

Sri Sai Mandiram Trust

Initiated by

Sri Sai Gopal Baba

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Dear readers,

Five years ago, Swami gave us the following message for the publication of the first GKS newsletter:

There are several paths in this world for man to obtain everlasting peace and happiness, of which SPIRITUALITY is the most precious one. This newsletter shall be a medium to spread the message of spirituality. This will be a VAHINI for love and this love should reach each and everyone in this world and make them float in bliss and happiness. SACRIFICE is the fruit of this love. Remember... at the place where this LOVE is there shall never be jealousy and hatred. Let this endless love bind each and every soul as this VAHINI reaches each and every part of this world.

It is by His grace that this newsletter has evolved from a few simply copied pages into the Sai Prema Vahini in front of you. We are most grateful for all your contributions and the opportunity given to carry out this service in the GKS newsletter. We hope you will enjoy reading the experiences of your fellow devotees and the excerpts from Swami's discourses.

In love and alliance,
The editors



Embodiments of Divine Love

Mumbai, 5 January 2002

It is not enough to say, 'I'm going to do Sadhana, I'm going to do Bhajans, I'm going to cultivate good qualities,' and just keep talking about it. You must practice it! God is present everywhere. He is in our hearts. People say: 'If God is in my heart, I will sit at home and pray to Him.' He may be in your heart, and you can do everything at home, but there should be someone to guide you! When people gather in a big hall or Mandir and do bhajans together, it is known as Sankeertana. When an individual does the same thing with bhakti at his house, he is singing a song.

If we take sufficient money and go to the market, we can buy what we want, but if we take the same amount or even more money to the market and say that we want Sathsang, nobody will be able to give or sell you that! All the people go in search for Shanti in various directions. Where do you get peace? Peace is in your heart! The place which teaches you that peace is within you is this bhajan place. When there is a fire, ash is all over and when fire is covered with ash, one can't see the fire. But when we blow and the ash is removed, then the fire is visible and glows. For the peace in our hearts, Ashanti (unrest) is the ash. When we do the bhajans with so much of vibrations, ashanti is removed and you get shanti. Then you all will feel the shanti or peace in your hearts.

Just now, somebody gets married. Tomorrow they want a child. How can this be possible? There is a time for that also. Today we sow the seeds and tomorrow we need the fruits. Whoever waits with patience, he will get everything in his life. Otherwise, he will become a patient. Between patience and patients... there is only a small difference. The person, who doesn't have patience in his heart, will convert himself into a patient.

Mumbai, 7 October 2002

We say we want peace and keep on searching for it outside. Peace is within our own selves. This peace is lost when you find faults in others. Stop talking evil of others and you will surely experience peace. Baba tells us that the mind is the cause of all that happens to us. Keep the mind clear and clean.

Bhagawan Baba is always in your heart and when you call out to Him - with full faith and devotion - He will respond immediately. You should have deep rooted devotion and I want you to develop it. This is my wish.

Let the pure thoughts and the love you have for one another increase more and more. This is real prayer, real meditation or tapas. Let your heart beat for others, let the hunger of others be your hunger. Enjoy the happiness of others. Let your hearts melt and flow like water when others suffer. The heart is the place where God lives.

Bangalore, 23 November 2002

The first thing that is taught in the Sathya Sai open university of the world is discipline, then duty, then divine faith. These things are also taught to every devotee. Even before he enters the gates of Brindavan or Puttaparthi, he will notice: ladies on one side, gents on the other side. As soon as one enters any of these two premises one will watch volunteers applying themselves to the work that is allotted to them. Cleaning the premises, directing people from one side to another, giving appropriate instructions to people who come for the first time to these places and whatever work that is given to them. They do it with commitment and throw their body and soul into the work to be done.

Mumbai, April 2003

This world of ours is a product of sacrifice and it is sacrifice which keeps the world intact and makes it move smoothly. The law of sacrifice governs our world and our lives.

The sacrifice, associated with the name of Rama, is not an act of self-abnegation but it is an act of self-fulfilment and satisfaction.

Bangalore, May 2003

Today there are so many people gathered here from all parts of India and abroad. Let us live in unity, like we are here together in unity. We can experience unity but we need to have one common goal:

How can we serve society the best way?

Take this unity with you and make this world a better place.

Once **Lord Krishna** received Narada and said: 'Narada, please come in, sit down.' He was given the usual reception. He was given water to wash his feet, water to drink, some nice lemonade, some fruits and so on. We must learn from God how to regale people. Sathya Sai Baba is a model demonstration of public reception and reception of human beings into ones household. The warmth and affection with which He welcomes people makes everyone at ease. This is a prime characteristic of the Divine. If we surrender at His feet, there is nothing He wouldn't give to us. The moment we surrender ourselves to Him, He will give everything to us. Krishna and Narada were talking to each other in happy conversation. Narada opened his heart and said: 'Oh Lord I seem to carry a doubt within me. What is it that we get when we meet Mahatmas, the great souls of this world?'

What is the benefit of meeting a great soul?

The benefit of meeting a great soul is: your mind becomes clear, your heart becomes pure, your intellect becomes a brilliant light and you will have a far-reaching, all pervading consciousness.

Bangalore, July 2003

Full of expectations we rise and we ask: 'Baba, interview? Baba, interview?' Baba says 'sit!' and moves on. And we start asking ourselves, 'why is Baba not giving us an interview?' Baba knows very well why. He says: 'You all want an interview, but did you care to find out what it means to get an interview? The interview is not meant to ask this and that, but to start looking inside you, to develop an inner-view.' When you have this inner-view the Truth will flash before you. Baba is Truth. We live in a world of lies but we *are* Truth. Baba introduced to us to finish our prayers with Loka Samasta Sukhino Bhavantu (may all the worlds be happy). I ask you to add something to that, pray to God to deliver you from ego, from the feeling of 'I and mine'. As long as we are conceited and full of egoism, everything is one big drama. It is not the number of times that we got an interview but it is the effect of it that really matters. It is the amount of transformation that we undergo, after getting this experience. Baba has come to uplift us and to reform us; but when you refuse to change, He will let you go. I ask you to pray. Pray to Baba that you will be worthy of transformation. Pray to Him that He will clear your mind so that all the dirt in your vision will disappear.

Bangalore, August 2003

We should all feel united. The final truth is going to be the unity with the One, so let us not fight. In our country there are so many rivers flowing. Their aim is only one... they want to join the ocean. Similarly all religions unite with the ocean called 'Satchitananda'. So whatever dharma (morals), religion or community we follow, let us reach for oneness with God; God is nothing but bliss. The forms we have given God, are our own. God has no form. He is only Love. Love is His only true form. God is nothing but Love. Compared to all other life-forms, human life is the most superior; don't waste this life. Let each and everyone of us be the hands of the Lord. Let us be His instruments to serve society. Whatever forms of nature, birds, plants, animals or human beings, let us support and serve them. I request everyone to come and unite here. Let's not waste this human life, which provides us this rare opportunity, by pursuing materialistic pleasures. Let's join all our efforts together to get into the sathsang and help society in each and every way possible. See the Lord within you. Don't be an extrovert, be an introvert. When we are in the temple, our minds are always in the bazaars. We are seldom turned inwards. Baba, when asked for an interview, answers: 'Have the inner-view, not the interview.'

Bangalore, Mahashivarathri 2004

The significance of fasting is not abstaining from food but to have a healthy diet, which gives vitality. There should be a regulation of one's diet. Upavasa (fasting) means being closer to God. When you have a light diet, your mind will be fresh and you will be able to direct your mind on God. Too much food and bad food will make you dull.

Always involve yourself in right conduct, right thought and right company, so that your mind, your body and every cell in your system becomes full with Shiva. Our life is a God given opportunity. You must become the embodiments of joy and by that you will spread joy. Then you will be the cause of the joy of many others.

When you get the human birth you also receive the ability to speak. You should use this ability only for the constant repetition of the Lords name. Your tongue is given to you only to speak about and of Him. Don't waste this. Among all creations, being born as a human is the result of a great good done in the past, when you have got this birth you must use it to do good and to excel the good done by other creatures like trees and animals.

Holland, 21 July 2004

Your love, your sacrifice, your dedication has drawn me from Bangalore to this place. I am ready to serve every one of you here. It is for that purpose I have come all this way. Your joy is my food, your unhappiness is my sadness and your happiness is my joy. Please keep your hearts clean, neat and tidy.

Let your hearts be without hatred towards anyone.

Let your minds always be clean and without any stain.

Let egoism not present itself; allow not even an iota of it in your heart.

Keep the heart, in which the Lord Himself resides, pure and that purity will imbue purity in all your actions.

Talk to your neighbours with sweetness and kindness. First of all *talk* to them. Don't be a distant neighbour. Let them all be arrested in the bondage of your love.

You may not be able to evade the difficulties of others but if you say one sympathetic, kind word to a man who is caught up in difficulties and miseries, what a great thing that would be. Your heart must respond to the difficulties and miseries of the others.

Holland, 23 July 2004

Discipline is the foundation on which this building of GKS is built. Do not think for a moment that you joined the GKS just like that. No, you have come with a specific purpose. That is to undergo a spiritual training, which will flower and will end up with your flowering with it.

The lotus doesn't hold anything on its leaves. It is pure and clean. It is offered to the Lord. In the same way, keep your heart clean and pure like the lotus flower, and then surrender it to the Lord. The Lord will certainly receive it.

You must be full of kindness and compassion.

Try to wipe the tears of those in need, those who are suffering and those who have become feeble by pain. Give them strength and words of comfort. That is worship; otherwise it will be mere chips.

Holland, 23 July 2004

Whichever God we may adore, what we need is intense devotion and not dividing and mutually rejecting cleverness. I have not come here to energize or enervate any religion. I have not come to do anything special to any religion. When Divinity is one and when we begin to dispute about this and that, do you know whom we are harming? Do you know whom we are insulting? We are insulting the very Divinity!

We have a Mother and She is indeed a *universal Mother*. The mother has five or six children, each of these children learns a particular trade; one is a lawyer, another doctor, farmer, preacher and so on. But the mother does not make any distinction between this or that son. All are one to her. In the same way there are Christians, Muslims, Zoroastrians and several other religions. But this common mother is Para Brahman, the supreme Brahman. When the mother so much loves the children and when the children love their mother, where then is the distinction? For Mother Sai everyone is the same. Since we are the children of Mother Sai, let's all be united, let us live in peace and amity with each other.

Bangalore, 6 September 2004

Each and every one of you should become Sai's reflection. How to do that? When you keep your heart pure with Divine Love, the Lord will start reflecting in you and His Sankalp (will, resolution) to bind this world with Universal Love will be easy. We didn't come to this world with all these possessions and earthly structures; we don't take them with us when we go. Put a brake to all your wants and just develop intense yearning towards the Lord.

Bangalore, 6 November 2004

Our relationship with God should be like between a cow and its calf. They are always close to each other. How lucky we are, the Divine Mother Sai has taken birth in this time and age. Unfortunately the screen of arrogance lies between Sai and us. The Divine Mother Sai is waiting for us to shed this screen so She can embrace and help us to be one with Her.

Kshama 2002

Just like a river merges into the ocean, casting off his name and form, a Jivanmukta becomes one with God, although superficially he appears to behave like an ordinary soul. Sri Ramakrishna Paramhansa was a soul like that. Nowadays we are blessed by Bhagawan Baba whose greatest gift to us is Sri Gopal Krishna Swami. Once I asked Swami, 'Swami is your ultimate task to take us to Bhagawan Baba and merge in his Divinity?' He answered affirmatively. 'May we, GKS members, strive to redeem Swami's dream' is my prayer to all.

Kannaiah 2002

Another practice, which helps me a lot, is to take the One I love always with me and see Her in everything I see. When I picture the form of Mother on something or in somebody I don't like, the feeling I have towards that person or situation changes. Wearing the glasses of love transforms my life completely. Every situation becomes a gift of Her with an inner message. Do your duty detached from results, as you will never have any grip on the latter. Be prepared to give up everything for Love, or in other words 'Love till you drop'.

Subbaramaiah 2002

The subtle change He brings about in our habits, in our modes of thinking, in our desire patterns, and in our inner wishes and their direction, is hardly noticed, even by the beneficiary. It is hard for us to pierce through the outer coating of body consciousness.

Srimathi 2003

Once I told Baba, 'Swami, whenever I find time I go to the Girinagar Ashram for bhajans, as it is within a short distance for me.' Sai Baba immediately said 'very good, continue going, my sannidhi is there (meaning that the place is His). I went there the very next day and told Gopalanna about it. I told many of my friends what Sai Baba had said about the Girinagar Ashram. Three or four years after this incident, I thought of going for Baba's Birthday celebrations to Parthi.

Again family problems prevented me to go. I felt very much disappointed and prayed to Bhagawan Baba. That same night Sai Baba came in my dream and said, 'My birthday is on the 23rd of November, Gopala's birthday is on the 6th of November'. He laughed and disappeared. Then I thought, why has Gopalanna never told me that in all these days? The next evening I went to the Girinagar Ashram, gave my best wishes to Gopalanna, did namaskaram and gave Him a small token. Gopalanna asked me how I came to know about it. I told Him about my dream. Those who were present there also felt very happy.

Devudu Sadashivu 2003

Sai Baba always taught - Shraddha and Saburi - Faith and Patience. The Guru is everything. Each word coming from His mouth is like a pearl. It is an order for an ardent devotee to follow him faithfully. Shedding our Ahankara (ego) completely we should follow Him on the path He has shown. He is love personified. He will not allow us to stray the wrong path. It is our responsibility to prove that we are worthy of His love and blessings. He is the one who gives us the ultimate Ananda here and hereafter. Let us faithfully follow Gopal Baba in body, mind, soul and action, and prove to him that we are worthy of His faith in us. By doing so, He will lead us out of this 'Bhava Sagara' (world of materialism) and make our lives worthy and blessed.

Dr. P. Ramamoorthy 2004

The life of Gopal Baba is His message. Having reached the Divine by intense devotion, consoling and helping people, curing their diseases and spending most of His hours in seva, sankeertana and sadhana. One day I was with Rao, he said, 'look, how He is busy with cooking,' referring to Swami. I said, 'yes, yes, He is like a Zen-master who never distinguishes between a temple and the market. He lives the ordinary life in an extraordinary way'.

Chayya 2004

It is never enough to let people know how much grace we receive from Swamiji. My sincere prayer is: let more and more people experience it.

Sri Gopalachar 2003

The lady said: 'My age is one year because the time I lived in divine consciousness is one year, what is the point of living a hundred years if in these hundred years we don't think of God, Who has made us?' The saddhu said: 'If all that you said is true, what about me?' The lady replied: 'It is up to you to reckon your real age.' And the saddhu was a plain, honest, good fellow. He said: 'Madam, I am yet to be born.'

If you are not born, let us take birth now. If we are born, let us count our age from today. All the wonderful things that happen here in Girinagar are possible because of the efforts of one single soul, Sri Gopala Krishna Baba. To Him we offer our sincere, heartfelt thanks for making this sathsang possible.

Swami Sugunendra 2003

Our Gopala Krishna Baba is like Narada in front of you. He is changing your whole life and you are starting your new life today. In every Holy Scripture it is emphasised that each one should have faith in God. Faith itself is life. Without faith there is no life at all. If you are leading a life without faith it is the life of animals. So one should maintain, cultivate and strengthen this faith. Than you can have everything.

Daniele 2003

Swami showed me that He is pure Love and that He is there for all of us, even if we have been proud, full of prejudices on His account and we have been full of doubts. Like a good mother, when we need Him He is there for us, no matter if we've been naughty kids just a minute before...

Reynold 2004

Swami has requested me to do His work. I have a strong feeling that the work will be both inside and outside the GKS-family. I am already doing that and I pray that - with His grace - I will be able to continue doing His work. Because, what is better than feeling the bond with Swami - every moment of the day - while doing His work?

Marco 2004

Shortly before my trip to India a dramatic change in my life took place. I had two very intense dreams about Baba. At this point I want to share one of these dreams with you; Sathya Sai Baba and Ramana Maharshi are seated on a beam of wood, their seating positions being slightly oriented towards each other. They both have laid their arm around each other. Baba says to me: 'Look, we are the same.' After this sentence Maharshi turns into another person, whom I don't know and had not seen so far. The new man has short, grey hair, is dressed in white, and looks to be around 55 or 60 years old. Baba and the unknown man continue to sit for a moment in the described manner and then the newly arrived Yogi merges into Baba, so that only Baba remains. I woke up. A few days after this dream my mother came home from a trip to India, where she had visited *Sai Baba's Ashram* and also Swami Gopala Krishna Baba's Mandir. She showed me Swami's photo and I saw the face of the man who in my dream had been sitting beside Sai Baba. Although Swami presently does not have grey hair and looks a little younger than he did in my dream, it was exactly the face I had seen!

Cor 2004

During the first bhajan, I became aware of Him, looking in my direction for quite some time. At that moment I had a brief eye-contact with Swami and I received the answer to my question. What I felt that moment is hard to describe. It seemed as if my whole heart burst open and became like a big luminous, ardent ball. I recognised the feeling and it seemed as if I had missed that for a very long time. Immediately I burst out in tears, experiencing so much warmth. The remainder of the evening felt like my world was completely changed.

Pankaj 2004

As I grew closer to Swami, one day I took courage and talked to him, 'Swami, I was more comfortable before You entered my life. I was quite happy, reading books and attending lectures than the present assignment You have given me in service activity and managing GKS Mumbai together with the other GKS brothers'. Swami instantly but firmly replied, 'Pankaj, you do my work from outside, I will do your work from inside'. My friends, I must admit that what I received from Him in the last 9 years is incomparably larger, bigger and deeper than all that I had gained in an earlier span of 27 years. I would also like to add that mine is not a solitary incident. But this is true in the lives of many of my GKS fellow workers of Mumbai.

Gourang 2005

To me Swamiji is not a body in Girinagar (do not make Him that small), He is the universal Spirit and is present in every particle of the universe. He manifests Himself in manifold forms and guides you, guards you. All that you see is Him; all that you experience is Him.

Renate 2005

I realised that it was Baba's wonderful way to arrange things. It was Baba who arranged the meeting with Venkatesh in the plane and who guided me to Swami Gopala Krishna Baba. The same today in this temple, He perfectly arranged a special seat for me in the first line and let me cover my feet decently for this meeting with Him. And most of all, He gave me a clear sign, and therewith an answer to my question regarding Swami Gopala Krishna. Now all my family members are strongly devoted to Swami Gopala Krishna Baba and we already visited Him several times. He gave us His Love, Grace, Divine Blessings and Guidance! This is the greatest gift in my present life and every day it makes me immensely happy and grateful.

Shatrughna 2005

Gopala Krishna Swami has come into this world to support Baba's work, namely elevating this world to a higher level of consciousness. Every one of us is expected to contribute to this same task, everyone in his or her own way. It is for a good reason that Swami stresses that our work is our sadhana. 'GKS' therefore means to me 'do your work with insight and wisdom and come to unity with God'. 'Do your best and leave the rest.' So some of it we will have to do ourselves and a part we must let go, by trusting in God.

Dinah 2006

When Gopala Baba invited me to Girinagar for the Gurupoornima celebrations in 2003 he reiterated this idea of the unity beneath the outer diversity. At first I declined his invitation, stating that my Guru was in Puttapparathi. He smiled benevolently while telling me that Shirdi Sai Baba, Sathya Sai Baba and Ramakrishna were all at Girinagar; that it was all the same. In my last interview with Sai Baba, this idea of the unity of all forms was taken even a step further. He asked me why I visited Puttapparathi over and over again. I told Him that I came to see Him because I gained much comfort from being near His beautiful form and from the love vibrations which emanate from it. He laughed and told me that this was all in my mind. He said: 'This body is a water bubble. I am not this body. I am God. I am the Master. I am the Creator.' He then pointed at me and continued, 'and you are the creator, you are the master, you are God'. Then He told all present in the interview room that they all are God.

Henny 2006

GKS family means for me Love: feeling love, hearing love, seeing love. You want to know how it changed me? It made me more loving.

Nhemten and Soriane 2006

Our unity emanates from Swami who is the focus point for all. Swami is our model, our Mother, our Father, our Teacher, our best Friend. Swami is a living example of the yoga of action and compassion which can be described as Love in action. Swami is the living light-house of the whole GKS. Swami is the everyday compass for each of us, through His life and teachings.

My Life is My message.

Being connected with the GKS we feel part of a divine family, fathered by our 3 Swami's: Shirdi, Sathya and Gopal Swami, who in reality are ONE, just as we are ONE with them and ONE with all!

By Alida

In 1986, I received an unexpected and special gift for my birthday. My brother told me about a holy man who lives in India, who does miracles like Jesus. Instantly I knew this was true and it touched me deeply; this message didn't leave my mind. My brother also recommended a book called 'An Eastern view on Jesus Christ' and I ordered it from Viktor Kanu in London. Although I couldn't read or speak English I was able to read it with the dictionary on the side.

It was in 1989 that I went to India for the first time, to meet God in a physical form. Over the years, after many visits, I realised that I came home to my divine Mother; for that is what Sai Baba is to me. In 1996 Kannaiah called from India and told us that he was with Swami Gopala Krishna. When he invited us to be present at his Upanayana (thread ceremony), we were rather confused. Another Swami? But of course we wanted to come to the ceremony, and the meeting with Swami Gopala Krishna was an intense experience. He looked so to speak straight through me. Sitting on the floor in the old Mandir I prayed, 'Baba, if You are one, if everything is one, than You are also this form. Please take away this confusion, let me see, set my mind at ease'.

On several occasions Swami Gopala Krishna made it clear to me that He was aware of my thoughts and - unexpectedly - an answer came up, so my commotion gradually disappeared. The next year, our second visit to Girinagar already felt familiar, a real *coming home* with tears of emotion.

What is Swami to me?

When I pray I always talk to my dear mother. For me this was and is the form of Sai Baba, but when the divine form of Swami Gopala Krishna is in my thoughts, He is also my Mother. The form doesn't matter. In so many ways the unity became clear to me, although I can't comprehend, I know for sure.

The name of Baba is always on my lips, all day long I thank Him for all sort of things; the green traffic light - the train I could catch in time - the neighbour's happy child - the sunshine or the rain and so on... 'Thank you Baba!'

I'm grateful to know Him as the source of my existence, joy, aid, support and refuge. But foremost because I can, via Swami Gopala Krishna - in difficult times or situations - appeal to Him by writing a letter. Telling Him about my fear or worry and expressing my gratitude and faith. When the answer comes 'Blessings Baba' I know I'm not alone in this. It's like telling my mother my concerns and what's going on in my life. Everybody knows that having the possibility to elaborate about a problem to someone who listens can be a big relieve. I also see Swami Gopala Krishna as my Mother, someone who knows what's going on, but you can tell it anyway.

Even when our little dog Gita became very old and infirm we asked for advice and Swami answered 'The dog will die naturally. Blessings, Baba'.

When she became even frailer and wasn't able to stand on her legs anymore, we wrote another e-mail and asked *what to do*. The answer was, 'Give her vibhuti and theertam en put a very very little in her mouth. Blessings, Baba'. So we did. She didn't eat or drink for several weeks anymore, but that same day in the evening she was able to stand up and walk a little. This happened after Abishekam and of course we all were very surprised to see. This process continued for more than 3 weeks and this experience was of great value. Maybe it looks simple, but a dog is also God and we got so much love from this dear little dog during the years she was with us.

So it was very good we had the opportunity to take care of her with gratitude in these last moments and to provide her with a dignified farewell.

We received a wonderful answer, 'By serving *Sai Geetha*, the dog, you have served me. Thanking You with my Blessings. Baba.'

I feel grateful to Swami and the GKS, people with whom I can share everything; experiences, joy and confidence. To the People who are open for the same ideal. To give meaning to the characters GKS in daily life in different ways, depending on the need and situation, is still a good call to work together. Grateful I am for the opportunities, the challenges, the difficulties and pain, all belonging to the Big Game that is being played, and at the same time the chance to fit myself for my role in it. Together with the GKS, which forms a solid foundation for it, I'm allowed and I can enjoy the Big Game.

Thank You for the inspiration Swami

By Dinah

Five years ago I was preparing to move to India, to live at the lotus feet of Bhagawan Sri Sathya Sai Baba. I had expressed my wish to live in the physical presence of Sai Baba in a precious interview, way back in 1986. Sixteen years later this desire was finally being realised. Five years ago, I had not even heard of Girinagar or Gopala Krishna Swami.

How things have changed in five years! What a surprising journey it has been! Nine months after settling in Puttaparthi, on the insistence of some friends, I attended the inauguration of the new Shirdi Mandir at Girinagar. It was during this function that I had my first darshan of Sri Gopala Krishna Swami. The Saint of Girinagar quickly pulled me into His fold. He was able to break through my initial resistance very easily. Quite a feat really! I have been known to be extremely stubborn. He then patiently observed my struggles to finally embrace the fundamental teachings of Sai Baba, 'I am all names and all forms'. At first I felt torn between the attraction that kept pulling me back to Girinagar and my 'loyalty' to Sai Baba. Five years on, I feel deep gratitude to Sai Baba for directing me to Gopalbaba.

The experiences I have had at *the feet* of Gopalbaba have been rich and varied. Having grown up in a refugee family in Australia, I had no extended family to speak of. I also carried a sense of not belonging anywhere in the world. My first sense of homecoming was twenty-two years ago, when I first set foot on Indian soil. Gopalbaba has claimed me as one of His children. He has given me a large, extended international family.

Although it is true that our lives in the phenomenal world are temporary and that all relationships we enjoy in this loka are but mere 'passing clouds', it is important for our psychological wellbeing, that we feel a heart connection to others and a sense of belonging. Our dear Gopalma has most certainly given me that. By fulfilling this fundamental human need, He has provided me with a level of emotional healing I doubt I could ever have accessed through western psychotherapy. Because it has been possible to have close contact with Gopalma, the process Sathya Sai Baba - began many years ago - has been quickened. As well as providing me with deep emotional healing, Swami has and continues to fulfil His role as spiritual mentor. He discourages attachment to His or any other form. He promotes a strong commitment to active service to humanity. He wants His devotees to work for the welfare of the entire creation. For me, Gopalbaba is love in action. He is promoting the teachings of His beloved guru, Bhagawan Sri Sathya Sai Baba, by living an exemplary life. He speaks few words, preferring to teach by example.

'Sai Baba is a principle. Live that principle. By practising the Sai principle one attains the state of Sai.'

Gopalbaba

What is the 'state of Sai?'

The state of Sai is living in a manner which entitles one to be called Premaswarupula - embodiment of divine love.

In the four years that I have been blessed to know Gopalbaba my understanding of Sai Baba's teachings has deepened and I have grown in Self confidence and acceptance of my Self.

If anyone had told me five years ago that I would be spending most of the year in Whitefield, making my way through polluted and chaotic Bangalore to attend a weekly Rudrabhishekam, I would have said they were totally insane. But here I am; doing just that. And loving it! Not the chaos and pollution. I have the great opportunity to practice detachment with respect to such unpleasantness. Attending the *Rudrabhishekam* makes my heart sing. I cannot even begin to imagine the great benefit one derives from attending this weekly ceremony. But I do know I leave the Sai Mandiram after each visit, glowing and feeling somehow uplifted.

During a recent interview Gopalbaba pointed out that animals are superior to human beings in that they simply accept whatever happens in their lives without complaint. Human beings constantly complain about this and that. He said that we simply have to endure any suffering that presents itself because it is a result of karma.

Life is strange. It seems we cannot resist our karma - good or bad. We must surrender our lives to God who provides us with exactly the experiences, required to guide us to the final destination; to the realization of our true identity. When we have reached this realization we will know that all is one. We will know that all is love. I pray that Gopalbaba continues to guide my life. I pray that He continues to provide me with opportunities to serve. I pray that all beings experience happiness.

'It is only by making others happy that you can enjoy happiness.'

Gopalbaba

By Gourang

The last 5 years have been most eventful, not that other years have not been but... this is how it started. It came very suddenly... I was not ready for it. My colleagues, my brothers and sisters were surprised, as I had mentioned that I would come to office the next day. The doctor said that I had brain tumour. The extent of the seriousness would be known only after it was seen. Which meant, that my head would be opened and the surgeons would check the tumour, to see whether it could be cut out and whether it was malignant (cancerous) or not. I had undergone an MRI and I was hospitalised immediately.

There was nobody in this world whom I could ask for succour except Swami. I called Him up in Bangalore. He asked me not to worry. I was not worried about myself but about my brothers and sisters of the GKS group who came to my aid. They would undergo a lot of physical and financial hardships for me.

All my brothers and sisters came to the hospital and visited me. They asked Swami not to send anything, as the least they could do was to see to it that they looked after my needs. They informed Swami that their existence in Mumbai was to take care of me. I was admitted to the hospital. My brothers and sisters increased my resistance by telling my wife and me not to worry. Dr. Shetty told me what the operation was all about. My brother Kutar told me how to go about it. He and his wife gave me a lot of hope; they made it look a very small operation.

Kutar and Humza told me how to *surrender* my body to Swami. They told me of Lord Jesus Christ who gave up His body consciousness and only then could He attain the ultimate. They told me that Swami would take care of everything. Humza explained the Astavakra Geeta, which is a dialogue between two realised souls. The effect was so great that I did not find any pain during and after the hospitalisation. For the fear of leaving out, I am not naming them. Pankajbhai, Pradeep, Dara, Bharatbhai, Sharatbhai and many more helped me through this test. My entire family was with me.

My wife Anjali was a picture of calmness and confidence. Looking at her composure I felt good. Everyone has to give respect to his wife. Without the Shakti being happy and content, Shiva cannot do anything (which shall be more amplified in the next part).

Before the operation, the MRI report was taken to assess the immensity of the brain tumour. The physician and the surgeon, who were going to operate on me, checked the MRI report. The report was then given to the unit where I was kept. Very surprisingly the report was lost. It was for the first time that such a costly report was misplaced in the history of the hospital. It was just not possible that the report was lost. My brethren felt that there was something more to it,

Swami had purposely taken the report and He had modified the state of my brain. The surgeons then asked me to take a CT scan on the basis of which they would operate.

During the operation I felt that Swami took me on His lap. He held me while I was being operated. I was chanting 'Sai Ram' continuously in my subconscious mind. At one point the anaesthesia had worn off and I became conscious. But because I was chanting 'Sai Ram' continuously the surgeon and other doctors knew that I was in safe hands and they did not panic. My operation was successful. By the grace of my Lord I did not feel any discomfort. I did not know the time and it felt like it was only 1-2 weeks. I understood that one month had passed.

The operation taught me a few lessons.

1. When disaster comes, only the Lord can help, the near and dear ones can only watch helplessly.
2. I came to understand that the mind was instrumental in surrendering to the Lord.
3. The priority to surrender was above all thought, word and deed.
4. The most important lesson was that this human life is too precious and also temporary, we should not waste it and Swami has come to help us to surrender. He will help us. If we do not surrender now it will be very difficult later.

Swami's grace was flowing in ample measure. He Himself said that this was my second birth. He has the capacity to give you life; don't you know how unique this life is? How can I pay back my brethren? I will see to it that they reach their goal, with whatever support and whichever way I can give it. If I can walk that path, you surely can. Baba has come to make us kings, but we ask only for a few coins like beggars. If we have to ask, He should be asked the kingship and nothing else.

This was only the beginning; I will tell you how the rest of the 5 years went.

To be continued

To me the GKS is a way that gives me the opportunity to grow, like in a family. I have learned to commit myself, to let go and to love, but definitely also to experience. A family that makes me feel supported... when a brother or sister is standing next to me, holds my hand and walks along with me for a while. A family I can rely on, feel secure in and show my Self in. Funny, it feels so familiar. I've always felt connected with the universal message of the GKS. For me this solidarity is the affirmative of the way I walk. To see us growing as individuals, but surely also as a family, gives me the strength I need to develop into an affectionate personality.

An important event for me was the moment I truly experienced a divine Mother who cares for me, even before I met Her. The following story will take you back in time, back to November 1999.

After 6 months of travelling through Australia, Ronald and I went to India. This under my condition that our bank balances allowed us to buy a ticket for the flight home as soon as India didn't appear to my liking. My orientation up-front had given me the distinct impression that India wouldn't be one of my favourite countries to visit. But okay, in Australia Ronald had a dream in which Baba beckoned him to come to Puttaparthi, so I went along. One miracle after another occurred from the moment we intended to leave Sydney, Australia. Because of the cancelling of our flight, we were brought to the Sheraton hotel. We entered the hotel with worn off clothes and backpacks. We were offered an Indian meal. So delightful... the luxury of a hotel, after 6 months of camping in the bush. The next day we had a flight with a changeover in Madras. Due to another delay, we had only 20 minutes to catch the connecting flight. Don't ask me how we managed it in 20 minutes but with divine help and a few miracles we lowered ourselves into our seats and quite relieved we went to Bangalore.

In the hotel in Bangalore we asked what the arrival times of flights from Europe were. Kannaiah, his parents and other family members were on their way to Bangalore too. We were given two arrival times, both for the next day. Meanwhile I was totally thrown in a culture shock. My rose-coloured spectacles were replaced with dark-coloured glasses, which hindered my clear view. The food was terrible, the room was everything but comfortable and smelling badly, I think the toilet was never cleaned and every 30 minutes somebody rang the ear-splitting doorbell to ask whether we needed room service or something else. Not to mention the stone-hard mattress that didn't deserve that name and the irritating noise of honking traffic, incessantly rushing right past the room.

Seeing the world so different through my new glasses, I slowly felt becoming one with this chaos. That evening I felt very miserable, so miserable that I was actually taken with fever. Late that evening Ronald dragged me from my bed to the airport to fetch our family. We waited and waited until the arrival hall was completely empty. They didn't come!

I totally panicked, I felt so disconsolate and lonely... I wanted to go home immediately. Fortunately, Ronald took me back to the hotel and I lay down on my bed, shaking all over. My whole body was in shock and out of control.

Early next morning, with regained hope, we went to the airport. No chance we would miss them... this time they had to come. Filled with confidence we waited and waited... again until the arrival hall was completely empty! This was the limit; I totally freaked out and fought myself a way passed customs. Happily I got a glimpse of a family member. Because of strain and despair, my legs couldn't hold me anymore and I sunk to the ground, grateful tears rolling down my cheeks. Due to problems with the luggage, they had decided to wait together. Nobody knew we would come to meet them at the airport; that was meant to be a surprise. Maybe you would expect me to recover from shock by the arrival of my family...? No way!

It was Swami's birthday and they all wanted to go to the temple in Girinagar. Since I only felt secure in bed, I stayed in our hotel. I was exhausted and wanted to sleep but every time I woke up because my body was shaking. When Ronald came back he had vibhuti, given by Swami especially for me. I was told to put it all over my body. I was rather surprised to receive vibhuti and blessings from someone I had never seen. This felt remarkably good and miraculously I could sleep and I woke up quite rested.

Moreover, not only rested, but also in love with India.

I had found my rose-coloured spectacles again and was wearing them with some pride. Quite the contrary of the day before, I felt wonderful. Bravely I quarrelled with the riksha drivers and enjoyed the delicious food. I also embraced the apparent discomfort of the country and was able to enjoy everything that crossed my path.

For me this occurrence was the moment Swami welcomed me lovingly into His (at that time nameless) family. Nowadays India feels to me like a second home, clearly there is a strong bond. Religion and rituals are like a leading thread through my life.

I'm very grateful to Swami for allowing me to be a *part of His family* and I feel blessed with all the brothers and sisters who support each other lovingly; when and wherever is needed.

Thankfully written, Brenda

The inscrutable ways of the Divine

In early childhood I became aware of hearing a voice inside myself. Gradually, as I learned to listen to this voice more carefully, I discovered that whatever it communicated to me and I strove to live by, would somehow be confirmed in a way, internally or externally, that I could not doubt it. Through these communications I became attached to this inner voice; it became my guide, teacher, friend, comforter and protector - my *all-in-all*.

When Bhagawan Sri Sathya Sai Baba entered my life decades later, my inner voice - which up to that point had never associated itself with any form, and which I had come to call *Divine Love* - took on the form of Sai. And beloved Sai continued to teach me in the familiar way of my inner voice. Whenever He had taught me something new, He would find an interesting way of confirming it later.

In January of 2005 Bhagawan Baba set up peculiar circumstances which led Charles, my husband, and me to Sri Gopala Krishna Baba. From the moment my eyes first caught hold of Gopal Baba, I felt and knew within me that I was standing in front of Sai Maa. It was an incredibly touching and enlightening moment, which revealed to me Sai's Divine Presence under the cover of a different form. Charles' experience was similar to mine. We both knew without a doubt that Bhagawan Baba had sent us to Gopal Baba and wanted us to remain with Him. We accepted this change as His will - a Divine Order - and we not only lovingly obeyed it, but welcomed it with great joy and happiness. Our love for and surrender to Sai Gopal - whom we experienced as a direct extension of Lord Sai, and who appeared to us as a magnificent manifestation of the Divine Mother - were immediate and lasting. We are immensely happy to spend our semi-annual visits to India in His divine proximity.

After returning home from our visit with Sai Gopal Maa in June and July of 2006, we scheduled another trip to Bangalore for November of that year to be there for the Birthdays.

During early October Bhagawan Baba appeared in my meditations repeatedly. He would stand in front of me with a sweet smile on His face and say, 'Come!' Soon I felt convinced that Sai was asking me to come to Prashanti during our upcoming visit to India. I mentioned these occurrences to Charles and said that we, or at least I, would have to do that. Charles agreed to join me, and we decided to go to Prashanti when Sai Gopal would be in Mumbai for His Birthday. But Charles had to get the manuscript of his new book *My Journey to the Beloved ONE* printed in time to be released on Bhagawan Baba's Birthday, and we needed help to communicate with the printer. Sai Gopal told us that one of His devotees would assist us, while He was in Mumbai. It so happened that this very kind and loving devotee was extremely busy, but gallantly said he would call us as soon as he had a free moment. So we had to wait. When three days had passed without hearing from the devotee, I began to wonder if we would still be

able to make the trip to Prashanti during Sai Gopal's absence. By the end of the fourth day I was getting a little nervous, as Swami could return any day now. Finally, I turned within and asked Bhagawan Baba what He wanted us to do. Shortly afterwards Sai appeared on my inner screen, looked at me with a radiant, most reassuring smile and said, '*No, no; not to Prashanti! I am HERE!!*'

Words fail me to express the joy and peace that saturated my whole being upon hearing those words. My happiness knew no bounds that Lord Sai had so *definitively* confirmed that His Divine Presence was indeed manifesting through our beloved Sai Gopal Maa. And that He wanted us to be *HERE!*

Edith

I have never started to write of any experience with a greater sense of uncertainty than I do with the thoughts that follow. I say uncertainty, because I doubt my ability to convey clearly the ephemeral, illusive nature of a lifelong process. So, with this preamble said, I leave it to the reader to make the best of it. Should my recollection resonate with any, I shall be grateful. That will be an accomplishment in itself.

At the time of my earliest memories of my state of mind - or should I say, the state of my heart and soul - there was already a relentless disturbance, a sense of perpetual disquiet present. Looking backwards, I can now so describe that feeling. Of course, at the time I simply was caught up in the turbulence of the moment. Over the years and the tortuous decades that followed, I began to become conscious of what was emotionally transpiring within me. I gradually became aware that this perpetual sense of futility that continually shadowed me, was the consequence of a search - a search that was to be lifelong.

In hindsight I can see now that what I was searching for was respite of a world in which I felt I never belonged. More accurately perhaps, I might say that I was looking for refuge, for a sense of sanctuary. As I grew and the years slipped away fruitlessly, whatever hopes I entertained became more fragile. Then, as my salad years were vanishing and the fruit of my life was still clinging tenuously on the vine, and my search had led only to a barren waste - a sudden discovery and blessing! Bhagawan Sri Sathya Sai Baba came into my life. A golden, luminous period of many years followed with countless blessings, and a new life was unfolding - and yet, it oddly seemed to me at times as if Bhagavan Baba was holding something back - reserving it perhaps for a later time. Whatever could it be?

Then, unexpectedly another wondrous happening descended upon me. Sri Gopala Krishna Baba loomed over my horizon. When my wife Edith and I first encountered His beatific presence, I felt a profound sense of recognition - a sense I had never experienced in all my life. Locked in His loving embrace I wept the tears of a lifetime - tears I never knew I had. And then the unexpected occurred - I realised that the search of a lifetime had ended.

You see, dear reader, as I looked into my beloved Sai Gopal Maa's eyes, gazing down upon me on my knees, I knew that I had found my sanctuary, that abode where I would be forever secure. I knew that I was supremely safe and that the harbour of His mother love, where the anchor of my life now rested, was a *dream realised*.

With boundless gratitude my search had ended in my Holy Mother's eyes.

Charles

BE ONE

GKS

Meeting people just like me.

Hungry, struggling, dreaming, searching, working, reaching...

Meeting people just like me.

GKS

Meeting Swami, just before me.

Guiding, guarding, washing, beating, loving, revealing...

what is hidden inside me.

GKS

People awakening; Light are we!

Experiencing, shining, caring, spreading, serving, sharing...

The Joy that Light will always be.

GKS

Swami inside me, calling softly.

Children, look, here, inside,

Beyond Maya. Look and find Me!

Listen... come... be One.

Swami smiling

GKS

Sita

By nature I am rather conservative and attached to what I've experienced as 'good'. It can be very painful for me when I'm confronted with sloppy indifference in situations or towards matters which are very dear to me and touch me deeply.

Remarks like, 'daydreamer, don't loose reality' or 'you can't eat this, so what's the use?' - 'You are such *an idealist...*' This kind of remarks made me cautious, reticent and lonesome, I considered these subjects non-negotiable.

Nevertheless, these situations oppressed me, having to deal with the written and unwritten laws; this is the way to do it, this is everyone's opinion... It motivated me to go and look elsewhere to get it acceptable. This was the absurdity of all my doings; this was no lack of courage or fear for the challenge. But I couldn't find a way to break through this stalemate; when I make a choice I definitely want to know *what* I choose for.

True joy in life lies in the unthought-of!

You could call this slogan a clincher, or it can make you furious. Looking out for new, for better, for different... the answer for your deepest desires... is that possible in your situation, in your life and circumstances? To get rid of the old... of the 'need to do'... coming home... just to be in what lifts you up into deep, silent wondering about life itself. Those are human's deepest desires, even if it's unthinkable from a human point of view.

What means the GKS to me?

It is a daily **surprise and wonder**. How on earth is this possible, how did this cross my path? Who am I to deserve this? I didn't have to fight for it, but still it is deeper and more profound as I knew or imagined.

The people around me, the exchange of means, the self-evident way everything occurs, raises me to a grateful deep silence. Actually, there are no words for it. I am allowed to be the observer and participant in a community of people who stimulate the best in each other. In sincere simplicity they encourage and touch each other deeply sometimes. What a feast, a feast to meet each other this way!

Jan



Embodiments of Divine Love

Mumbai, 22 January 2005

Women have more will power. It is because of their patience and will power that they are able to take responsibility and run the family smoothly. The man in a house is a mere bread earner, as he earns the money and gives it to his wife. Once he has done so, he feels that his job is over. How much can the lady of the house face? Earlier, our women - who grew in the tradition of Bharathiya Samskruthi (Indian culture) - were therefore responsible for the stability of the society.

Mumbai, January 2005

Our GKS, it is full of love. In fact the love is overflowing. There is no animosity. There is no jealousy. There is no discrimination. We reject no caste or group. To us everyone is equal. We should all live with love towards each other. From the level of a human being, we must move to the level of Madhava (God). We must be models to others.

Bharathiya dharma is synonymous with sacrifice. If we learn to practice this sacrifice, we can enjoy things without being attached to it. Through sacrifice, you get peace.

Bangalore, April 2005

There is no one in the world who never commits mistakes, but we should not keep on committing the same mistakes repeatedly. God has given us this wonderful form of a human being. As we have this human power to think and act accordingly, it would be wise on our part to correct the mistakes we have committed and act as a guide to others. We have to be thankful to God for giving us this human form and be precious to this society as a whole.

Bangalore, 20 July 2005

I am not a lover of speeches. I am a lover of feelings and emotions. I want everyone's heart to be filled with sacred thoughts and pure ideals. It is not necessary that you listen to a speech in order to learn and understand this. We have to keep in mind the speech we heard yesterday and we have to draw into our thoughts what we have retained in our mind.

If you want to light a lamp, you do not have to use all the matchsticks. One matchstick is enough. In the same way, one message from the Guru is enough. I will not continue to repeat myself again and again. Please remember that work is our goal in life.

This is karmayoga. This is kartavya (duty). If you understand the inner essence of karmayoga, you will enjoy working. You will also be giving joy to others who witness the result of your work.

Live as people dedicated to truth and righteousness. Live in Dharma (righteousness). Let Peace be the guide of your daily functioning. Let Love be your strength.

If you have difficulties and problems, and you want to talk to me, know very well that I am residing in your heart. At the time of difficulties; stay where you are and talk to me there. I am not far away from you because I reside within you. I will always reside in your hearts. Whenever you call me, I do not need any means of transport to reach you. I don't need a car, an aeroplane, a train or any other type of vehicle to reach you. Love is the real call and the true attraction for me.

Bangalore, 21 July 2005

You seem to have forgotten the truth. Wealth should not be man's main. The goal and destiny of man is to cultivate good qualities. He who has acquired the highest qualities and practices these qualities every day will be worthy of God's grace. Unless you practice what I tell you, I will have no desire to continue talking to you. If you observe only one out of one hundred things that I tell you... perfect... I am satisfied. If you practice only one percent I will award you a pass. Hereafter, if you want to ask me about something, or if you want to talk to me, ask within yourself whether you are doing the right thing. My eyes will do the work of my mouth. I will always know what you are doing and thinking. Word and mind are one. Station your mind on the Divine. Think about the Divine all the time. In silence there are many replies to your demands. Within every word, if you care to analyse and dissect it, there is a whole book. I live in the hearts of everyone here and everywhere. Let your life be pure and sanctified.

Mumbai, 24 November 2005

If love is combined with sacrifice, we will generate the capacity to give unconditionally. As a result of such giving we will also receive plenty of satisfaction; satisfaction that is beyond description. When you give without a trace of selfishness, the giving is based on sacrifice. Since it is unselfish you will experience peace and contentment.

It is not enough if we merely sing bhajans. Unless we translate the bhajans into action, through service and love, we will not be fulfilling our purpose.

I ask you to proceed along the path of dharma. If Anjaneya (Hanuman) spent twenty-four hours a day singing bhajans, could he have done Rama's work? I want people like Anjaneya. In addition to thinking of Sri Rama all the while, he was working and completing projects. This is Swami's universal message. Let this message become part and parcel of your being. Let it be the guiding light of your life.

Bangalore, 25 December 2005

When you create love, you receive love. If you want to reach the Lord, you must cultivate love in all your activities. Prema (divine Love) is like a beautiful lotus flower. That lotus flower is not attached to anything. We should keep the flower in our heart in such a purified state. Like a bee the Lord comes to the flower in our heart and sucks honey from it. We should be such a beautiful flower.

In your life you will experience both joy and sorrow. This is inevitable. Don't worry about it. Keep your mind focused only on God. If you do this, you will have everything you need, be it pearls and diamonds or the company of others. Truth is the characteristic of God. Love is the quality of the devotee. We think, *It is because Jesus is God that He could perform miracles. We being mere human beings cannot do that.* No! No! Don't think like that. You too are divine, God is within you. If faith in God and Love exists fully within you, you are also capable of performing such miracles.

Bangalore, 22 May 2006

Always pray for the good of all and for harmony and peace on Earth. Dharma is the cosmic law that governs everything. Truth should be the subject of meditation. Your nature should be one of peace. One derives the fruits of love in the world if one lives according to Dharma, Truth and Peace. The love in your heart should be like the love of a mother. A mother has no selfishness. A mother's primary objective is the happiness of the child. May the universal Mother Sai bless all of you, always. Be happy and make others happy also. Egoism and hatred destroy peace. Give them up! Spread in your own countries whatever you have learned in Bharat. But remember, you can not spread what you have learnt without practicing it first.

Bangalore, 30 June 2006

My entire childhood was spent in old Bangalore. During my childhood some elder yogis (beggars) used to come to our house, begging for alms. A few of those yogis used to sing some tatwas. As I was only six or eight years old at the time, I don't remember all the songs they used to sing, but I have managed to remember some verses. One of them is; *what merit will you derive from going to Kashi, if you don't take care of your parents?*

What is the value of accumulating wealth if you don't do any dharma or charity? If you don't try to understand this, your life is useless.

My sincere request to all of you is that you should love your parents and take care of them at all times. Please see to it that they do not shed tears at any point in time.

Mumbai, 7 November 2006

A birthday, rather than being merely a day for celebration, is a day for intense self examination and for a renewed commitment to a life of Self fulfilment; a life lived in the best interests of the world and the community into which one is born.

This age in which you and I have been born, is the time Sri Sathya Sai Baba has chosen to descend into our midst as a human incarnation. We are Sathya Sai Baba's contemporaries! What an honour! What a responsibility! The Formless, the Un-manifested, extolled by the Vedas and Purnanas as something that if experienced, is totally beyond words, has taken the form of Sathya Sai. He is here with us as a fellow human being in order to take us forward on our journey to the Self.

Conducting your lives in accordance with the light of Sathya Sai Baba's words and injunctions is the best celebration you can possibly give me. It is also the greatest gift you can give to yourselves. I will direct you if you sincerely seek my guidance and support.

Bangalore, 23 November 2006

I urge you to be doers and not mere talkers. I want doers to be with me. *'Less talk and more work'* should be your motto. One should earn one's bread through hard work. Only then is one entitled to one's dessert. Only then our meal will be tasty and wholesome.

We have an equal obligation, in fact a debt, to the earth on which we live. We need to repay that debt. Those who disregard this debt, those who remain oblivious of our connection to the earth, constitute a burden to society. Consider for a moment the time in which you have been born. You are privileged to be the contemporaries of Sri Sathya Sai Baba. Our existence would be considered useless if we wouldn't live our life around the message, the instructions and the directions of Sathya Sai Baba. Look at the marvellous facilities He has provided for us - huge and comprehensive Super Speciality Hospitals, equipped with the facilities to perform heart transplant and by-pass surgery, the treatment of kidney's, eye surgery and neurosurgery. He is also the one behind a gigantic water supply system which provides relief to the scorched earth of the Rayalaseema region. This is a project that the modern welfare governments have failed to undertake, despite promises made. Baba has accomplished all this and much more single-handedly. It is Baba who has turned the dream of the Mahatma into a reality.

I ask all of you to be Baba's instruments, to do His will and to surrender to His plans.

Four years of *hopping up and down from Holland to Girinagar* and vice versa, gave me the opportunity to have Swami's darshan from a short physical distance. Moreover I had the opportunity to talk to Swami whenever there was a need to do so. It was of course obvious that I went as often as possible and also to stay for as long as possible.

Still, during these stays, now and then the thought occurred to me that a physical or mental nearness does not really exist and the only place where there can be the experience of nearness is in the heart.

Often when I was sitting in front of Swami, all thoughts stopped and I could experience a deep silence or I disappeared in bliss.

During these visits Swami also allowed me to work in His dispensary and told me that I would be working half-time in Holland and half-time in India. My joy was without end.

Ten years I had been waiting for this wish to come true. When finally it became clear that my working destination was not in India, I felt much resistance and pain. Ultimately there is no other option than to accept the situation, and I am at peace with it for the time being. This was December last year.

Back in Holland my longing for Sai Baba became so very intense and often I thought of leaving Holland and start a new life in Puttaparthi.

At the beginning of this year, GKS Holland organised a sathsang about our deepest wishes and how we could enhance these deep wishes. We all waited in the temple for our inner visions to appear in a deep, relaxed state of mind. All of a sudden this vision came to me; I was walking in Puttaparthi in a deep meditative state. I felt so much confusion all over again.

After listening to the cd on the Mandukya Upanishad, it became clear to me that the Self, in the mental condition that enjoys subtle matter, simply enjoys. It's not attached to what it sees. The sentence from the course of miracles, which says, *Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God*, was understood on a deeper level and by this I could see that the inner vision was transient and not something to act upon. Repeatedly I remember Sai Baba's saying 'I have no wishes'. It turned out that to let go of the deep wish, was the paradox. Currently there is more a state of BEING and the awareness that the desireless state *is* God, the timeless state *is* God.

Oh, how close and at the same time totally intangible is this. The moment my attention returns to *thinking*, everything has the intensity of 'my own created world' again. Only by *staying in the moment* with all my attention, I can regain this intangible experience.

This is the journey Swami had intended! An endless journey, I know. It can only intensify and become more profound, so to say. It is an experience, not to be thought off... in this lies enormous gratitude, just in this!

Sometimes in Love

Gauri



Anonymous: *After reading the newsletter of February 2007...*

Dear friends (brothers and sisters) of the G.K.S.

Grateful to all who opened their heart; to all who gave us the opportunity to read and recognize their story. For me it was a remarkable revelation to find a part of myself in every story and experience.

The beauty of it all... I can actually use it this time. With every word I read, the fire of Sai Love ran high in my heart. Never before I felt this so strong. The work of the divine Mother overwhelmed me.

As opinionated as I always am, so clear was the message. The puzzle of my life was revealed to me, even what is going on in my family right now. Grateful I can move on, hand-in-hand with my Creator.

It is as Francis of Assisi thought us:

*Teach me, what You wish to teach me
Give me, what You wish to give me
May the five human values come to me
when You wish to give them to me*

Here I am Lord, thank You for Your patience.

In love

Embodiments of Divine Love

Be happy that you have within you the source of power, wisdom and joy.

Announce that you are unconquerable and free, that you cannot be tempted or frightened into wrong. As long as a trace of 'I am the body' consciousness persists in you, you have yourself to search for God.

You have to approach the mirror; the mirror will not proceed towards you, to show you as you really are. Open the twin doors of lust and anger, remove the bolt of greed, then you can enter the sacred precincts of Liberation.

Baba