



Sabka Maalik Ek

# SAI SANDESH

The Monthly Newsletter of Om Sai Mandir

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Love All, Serve All

## ARISE, AWAKE, AND STOP NOT TILL THE GOAL IS REACHED!

- Swami Vivekananda

This clarion call of Vivekananda is essentially a mantra for the modern man. Vivekananda placed great emphasis on “awakening”; so what exactly does this awakening constitute? The fact that you are reading this article indicates that you are awake, right? Nay, that is being awake at the physical level. Real awakening is when one wakes up to the beauties of one’s own inner self. It is the realization that one’s body is a temporary “shell” and the real self, the “inner you,” is Atman [soul].

To attain self realization, one has to awaken to truth—higher levels of wakefulness. There are four such levels. The first is the apparent wakeful attentiveness with which we move about and busy ourselves everyday. We are very much like others, alert and aware, when thus awake. But Vedanta reveals four categories of wakefulness: the fully awake, the wakefulness of the mind only (as while dreaming), the wakefulness of the self alone (as in deep sleep), and the illumination of the self (awakening into the Over-self). These are named as Sthoola, Sookshma, Kaarana, and Mahakaarana [The Gross, The Subtle, The Causal, and the Super-cause].

The Upanishads say, “Get up, arise, awake”; time is fleeting fast. Use the moment while it is available, for the best of uses, the awareness of the Divine in all. When you die, you must not die like a tree or a beast or a worm, but like a man who has realized that he is Maadhava [God]. This realization is the consummation of all the years you spend in the human frame. (Divine Discourse, Kaakinada, 1965).

In the mirage of modern life, when one is forced to fulfill never-ending obligations and when responsibilities and burdens weigh on man with all force, how can one even think of realizing the indwelling spirit? The answer lies in realizing the fleeting nature (temporariness) of worldly objects.

**“Never be afraid of death; never forget God; never take this world as real.”**

**- Baba**

When man realizes that all he does is perishable and will not lead to real happiness, the burdens will cease to hold weight any further.

Baba often quotes a beautiful illustration: There was once a man traveling by train.

While seated in the train, in the foolish assumption that the responsibility of carrying the luggage was on him, he placed the luggage on his own head. Would it have mattered if he had put the luggage on the train’s floor? The train was already bearing the burden of the man and his luggage. Modern man can be likened to such a traveler. While traveling through the journey of life, he places all worldly burdens on his own head. While in reality God is carrying both man and his burdens, he assumes all burdens on himself and invites worries and unhappiness.

It is man’s incessant desire to run after worldly objects that has caused the burdens to increase in the first place. When desires are controlled and work is done in a spirit of dedication to God, work then

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becomes worship and burdens lighten automatically. When God blesses man with a Volkswagen, he wants a Lexus. When he gets a Lexus, he wants a BMW. These desires are endless and with the progressive fulfillment of every desire, man unknowingly increases burdens. At first, man makes objects, such as cars, work for him, but when he has acquired them, these objects start making a man work (for their upkeep).

So do we need to throw away all our work and sit in laze? NO! Baba, through his own life, has shown us the value of work. He is working every second to teach us the importance of seva [selfless service]. The work done by Swami, however, is suffused with love and is performed with a selfless motive. He does not seek any reward for his deeds. He is demonstrating that we too can work the same way. All our work can be done in a spirit of dedication to God.

A beautiful story comes to mind: One night a man had a dream. He dreamt that he was walking with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the Lord. When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there were only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life. This really bothered him and he questioned the Lord about it. "Lord, you said that once I decided to follow you, you'll walk with me all the way. But I have noticed that during the most troublesome times in my life, there are only one set of footprints. I don't understand why when I needed you the most, you would leave me."

The Lord replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you saw only one set of footprints, it was then that I carried you."

The story illustrates God's infinite compassion. Let us from this day make a commitment to ourselves. We will perform all our actions as if they were for God; let us spend our time in performing sadhana [spiritual exercises]; let us arise from our present states; awake to the beauties of our inner selves; and tirelessly march toward God until we achieve the GOAL (self realization).

## UPCOMING EVENTS

### AUGUST

Sunday, August 15: India's Independence Day

Saturday, August 28: Onam

Monday, August 30: Rakhi Poornima/Raksha Bandhan

### SEPTEMBER

Monday, September 6: Shri Krishna Janmashtami

Saturday, September 18: Ganesh Chaturthi

Monday, September 27: Shri Shirdi Sai Jayanti

## OM SAI MANDIR'S DAILY ACTIVITIES

### DAILY ARATIS:

Kakad Arati	8.00 A.M.
Madhyana Arati	12.00 P.M.
Dhoop Arati	6.00 P.M.
Sheja Arati	8.00 P.M.

### SPECIAL BHAJANS:

Every Thursday	6.30 P.M. – 8.00 P.M.
Every Sunday	2.00 P.M. – 3.00 P.M.

### SAI NAAM JAP (CHANTING BABA'S HOLY NAME):

Last Saturday of Every Month 8.30 A.M. – 8.30 P.M.

### STOTRAS (CHANTING VISHNU SAHASRANAM, LALITA SAHASRANAM, BABA'S 108 NAMES, ETC.):

Daily 12.30 P.M. and 6.30 P.M.

**ANNADAN [FOOD SERVICE]:** Daily at the Temple

**ANNADAN (FOOD SERVICE) FOR HOMELESS**

**BROTHERS AND SISTERS:** Every Saturday at 54<sup>th</sup> Street & Lexington Avenue: 1 p.m.; 29<sup>th</sup> Street & 1<sup>st</sup> Avenue: 3 p.m. To participate/volunteer/contribute, please call the temple at: (718) 461-0454.

**Readers are requested to send articles, experiences, thoughts, suggestions, and questions to: [saisandesh@omsaimandir.org](mailto:saisandesh@omsaimandir.org)**

**Don't forget to visit our website: [www.omsaimandir.org](http://www.omsaimandir.org)**

## THE STORY OF MODERN MAN...



God said, "Child reach out for the skies." Man said, "Nay, I shall build structures that shall accomplish that." Lofty constructions sprang, but collapsed shortly, shattering

man's mighty ego. God asked, "Shall I help?" "No," said man, in his arrogance, "I shall build mightier ones." Trees thus disappeared and diseases grew.

The Lord said, "Accept my strength and be humble." Man said, "No, I shall build atomic weapons that will control your entire creation." Weapons threatened to wipe out the entire human race, but man did not yield. God asked again, "Shall I use my powers to help?" "No," said man, "I shall now turn to nuclear forces." Darkness began to sway and fear gripped all.

God said, "Look inside and attain liberation. Inside you are all the treasures you seek." Man said, "I shall send spaceships to fathom your entire cosmos." The spaceships failed, and so did man's ambition. God asked again, "Let me show you the way?" "Come on," said man, "I know the way." Anxiety now became the norm and man lost his sleep.

The Lord commanded: "Trade in the currency of LOVE." Man said, "I have a better idea. I shall use 'paper' as currency." Money then became the root of all evil. Friends turned into foes and LOVE vanished. God in his infinite compassion called yet again, "I love you. Let me show you how." The ego rose and man said, "I know what to do. I shall now trade electronically." Evil grew and trust was vanquished.

God said, "Let me reveal the secrets of my creation." "No," said man, "Science knows." Science then took charge and man's unhappiness increased manifold. His own inventions, that were meant to be slaves, turned into masters—controlling man instead.

Man thus brought forth his own destruction. Realizing this, he wept and screamed, "Lord I don't know the way. I am lost; please help." Forthwith came the Lord's hand, wiped his tears, and said, "Come my dearest, I shall give you all you seek and more." Man finally said, "I surrender. All I need is you and the rest shall follow." "Ah," said God, "Now you really know."

## SHORT STORIES BY BABA

### KNOWLEDGE OF ATMAN

Once upon a time, King Janaka sent a message to the people in his kingdom: "If there be amongst you a great scholar, a yogi, a sage, whoever he may be, let him come and teach me the knowledge of Atman [self]." In his message he said that he expected to attain Atma Jnana [self-knowledge] within a matter of a few moments of being properly instructed. Even while climbing onto his horse, before he was completely settled on to it, he should have attained realization.

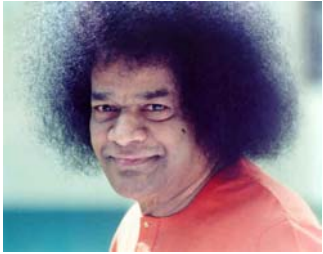
He said: "If the person offering to teach me Atma Jnana is not able to accomplish this task of providing me an experience of instant illumination, then I don't want to see him, even if he is the greatest scholar, or the most learned person in the land." Well, all the pundits and rishis were a little frightened by this requirement. They saw that this would be a severe test on their scholarship and learning, and so none dared to come forth and offer instruction to the king.

It was at this point that the boy Astavakra entered the kingdom. While he was going on the road towards the capital city of Mithilapuram, he met a number of people coming from there, including great scholars. All of them had long faces, looking worried and grief-ridden. Astavakra inquired on the cause of their worry and grief. They explained to him all the things that had happened.

Astavakra couldn't understand why they should get frightened over such a small thing. He said, "I will gladly solve this problem for the king." So saying, he directly entered the court of Janaka. He addressed the king: "My dear King, I am ready to enable you to experience the knowledge of Atman as you desire, but this sacred knowledge cannot be taught so easily. This palace is full of unworthy qualities. We must leave this place and enter an area of pure spiritual energy." So, they left the palace and went along the road leading out of the city towards the forest.

As was the custom, whenever the emperor went outside his palace walls, the army followed behind; but Janaka had them remain outside the forest.

Astavakra and Janaka entered the forest. Astavakra told King Janaka, “I am not going to fulfill your wish unless you accept my conditions. I may be only a



boy, but I am in the position of a preceptor; and you may be an all-powerful emperor, but you are in the position of a disciple. Are you prepared to accept this relationship? If you agree

then you will have to offer the traditional gift to the Guru—the sacred gift given by the Sishya to the Guru. Only after you give your offering, will I start my instructions.”

King Janaka told Astavakra, “The attainment of God is the most important thing to me, so I am prepared to give you absolutely anything you want.” But Astavakra replied, “I don't want any material things from you, all I want is your mind. You must give me your mind.” The king answered, “Alright, I offer my mind to you. Until now I thought that this was my mind, but from now onwards it will be yours.”

Astavakra told Janaka to dismount from his horse and made the horse stand in front of the king; then he told the king to sit down in the middle of the road. Astavakra walked into the forest and sat quietly under a tree. The soldiers waited for a long time. Neither the king nor Astavakra returned from the forest. The soldiers wanted to find out what had happened to them, so one by one, they proceeded to look for them. When they went along the road leading into the forest, they found the king seated there, in the middle of the road. The horse was standing in front of the king. The king had his eyes closed and sat still almost immobile.

Astavakra was not to be seen. The officers were afraid that Astavakra might have exercised some magic spell and had made the king lose consciousness. They called for the Prime Minister.

The Prime Minister came and addressed Janaka: “O King! O King! O King!” But King Janaka did not open his eyes; he did not move at all. The Prime Minister became frightened. Not only the Prime Minister but all the officials were now getting frightened, because the time when the King usually took his food and drink had passed and the king had still not stirred. In this way the day went on and

evening came, but the king did not move from his position, sitting there immobile on the road. Left with no alternative, the Prime Minister sent the chariot back to the city to bring the queen, thinking that if the queen spoke to the king, he would surely respond.

The queen came and addressed the king, “Rajah, Rajah, Rajah!” The king did not stir; there was absolutely no response from the king. Meanwhile the soldiers searched throughout the whole forest for Astavakra. There, under a tree, Astavakra was seated peacefully, in absolute calm and serenity.

The soldiers caught hold of him and brought him towards the place where the king was. Astavakra told them, “Why are you all so worried? The king is safe and everything is alright.” But still they insisted and brought him before the King seated on the road with his eyes closed, his body completely motionless. The soldiers said, “Here, look for yourself! See what has happened to the king!” Until that time, whether the Prime Minister, or the ministers, or the queen or any of the other court officials or common people, had called out and addressed the king, he neither opened his mouth in answer nor opened his eyes in acknowledgment. But now Astavakra came and spoke to the king. King Janaka immediately opened his eyes and replied, “Swami!”

Astavakra questioned the king, “Well, the ministers have come, and the soldiers have come, and also many others have come, why did you not reply to their entreaties?” Janaka answered, “Thoughts, words and deeds are associated with the mind, and I offered my mind entirely to you. Therefore before I can use the mind for anything, I need your permission. What authority do I have to speak to anyone or use this mind in any way without your permission?”

Then Astavakra said, “You have attained the state of God-realization.” Astavakra told Janaka to put one foot in the stirrup and get up on the horse. By the time he had climbed up and seated himself on the horse and put his other foot in the stirrup, he had attained the experience of Atman. Once a person has offered his mind, and with it all his words, deeds and thoughts, then he will not have the authority to perform any actions without the permission of the one to whom he has surrendered his mind. What a beautiful illustration. Let us surrender to Swami and attain self realization.

- Adapted from Oka Chinna Katha by N. Kasturi

## DEVOTEES' EXPERIENCES

### Swami Miraculously Opens a Lock

- A Sai Devotee, New York

In 1995, while still a student (in India), I was just beginning to know Swami. During my final exams, I was once studying outdoors.

The adjacent house was a commercial studio. Since it was a Sunday, the studio was locked. As I passed by the studio, I heard a kitten meowing. It was trapped inside and was frantically crying for help.

Hearing the persistent crying, my heart melted. I was worried that the kitten would die if left in that state for too long. The next day was a federal holiday, leaving no hope for the rescue of the little soul for the next 48 hours. I was completely torn apart at the thought of letting an innocent life suffer in agony.

There was a big lock on the studio's door; I tried pulling it but the lock was too strong. Not knowing of any other means, I started repeating Baba's name with intense fervor. Something inside, told me to touch the lock while chanting Baba's name. I gently touched the lock and, BOOM! The lock opened.

Sai's grace had not only shown his benevolence on a helpless creature, but had also played a great role in strengthening my faith.



### DID YOU KNOW?

- Sai Baba is a trinity of 3 successive incarnations; the first, Shirdi Sai Baba (1838 – 1918); the second, Sathya Sai Baba (1926 – 2022); and the third, Prema Sai Baba (to incarnate in 2030).
- Swami has always said that these are not three, but one. Only the physical form differs; in reality, however, it is the same Supreme Lord.
- The first advent was to foster communal harmony; the second, to make man realize the presence of God within; and the third, to teach man that he is God himself.

## CHILDREN'S CORNER

# Sai Baba

- Contributed by Neha Shah, Flushing, NY

**S**weet and kind to all human kind

**A**lways helps people

**I**ntelligent as God

**B**elieves in other people

**A**lways has ideas for other people

**B**elieves in only one God

**A**lways prays to God

### PUJA SPONSORSHIP

Archana.....\$11

Abishekam.....\$51

Satyanarayana Vrata.....\$81

Vahana Puja.....\$15

Annadan.....\$251

**To sponsor pujas, please call temple management at: (718) 461-0454.**

**(Children's Corner continued)**

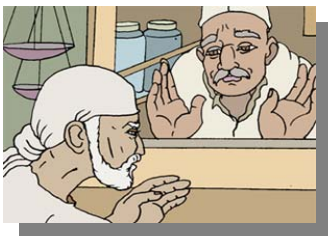
Sai Baba was very fond of lamps. Baba used to



borrow oil from shopkeepers and keep the lamps burning whole night in the masjid and temple.



One day, the shopkeepers conspired against Baba and decided not to give him oil.



Later, that day, when Baba approached the shopkeepers for oil, all of them refused to give oil to Baba.



Baba would do without the oil.

Baba quietly returned to the masjid. The shopkeepers were curiously watching with amusement as to what



Baba placed some dry wicks in the lamps. Then He took a tin pot with few drops of oil. He poured some water into the pot and drank it. Then Baba forced everything out from his mouth into the tin pot.

Baba placed some dry wicks in the lamps. Then He took a tin pot with few drops of oil. He poured some water into

After sanctifying (offering to God), the contents from the tin pot, Baba poured it into the lamps and lighted them.



Everyone around, including the shopkeepers, were surprised to see the lamps burning. The lamps burnt all night long.

Everyone around, including the shopkeepers, were surprised to see the



truthful.

Seeing this miracle, the shopkeepers apologized to Baba for their behavior. Baba forgave them and advised them to be always

Children, the moral of the story is:

1. **We should never tell lies.**
2. **Baba is always forgiving. Baba has no enemy and no friends.**



**To Him all of us are equal and very dear.**

**Source:**

[http://www.shrisaibabasansthan.org/saibaba/saibaba\\_stories.asp](http://www.shrisaibabasansthan.org/saibaba/saibaba_stories.asp)

Children are encouraged to send articles, pictures, paintings, stories, etc. for publication in Children's Corner.

Email: [saisandesh@omsaimandir.org](mailto:saisandesh@omsaimandir.org) or (718) 461-0454.

**TEMPLE JOURNAL**  
**GURU POORNIMA CELEBRATIONS:**  
**JULY 02, 2004**

Sai devotees celebrated Guru Poornima by offering prayers to the Lord. The day started with Sai Suprabhatam (7.45 a.m.) After Kakad Arati, abhishekam was performed to Lord Ganesha and Sainatha. The afternoon program included Madhyana Arati, followed by prasadam. Gurucharita/Satcharita parayan was performed, followed by Sai Sahasranamavali, Vishnu Sahasranama, and Lalita Sahasranam. The evening program included Satyanarayan Vrata Puja, Dhoop Arati, and special bhajans. A large congregation of Sai devotees visited the temple and offered prayers to Baba. Mahaprasad was distributed to all devotees after Sheja Arati.



**AN APPEAL**

Devotees are requested to generously contribute toward the development of the temple. Devotees can make their checks payable to: **Om Sai Mandir**

**DONATION FORM**

<b>Donation Amount:</b>	<input type="text" value="\$"/>	<b>Date:</b>	<input type="text"/>
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<b>Email:</b>	<input type="text"/>	<b>Tel:</b>	<input type="text"/>
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