learning process that transforms man and inspires him/her to live a life based on the spiritual principles of the universal human Values truth, right conduct, peace, love and non-violence.



ESSE Institute 25 year anniversary

The aim of the ESSE Institute is

- To ensure the authenticity of SSEHV based on the philosophy of Sathya Sai Educare and the pedagogy of Integral Education;
- To enhance the awareness and understanding of the Sathya Sai Education Programme, through the teacher being an exemplar.
- To help the participant to become aware of his/her true identity within and to further the ability to act from this level of consciousness;
- To apply to his/her own daily life: Universal Love and Excellence and thereby to fill his/her life with happiness, harmony, beauty, grace, human endeavour and lasting happiness.



Marianne Meyer

The name was approved by Sathya Sai Baba, and so were the objectives:

To promote and implement SSEHV programmes. This is done through formal, non-formal and informal education based on the universal aspects of European Culture. These programmes are for children/adults from all walks of life.

To enhance the quality of SSEHV through continuous refinements in the curriculum, relevant educational content and material, standards setting, teacher training development, and quality assurance programs; this is done on the basis of the principles of

human excellence, integrity, individual and social responsibility and unity in diversity.

In 1988 another European seminar was conducted in Ry, Denmark with participants from all over Europe. Now the ESSE Faculty was extended to include Petra von Kalinowski from Germany, Anita Friedrich from Austria, and Vassiliki Stephanides from Greece, as well as Francesco Polenghi from Italy. Together with Thorbjörn & Marianne Meyer this became the International Faculty. In 2000 George Bebedelis, Greece joined the Team.

Also an Advisory board was formed to support the International activities. Here Victor Kanu became an advisor to establish a link to the UK Educational Team, Francesco Polenghi to establish contact to South Europe and Bernhard Gruber – being a Central Coordinator - to create a link to the SSO.

Achievements

This was the start of a closer European Cooperation. Many countries affiliated with ESSE Institute and the cooperation culminated with another European Seminar – this time in Assisi, Italy, in 1990 with more than 500 participants

During the years the following countries have been served by ESSE: Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Czech Republic, Croatia, Denmark, England, Estonia, Finland, France, Germany, Greece, Greenland, Hungary, Italy, Latvia, Lithuania, Macedonia, Netherlands, Norway, Poland, Russia, Romania, Serbia-Montenegro, Spain, Sweden and Switzerland.

National Trainers were inspired to continue this valuable service within their own countries, and since then trainers from all over Europe have been meeting every second year to share their experiences and update themselves with new initiatives.

Additionally the ESSE Institute has presented Sathya Sai Human Values in universities in Europe (Germany, Bulgaria and Lithuania) and finally Marianne and Thorbjörn Meyer have assisted at International training in Thailand, Bangkok (1991) and at a Trainers' Seminar in Prasanthi Nilayam (1993).

ESSE Institute 25 year anniversary

In 2003 an Educational Foundation was established under the name of Sai European Care (SEC) Foundation. This foundation then became the legal entity for the ESSE Institute.

World Wide Unification

In order to achieve unity, authenticity and order in Sathya Sai Education the Education Committee (EC) was formed in 2006. The members were Art Ong Jumsai, Victor Kanu, Pal Dall, Marcos Gomez, Ronne Marantz, Thorbjörn Meyer and Kalyan Ray as the Chair. The publication of the Global Overview of Sathya Sai Education was published in 2007 and in 2008 Guidelines for operating Institutes and Sathya Sai Schools were developed. These guidelines were revised in 2009 and are the cornerstones in the management of Sathya Sai Schools and Institutes all over the world.

Adapting to the Core Syllabus of the New Guidelines: Following the International Guidelines the ESSE Institute now provides a standardised training of teachers and teacher-trainers, it offers Diploma Courses and Advanced Diploma Courses, assists in establishing Sathya Sai schools and supports partnerships with existing schools.

New Structure

2009 was the year, where the German ESSE Campus was inaugurated in February with Petra von Kalinowski as Director. Also the ISSE SE (Institute of Sathya Sai Education South Europe) was established in 2009, and finally it was the year when Director Thorbjörn Meyer passed away.

These many events led to a reconstruction of the Management in the ESSE Institute. The Managing Board is now Marianne Meyer, Director & member of the EC, Petra von Kalinowski, Director of the German Campus and Anita Friedrich, Secretary. The two Greek Faculty members, George Bebedelis and Vassiliki Stephanides, who now joined the ISSE SE, continue as associated Trainers to the ESSE Institute. Another associated Trainer is Rainer Benda, Trainer German Campus.

A close cooperation between ESSE and ISSE SE has been established resulting in joint faculty meetings, newsletter, working groups (Course Content etc.) as well as cooperation when conducting seminars.

Along with the new structure, ESSE will still serve the SSO with the Basic Training including Office Bearer Training (Leadership & Responsibility).

Where will all this take us?

Once Swami looked at me with a happy smile and blessed the ESSE Institute with the words: School under a tree. The vision I got was the Indian wise man sitting under a tree sharing his knowledge. People would come and go according to their interest and readiness to listen to his words.

If this is where Swami is taking us, I pray to Swami that he will stay in our hearts, and make us worthy instruments in His mission bringing values to society. The key word is self-transformation. May this be the goal for all of us!

ESSE Institute 12/2012



Petra von Kalinowski



Anita Friedrich



Vassiliki Stephanides



Georgos Bebedelis



Rainer Benda

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

Sathya Sai Centre Karlsruhe, Germany

All our 30 devotees met on 23 november, 2012 in a beautifully decorated Karlsruhe Sathya Sai Centre. We all were full of bliss and happiness. First, quotations from book "There is no other refuge than you" were read. In our inner selves, we traveled to time, when Swami played with his devotees like children play together and when he showed great miracles every day. Then we sang with dedication and devotion international devotional songs of all religions. In another part, two members performed a dialog between a guru and his devotee. In the end, a new video with darshan scenes of our beloved Baba was played. We felt Swami's presence and love very clearly when we stayed together with so many hearts full of love. We were very astonished when one devotee took a photograph of Baba's picture and we saw only his head was lightened bright.



Sathya Sai Group Freiburg, Germany

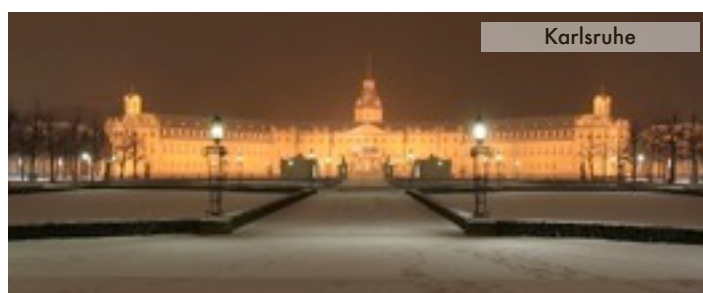
Two Sai groups celebrated Baba's birthday in a wonderfully decorated room in Freiburg i. Breisgau. After some words of welcome and an introduction with a text from Baba, where he spoke about the meaning of his birthday celebration, we sang the 108th name of God „Om Shri Sai Bhagavan-Sathya-Sai-Babaya namah" twenty one times. Using devotional songs from different religions, we sang glory of God with enthusiasm for over an hour. We ended the meeting, about 45 people went elated and with love in their hearts back to their homes.

Divine Birthday
celebrations

GERMANY



Freiburg



Karlsruhe

Zone 7 news

Outstanding activities and best practices from Zone 7

Sathya Sai Centre Copenhagen, Denmark

The Copenhagen centre had invited Sai devotees from other centres to join the evening meeting. The leader of Copenhagen Sathya Sai Centre welcomed people and had a short speech regarding Swami's wonderful message of Love.

Centre members performed a beautiful 40 minute historical resume of Sathya's life from birth and up to the time, when He announced He was Sai Baba. The performing was based on chapter five from the book 'Sai Baba - Man of Miracles' by Howard Murphet.

4 members each reading a part of the story, accompanied and underlined by 4 musicians, who played the clarinet, guitar, flute, Pan Flute, drums and harmonica. In the background of the performance was added a wonderful power point and light presentation which together with the music illustrated the points in the story including some pictures with young Sathya.

Later the celebration ended with devotional songs, performed by members.



Divine Birthday
celebrations

DENMARK

Sathya Sai Group Odense, Denmark

Members celebrated the birthday by listening to a newcomer, how he met Sathya Sai Baba followed up by mutual talks about the understanding of Baba in relation to the personal experiences. Then a short film from Swami's life was played and the meeting ended with hot beverage and sweets.

Divine Birthday
celebrations

LATVIA



From Latvia

Swami's birthday was celebrated in several cities in Latvia: both - as private celebrations amongst friends and organised by Sathya Sai Organization in Sathya Sai Riga Centre and Sathya Sai Liepaja Centre.

Gathering in Sathya Sai Riga Centre can be described as a big family get-together. Devotional songs sounded excellent during the evening. There was also a "Family circle" (not the usual Study Circle :), everybody shared a story about the most important gift of Swami given during the previous year. Each story was different and special but showed the closeness of Swami's presence in everyone's life.

During the Family Circle everybody presented to our beloved Swami a gift for His following year. Many resolutions were made which for sure will make Swami happy. While conversations took place, we all shared laughs and joy, making every moments sweet and enjoyable thus time passed very quickly and happily. This evening was filled with love of Swami and was very special to everybody. We are very grateful for it to Swami.

Zone 7 news

Outstanding activities and best practices from Zone 7

From Lithuania

Bhagavan's 87th Birthday celebrations in Lithuania took place on November 23 – November 25. Devotees of all three Sai centers put the garland of their love flowers at the Lotus Feet of Bhagavan Sri Sathya Sai Baba. The celebrations included 108 Gayatri mantras and devotional singing, sharing personal memories of Swami during interviews or His guidance in everyday life, participating in seva projects. In public meetings, devotional singing was followed by reading Swami's discourses, films, as well as sharing experiences of personal sadhana and lessons learned while walking the spiritual path under our Divine Master's guidance.

Devotees from Klaipeda Sai centre visited devotees in neighbouring country Latvia for the Birthday celebration and devotees from Kaunas Sai centre joined selfless service to the poor done by Klaipeda Sai centre devotees. Every Sunday, devotees from Klaipeda Sai centre offer food to about 70 homeless people in Klaipeda municipality premises.



Divine Birthday
celebrations

LITHUANIA

Divine Birthday
celebrations

NORWAY

From Norway

We had a two day program for Swami's birthday celebration. On 22 November, we had a light meditation circle.

The main event on 23 November was held at home of a devotee family, where 13 people gathered. We chanted Baba's 108 Names, Gayatri Mantra, devotional songs and a flute performance. The event was closed with reading Swami's words about his birthday, among others the following:

"Try to give one gift to me on my birthday.

I cannot resist asking for this gift. What is this gift? Reduce your selfishness. Minimise your greed. Develop the habit of sacrifice and become a broadminded individual. You can experience the real bliss of participating in the birthday celebrations if you practice what I have mentioned above".



ESSE Institute visit to Kazakhstan

1. Background information



In August 2012, at the invitation of the First Lady of the Republic of Kazakhstan, Mrs. Sara Nazarbayeva, the ESSE Institute Teacher-Trainers Marianne Meyer (Denmark), Petra von Kalinowski (Germany) and Anita Friedrich (Austria) travelled to Almaty, the

"City of apples" in Central Asia. They were accompanied by Yulia Semenduyeva from Dagestan who served as their translator from English into Russian language.



Their assignment was to introduce "The concept of Self-Knowledge in SSEHV – A Universal Approach" to an audience of 250 teachers of the "Self-Knowledge Course" within General Secondary Education in Kazakhstan. From 2010 on this subject has been introduced into the curricula of all kindergartens, schools and higher education institutions. Among the participants were also developers of the program, professors of the Abai University in Almaty, one of the leading institutes in Central Asia, authors of textbooks, psychologists, educators, administrators, and members of the Sathya Sai Organisation.

The idea behind this initiative was primarily to introduce the concept of "Self-knowledge" and its relation to the Five Human Values as given in the SSEHV Program and to provide methods, examples and tools for practical implementation. Another aspect was to give inspiration for the process of personal

transformation in order to become a living example of the values.



Host of the event was "The Bobek National Research, Education and Health-Improving Center", Almaty, represented by its General Director, Mrs. Korlan Zhampeissova. The "Bobek" Centre, as it is called, was founded in 1995 by the First Lady, Sara Nazarbayeva, and opened in 1997. It is a

department of the Ministry of Education and Science of the Republic of Kazakhstan.

Over the years it has considerably branched out, today including the "Institute of Harmonious Development of the Individual". This institute is "the heart" of a whole education complex aiming at the implementation of the innovative educational project "Self-Knowledge". The campuses at present comprise: gymnasias, college, observatory, medical-pedagogical service centre, kindergarten, canteen, hotel, sports hall, stadium and a hothouse.

In addition there are playgrounds, fountains, parks with beautiful flower arrangements, as well as orchards and an orangery. All this is meant to be part of a holistic concept of education.

2. The ESSE Seminar



The seminar was scheduled for August 21st – 24th 2012.

It began with a welcome concert "Heart to Heart" produced by

music professionals of the "Bobek" Centre, creating an environment of love, which united all.

On the seminar programme were topics from the Introductory Level of the ESSE training programs.

ESSE Institute visit to Kazakhstan

When sharing their lectures and workshops with the audience the ESSE Trainers experienced a lot of love and openness as well as modesty, humility and patience. They could feel the desire to take the message of SSEHV to their hearts.



From a report: "According to the idea of the authors of the "Self-knowledge Course", it is a purely secular subject. The ESSE Teacher-trainers were able to convey the spiritual concepts of Sathya Sai Teachings, not mentioning His name, without losing their depth and power. The interested participants were taking notes, trying to catch every word. The trainers were virtuosos who played on the strings of the listeners' hearts. The Light of their inner beauty conquered the audience. Their intelligence, generosity, wisdom, left a noticeable mark in the soul of every participant."

"This Seminar inspired us for practical application of the knowledge gained in the classroom at school. During the past month, practically in all the lessons, the elements given at the lectures of the skillful ESSE Teacher-trainers were being used in formal education. This knowledge gave us courage as teachers to deliver the important material, such as the five sheaths of the human personality (students of 5th and 6th grades accepted this information with great interest)."



"Authors of the textbooks on "Self-knowledge", of course, regretted that this knowledge was given after their books had already been written. Now they would have compiled them differently."

At the end of the seminar joyful participants received the "ESSE Certificate of Attendance".

Last but not least: This event had been prepared extremely well. Organizers had taken care of every detail in an excellent way.

We were told about the exceptional hospitality of Kazakh people but what we experienced was beyond our imagination!

With an official spacious banquet, hosted by the General Director of the "Bobek" Centre, the ESSE seminar was happily concluded on the evening of the 24th of August.



ESSE Trainers extend a deep and heartfelt appreciation and gratefulness to the First Lady of Kazakhstan, Sara Alpysqyzy Nazarbayeva. Her dedicated work and love for the children as well as her tireless effort to bring Self-Knowledge to the people of her country has left a deep and lasting impression.

It was a great honour to receive her appreciation for the work of the ESSE Institute.

ESSE Institute 10/2012



Sai quotes on...

W: The first letter reminds us of the Sadhana of watching the Word. One should not revel in idle gossip, or spreading slander and scandal and wound others and pollute oneself. Examine the word before the tongue pronounces it; is it true, will it hurt, is it necessary? Warn the tongue against relishing falsehood, or indulging in outbursts of vilification and the like. Adhere to Truth, at all costs. It is the basic human value.

A: The second letter reminds us of the additional Sadhana of washing Action. Be vigilant that every activity conduces to your moral progress, to the welfare of society—that is to say, follows the moral code, Dharma. Dharma also means innate nature. Fire has to spread warmth and light and also to burn. These are its Dharma. Without them, it is but coal. Sugar without the sweet taste is but paltry powder. A rose without fragrance might as well be a plastic substitute. Man's Dharma is to love and serve fellowmen, practising truth without causing injury to others. 'A' teaches us to manifest Dharma in every action of ours. Dharma is another great human value.

T: The third letter 'T' indicates an additional sadhana, a third one watching our Thoughts. While adhering to the earlier two, one trains the mind not to react vehemently or vengefully when one is blamed or extolled. Why should one worry if the blame has no basis? Thoughts must reinforce the innate peace and tranquillity which are one's heritage. They should not create anxiety or anger, arrogance or envy, which are alien to the Divine Core of human beings. Thoughts, when watched and warned, promote Santhi, another precious human value. Santhi is the jewel won by the sages. It resides in hearts free from pride and greed.

C: The fourth letter of the Panchakshari teaches one to watch the Character. Character is three quarters of life. The Sadhaka has to direct himself to the acquisition of the three values already mentioned, through steady vigilance. Man is the very embodiment of Love; so, his character finds expression through character saturated with love. A life without Love is really living death. Every thought, word and deed must emanate from Love. Love must bind the community as one; it must strengthen the feeling of brotherhood and satisfy the craving for expansion. Love must reach out to all mankind and to God. When such a steady selfless character is absent in man, he is

Mantra WATCH

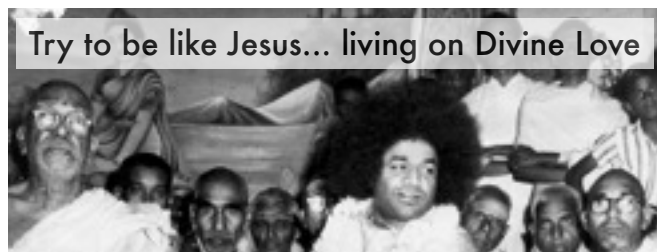
a lampless home, a barren cow, a runaway kite drifting helplessly down, a counterfeit coin. Is he observing Truth? Is he virtuous? Has he serenity? Does love motivate him for every action? These are the tests.

H: The fifth letter 'H' instructs us to watch the Heart and the feelings it originates. It reminds us of the human value of Ahimsa (Non-violence). Heart does not mean the fist-size physical equipment we have to purify and pump blood. It is the centre of emotions, good and bad. It has to be watched, so that good emotions alone are manifested. It must expand to include all living beings to feel kinship with all creation. "My reality is the reality of all"—this truth must be ever springing forth. Then, the idea of violence can never find place in the heart. The sense of unity cannot produce competition and confrontation. The fifth human value—Ahimsa—is promoted by the sadhana indicated by the letter H. For want of these five human values, mankind is in the throes of distress and disaster. The morning newspaper is full of murder, massacre, arson and dacoits. The brain and the mind have been polluted to a dangerous extent. Education aims only at providing information and promoting skills. It has not tackled the problem of moral degeneration, of the sublimation of low desires, of sense control and the development of spiritual insight. Man is converting himself into a brute with a human form.

Vali, the monkey, is said to have argued that Rama wounded it with his mortal arrow, in spite of the fact that the sin it had committed was pardonable and even proper among monkeys. But Rama replied that Vali was only a monkey in appearance; it knew both right and wrong, and so deserved punishment. Man, today, is a beast in human garb. When he develops and demonstrates human values, he would have to discard the beast in him and become man, the pilgrim to God. Contemplation on the watch is the best means for achieving this end.

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Try to be like Jesus... living on Divine Love



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