

# Sai Voice

## Issue 13 - January 2011, Dedicated to Bhagavan Sri Sathya Sai Baba

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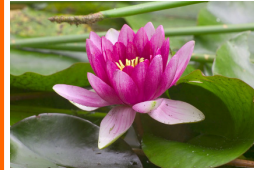
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*The end of wisdom is freedom.  
The end of culture is perfection.  
The end of knowledge is love.  
The end of education is character.*

- Sathya Sai Baba

### Letter from the Editors

This year Group 3 has decided to present the SSE Sai Newsletter earlier than last year after much collaboration and work. We have gathered many inputs from all the groups and some information from our interviewees. We deliver our message and devotion at the beloved feet of Sri Sathya Sai Baba.

**This wonderful picture portrays unity and community through peace and love.**



- By Pre SSE

Martin Luther King Jr. once said "I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit together at the table of brotherhood." This quote is very meaningful and powerful; it is what caused the movement to rise against the Jim Crow Laws. These laws were what established the difference between black and whites- the social inequality. This quote- however- shows how MLK wanted the whole world to be united and not be discriminated by race. What he aspired for was unity of all races and no higher social race classes. This quote brings forth a lot of importance.

- By Nikhil Ramachandran, Group 3

Community Leader, Mother Teresa said in her quote - "The title of 'Mother' is the biggest honor I have ever received". Mother Teresa Established - "Missionaries of Charity". Mother Teresa turned what had formerly been a temple in Calcutta into a Home for the Dying in 1952. It was called the Nirmal Hriday, which means "pure heart." The goal, as Mother Teresa described it, was to offer "free service to the poor and the unwanted, irrespective of caste, creed, nationality or race." The Society of Missionaries has spread all over the world. They provide effective help to the poorest of the poor in a number of countries and they undertake relief work in the wake of natural catastrophes.

- By Vijay Chandra and Dhruv Rokkam, Group 1

In my opinion, "Unity in Community" means that we should first be unified within our own thoughts, words, and deeds. This means that we do what we think and say, and say what we think. Basically, we have to keep our thoughts, words, and deeds as one, so we don't do or say things that we didn't think of. After we have mastered Unity of Thought, Word, and Deed within ourselves, we should carry it out with our community. This means that everyone in the community will have Unity of Thought, Word, and Deed not only within themselves, but with everyone in the community as well. This is what I think of "Unity in Community."

- By Suraj Jagtiani, Group 3



**Love Is Always Better Than Hate. This Is Why.**

**Hate:** Like in the game of chess, if the winner is filled with pride and the loser is filled with jealousy we will feel guilty and sad. This is not a good feeling for anyone.

**Love:** If you help an old and poor lady, the lady will feel happy and so will you! One day the lady can help you too. We will both get help and happiness. This is a wonderful feeling for everyone.

Which feeling is better, Love or Hate? (View the pictures on this page. ) - **Love of course!**

– By Sowbhasri Suresh, Group 2

Swami says “What is this triple unity of thought, word, and deed? Thoughts originate in mind; they express themselves through words and are manifested as deeds. Humanity or humanness is the confluence of the mind, speech and the body. If man is such that he has one thought, says something else and does something different, he should not call himself a man.

How can such a man, who is afraid of the truth within himself, search for the cosmic truth? It is only when there is harmony between his thought, word and action that man will be in a position to recognize his own true nature. True liberation (moksha) consists of giving expression in words to the thoughts which arise in the mind and practice what the tongue says.

– By Deloshene Sittambalam, Group 2

In my school, I serve on the student council. Our council is named, "The Middle School Community Council". As our name suggests we do things for our community. Most of my fellows on the council are more centered around doing things locally. I, however think we should work outside of our school as well as in.

My interpretation of Baba placing unity and community together is that the entire world should be a community, in single harmony, or unity. So, when I think of the word community, I don't just think about the local area, but the world in which it is located in.

Another experience I have to share is in my third year at school. A friend of mine was donating \$2,000 to a cause our science teacher advocated. I was interested in doing this charity, so, I brought in \$20, which was 1% of the other student's donation. Yet, my donation was taken and cherished just as much as the other student's.

I have always been told that 'every drop makes the ocean', and this proves it. Whether I was donating billions of dollars on behalf of a company, or paying a few cents casually, all the money goes toward one ocean, where every drop of water is alike. This shows that unity exists wherever we are united in a community that is aspiring toward a common goal.

– By Keshav Raghavan, Group 3



**Unity**

Unified thought, word, and deed.

Not only Sai devotees, but all people should have unity.

I practice unity in my community by helping out at the soup kitchen.

Try not to only think about yourself, but think about others, too.

Your unity affects others.

– By Kiran Jagtiani, Group 2

“Unity is Divinity” It means that the more united we are and the less conflict there is, the more divine we are. By being united you are being divine. It shows that unity is an important trait and is one of God’s traits.

– By Samyukt Kumar, Group 3



We chant “Aum Sri Sai Ram” in the class using a japamala. The japamala exemplifies the unity of thought, word, and deed. Our mind ponders on the name, our lips chant the name and our hands move a bead for each name chanted without losing unity of action.

– Sara Raghavan and Sriram Pankanti, Group 1



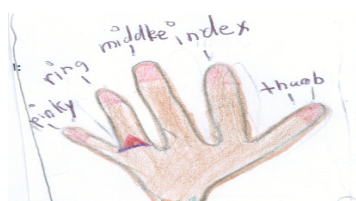
In order of something to function, all parts must be united as one. We read a story about the human body and discussed how every organ needs to work together for us to function normally. We did an experiment with a pen by removing one part at a time. When we took the spring out of the pen we found that we couldn't write with it. Finally we realized that the spring was a significant part of the pen. Love, respect, and compassion for one another are very important human values that work together to create harmony. Similarly, all organs of the body must work in unison for harmonized actions.

– Poorna Balamurugan and Aria Rajamani, Group 1



We did an experiment in the class called “The Bottom of a Lake” to find out why it is important to concentrate our minds on good thoughts. We put some colored beads into a translucent cup. We then poured some water into the cup and stirred it vigorously with a spoon to see what was at the bottom. We finally found out that only when the water became still, would we be able to see what was at the bottom. Similarly, only when the mind is still, will there be clarity of thought and peace and wisdom can then be found within.

–By Anusha Chegu and Sanskriti Kumar, Group 1



I will practice not to think as one individual but think as a group or team, we can then be strong and can achieve more.

– By Riya Krishnan,  
Priyanka Umamaheswaran,  
Saitrisha Gulappa, Group 1

### Techniques for Practicing Unity of Thought, Word, and Deed

Carry a small photograph of Swami with you all the time. Whenever you feel that you are about to break the thought, word and deed harmony, remembering that Swami is watching you! Ask yourself the question in your mind. Do you want to do something that Swami does not like?

- Have an activity to counter disharmony. If your words or actions don't reflect your thoughts, take a short break, focus on Swami and restart the activity.
- Strive to give up evil thoughts, evil looks, vicious speech and the greed to give ear to evil counsel and slanderous gossip.
- Constantly practice discriminating your thoughts so that you have good intentions. Learn the meanings of some of the words in devotional songs. Make your thoughts dwell on these images during devotional service.
- Keep good company as it will help you to think, do and say good things.
- Always remember Swami and do Namasmarna on a daily basis.
- Offer all your actions to Swami before committing to them.

- Gajaan Sittambalam, Group 3

*I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster. I have come to tell you of this universal, unitary faith, this spiritual principle, this path of love, this duty of love, this obligation to love. Every religion teaches man to fill his being with the glory of God and to evict the pettiness of conceit. It trains him in the methods of unattachment and discernment, so that he may aim high and attain spiritual liberation. Believe that all hearts are motivated by the one and only God; that all faiths glorify the one and only God; that all names in all languages and all forms man can conceive denote the one and only God. His adoration is best done by means of love. Cultivate that attitude of oneness between men of all creeds and all countries. That is the message of love I bring. That is the message I wish you to take to heart.-Sri Saytha Sai Baba*

I liked this quote because I have always admired the quote "There is only one religion, the religion of love". That quote just seems to bring all the religions together, and stop all the religious conflict in the world. But anyways, in the second half of the paragraph, I feel like he is restating that line over and over again but in different ways. Also, Baba doesn't explain what unity is so simply, he explains it as if you have to find it. I like how he explains unity in the first half of the paragraph. It just makes the paragraph more interesting but hard to digest.

-By Hari Reddy Nair, Group 3

### What is Unity?

Unity is being joined as a whole with one common goal in mind. When a group of people are united as one, it gets easier for them to accomplish that goal. Unity is prevalent in most societies, whether you realize it or not. Unity exists in most communities. For example, in small towns in Africa, if the well were to break, they would get everyone in the village to repair it. Although the villagers might have not realized it, they joined together as one to fix a problem that related to all of them. Also, there are other times when people realize that they must join together to fix their problem or problems. When a country prepares for war, they bring all their soldiers together. All the soldiers unite and form one army, which the country hopes will solve their problem. Unity is a tough thing to hope for in times of need. When you need everyone to gather, they might refuse. If they were to help you, they might hope for something in return. This is why unity can only work when everyone in that group has a common problem. Therefore, there is no need to "repay" the people, because they all needed the problem fixed too. While unity may be something rare to hope for, there is always a chance. If there is something that you need done, but can't do alone, uniting with others is always the best way to get it done.

- By Rohan Bansal, Group 3

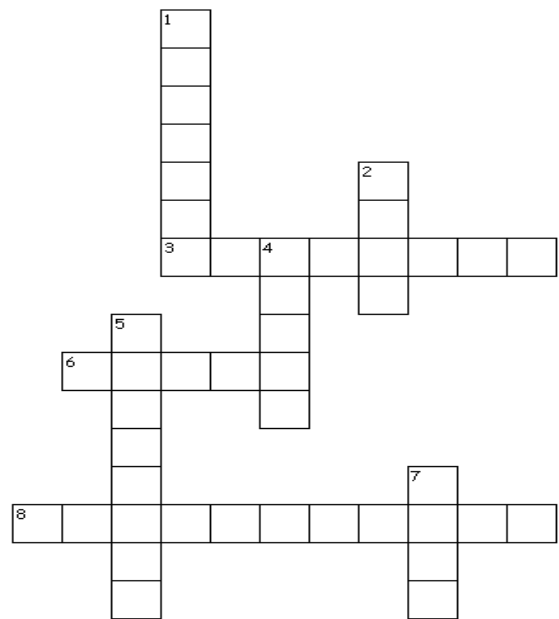
### Word Search

Q A O Y D F M L A N S E L V O W T Y H T  
 Y I P Y A A N O O N Q D H Q Y I E T N G  
 S K K M W Y H I K U R Q M U G S V I N Z  
 X N I V H A T A A S R A I G O D S N K W  
 Y L B O R A L L P X H F M F S O D U E N  
 Y B V Z C W I A Y P P A I S U M E M N L  
 N S K U Q T E E M C I N W N A C E M O A  
 B M D X Y H E P O A W N J R A M D O I S  
 J E Y U C L M I F A P J E E G T A C G F  
 D O O H R E H T O R B A P S S H D N I S  
 D Y Y O B D U D F Y R S J E S O C U L A  
 Y T I N I V I D G T F R V M H U Z H E L  
 F A I T H D G I B O P A W E A G D S R B  
 S A G C H A R A C T E R C O G H K R B B  
 L W R H C D Q P Q Y T I N U K T O A D Y  
 E Q A E N P E H E X V M V I S S I Z K U  
 P M C M G J P J C R O H W B J D V Q C R  
 X N E I I Q M T E X H Q F A Q R R A E V  
 O I P N N M G S S F N N U L T Q G O U Q  
 O G Y Z I U H A R M O N Y W T Q I I W J

### Word Bank

- |             |           |           |           |
|-------------|-----------|-----------|-----------|
| Brotherhood | Character | Happiness | Harmony   |
| Community   | Deeds     | Divinity  | Education |
| Divinity    | Education | Equality  | Faith     |
| Family      | Grace     | Japamala  | Moksha    |
| Namasmarna  | Peace     | Religion  | Service   |
| Seva        | Swami     | Thoughts  | Unity     |
| Wisdom      | Words     |           |           |

### Crossword Puzzle



#### Across

- The quality of being equal
- There is only one language, the language of the \_\_\_\_\_
- Universal \_\_\_\_\_

#### Down

- \_\_\_\_\_ to man is service to God
- \_\_\_\_\_ ever, Hurt never
- \_\_\_\_\_ of thought, word, and deed
- To work together is \_\_\_\_\_
- \_\_\_\_\_ All, Serve All

## **Spotlight on Swami's 85<sup>th</sup> Birthday and the Violin Project with Al Levy– By Group 3**

### **1) Why is Swami's 85th Birthday so special compared to other Birthdays?**

Every year our birthday is one year greater than the previous one in our lives. And in Swami's life this also occurs. Each of Swami's birthdays is an occasion to note how Swami has graced the world with Divine Love and selfless service. This amount of years, 85 years, shows a tremendous gift of selflessness, and service to promote all that is good in this world and the entirety of creation. This is a great opportunity for all of us. Every birthday shows how important God's message of Real Love is, and how we must all take it to heart. It marks 85 yrs of Swami's physical presence on Earth, and one year closer to the end of Swami's physical life form on our planet. It marks a time to rededicate ourselves to Swami's teachings, and to take advantage of the opportunity to live these teachings more seriously in our everyday lives.

### **2) How did you feel when you were at this special celebration?**

I felt tremendously blessed to be there, and I felt a great responsibility to pay attention ardently to everything Swami did and said. I treasured every interaction he had with me. I felt a tremendous spiritual responsibility to live by Swami's teachings, and actually follow them. I was also amazed by the energy being radiated by Swami, there was a great intensity and we all felt it. For me personally, it sent me into a deep state of silence beyond the mind, full of Divine Peace and Love. This occasion of Swami's birthday meant a lot to me and all devotees, I believe. It energized us spiritually so that we may all truly be embodiments of Swami's teachings and grow in Love and the Reality of Oneness, the Reality of God.

### **3) How was Swami's 85<sup>th</sup> Birthday celebrated in Puttaparthi?**

It was a fourteen day presentation with a spiritual event every evening which Swami attended. Some mornings, Swami also came out. One special occasion He attended was the marriage ceremonies of 1008 couples. I was practicing with the Universal Sai Symphony at this time, so I only attended this event for a few minutes. The day of Swami's birthday was truly amazing with Swami entering on His golden chariot. In the evening there was a movie presentation by the students complete with the most beautiful fireworks. He also had some Bollywood performers singing spiritual songs. We chanted the Vedas prior to all events. Swami paid attention to individuals, as well as, the overall attending devotees. Everyone there felt His Love, and the extraordinary energy which emanates from Him. Over 1,000,000 people occupied Hillview Stadium on Swami's birthday. Everyone was fed for free for 14 days. This occasion was a true transformational opportunity for all who celebrated it, as well as, all beings throughout the universe.

### **4) What is the Violin project and how do you feel about it?**

I have been playing violin for Swami since 1980. Somebody asked if I played the violin, and I answered yes. They then recommended that I stand outside the Bhajan Hall in Whitefield, holding my violin, in order to receive permission from Swami to play for bhajans. When Swami came towards me, He ignored me, turning His back to me. I felt duly corrected; I did not feel like I should ask again. Then, several years later an Italian musician had organized a bhajan group with Italians and Spanish devotees. We played and sang together for several days. I did not know that they were hoping to sing and play in the Prasanthi bhajan hall in front of Swami. I was thrilled when Swami invited us to play for evening bhajans. The evening we were playing for Swami was very special and I was extremely happy to be playing at His Divine Feet. Everyone was singing and playing, and we all felt His Divine Love. We played out of complete Love and surrender to Swami in these moments. We were carried away in His Divine Presence and felt His immense Love for us and all creation. Tears began to come from Swami's eyes, and run down His cheeks. Our music and singing, our unified devotion, had apparently moved Swami to tears. From then on, I wanted to play for Swami at every opportunity possible. I've played for Swami many times since, and had the opportunity to help coordinate music programs, but it was the only time I have seen him cry while we played.



**SSE Students and Center members selflessly participating in a special Christmas holiday soup kitchen Seva project in Stamford. This included cooking, serving, donating winter apparel and singing holiday cheers to those in need.**

**The Soup Kitchen in Stamford is held every other month at the New Covenant House of Hospitality, behind the Yerwood Center. It is an excellent service opportunity for children and adults.**