



Sabka Maalik Ek

# SAI SANDESH

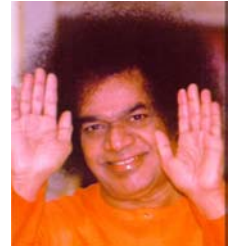
The Monthly Newsletter of Om Sai Mandir

October 2004; Volume 1, Issue 4

45-11 Smart Street ♦ Flushing, NY 11355 ♦ Tel: (718) 461-0454

[www.omsaimandir.org](http://www.omsaimandir.org) ♦ [info@omsaimandir.org](mailto:info@omsaimandir.org)

The newsletter is available online at: [www.omsaimandir.org](http://www.omsaimandir.org)



Love All, Serve All

## Vijayadashmi (Dussera) Special Issue



Copyright © 2004, Om Sai Mandir. All Rights Reserved

# THE POWER OF NAAMA SMARANA [REMEMBRANCE OF THE LORD’S NAME]

*Prema Mudita Mana Se Kabo Rama, Rama...*

**C**hant the divine name with a heart suffused with love. The name is indeed a panacea for all sorrows, and the most powerful destroyer of sins.

**“Chanting the divine name will destroy mountains of sins and sorrows. Do not fear or despair.”**  
- Baba

Swami has assured us: “Chanting the divine name will destroy even mountains of sins and sorrows, and grant liberation. Do not fear.”

Once a pilgrim reached a forest at night. He found that he had to go through five miles before he could reach a village. He had a small lantern in the hand; he lighted it, but found to his dismay that the flicker could light only a yard ahead of him. How can I walk five miles with the help of this tiny circle of light, he lamented. A wise man passed that way, saw his plight, and said, “My dear fellow, hold that lantern in the hand and walk on. You can go five miles or fifty, and you will always be in the circle of light around the lantern.” A small torch can help a man pass through a thick forest. The instrument may be small, but it can do work out of all proportion to its size. So, do not think that the Name of the Lord is just a mutter of a syllable or two. Though small, through it one can realize the principle of Divinity.

**Lord is present where the name is.** The Lord

<b>INSIDE...</b>	
<b>The Power of Naama Smarana ...</b>	<b>2-3</b>
<b>Did you know?</b>	<b>... 3</b>
<b>Daily Activities</b>	<b>... 3</b>
<b>Short Stories by Baba</b>	<b>... 4</b>
<b>Devotees’ Experiences</b>	<b>... 5</b>
<b>Puja Sponsorship</b>	<b>... 5</b>
<b>Thought for the month</b>	<b>... 5</b>
<b>Temple Journal</b>	<b>... 6-7</b>
<b>Children’s Corner</b>	<b>... 7</b>

announced to Narada (a divine saint): “Wherever my Bhaktas [devotees] sing my glories, I install Myself there.” A house is kept clean

by daily sweeping; in the same way constant Naama Smarana will keep the heart constantly clean, pure, and a worthy receptacle of the Lord’s presence and grace.<sup>1</sup>

**Naama Samkeerthanam [group singing of the divine name].** The Names Raama, Hari, Hara, Sai, Baba, Krishna, Jesus, Allah--having each two syllables are all derived from the word *Prema* [love], which is the essence and core of the *Atma* [soul]. Love has to

prompt our thoughts, penetrate our words and promote our actions. The melody must emerge from the heart, from genuine Love, which is so ardent that it is *thapas* [austerity] itself. *Samkeerthanam* from such souls will certainly liberate the individual and transform the world.<sup>2</sup> Chanting the name is so easy, one can even chant while playing, working, traveling, and performing activities of daily life.

**The Name.** The Name is the container of infinite potency. Even common words denoting things do possess some potency. For example, when the word denoting something very sour to the taste is pronounced, you find that your tongue waters. When the word denoting something that is awfully disgusting is pronounced, you are afflicted with nausea. When such is the effect of the pronunciation of common words, what can we say of the tremendous transformation that takes place when the sweet Name of the ever-present Indweller is pronounced!<sup>3</sup>

The Name must flow in the mind in an uninterrupted stream. *Naamasmarana* is yoga [process of uniting with God]; of calming the agitations of the mind; of subduing waves of emotions and feelings. The *Naama* [name] must always be associated, while intent on the *Smarana* [remembering, recalling], with the *Naami* [the Named One]. It is not a mere sound; it is the symbol of a Form, of a Fact. When the branch of a tree rubs against another, heat is generated and in the depths of a forest, fires are started when this heat grows strong. But the process must be without break; breaks only decrease the heat. So, the repetition of the Name must be without break. Then the fire of *Jnaana* [Realization of Reality] will burn all weakness and delusion.<sup>3</sup>

**The power.** Jnaana Dev and Naama Dev were walking through a forest. They felt thirsty but could not catch sight of a well or a lake anywhere. At last they saw a well and ran towards it. They eagerly looked into it; there was water in the well, but how could they drink? There was neither a rope nor a vessel to draw water. There was no question of somehow going into the well as the well was dilapidated. Jnaana Dev simply closed his eyes. Soon he was transformed into a bird. He flew into the well and drank water to his fill. Naama Dev began chanting the name of Lord with intense devotion. The water level began to rise slowly until at last it was within reach. He just put his hands into the well and drank water. Such is the power of the Name.<sup>4</sup>



### Raamadhas revives a dead bird.

Young Raamadhas [a well-known saint] was once challenged to prove his archery skills. He was asked to shoot down a flying bird; intent on proving his abilities, he immediately shot a flying bird with an arrow. Killing of life, however, is a great sin and a few priests asked him to repent for this deed. Raamadhas

promptly closed his eyes and prayed to God wholeheartedly, repenting for his sin and asking for His forgiveness. Then he opened his eyes and pointed out to the priests that the dead bird had not regained life, in spite of his repentance. The priests, not knowing God's power, said reprovingly, "How crazy you are! Repentance cannot undo what is done; but its purpose is to enable you to make up your mind not to repeat such misdeeds."

"That is no repentance in my humble view;" countered Raamadhas, "God and His name are so powerful that if we pray sincerely, His grace will bring the bird back to life." So saying, he picked up the dead bird, hugged it to his bosom, and with tears flowing down his cheeks, he wholeheartedly prayed, "O Raama, if I have been chanting your name with all my mind, heart and soul and if it is a fact that I have killed this bird out of ignorance, may your grace either revive this dead bird, or take away my life also along with that of the bird."

As he concluded his prayer, the bird fluttered in his hands. Then he opened his eyes, thanked the Almighty and released the bird into the sky. Astonished at this miracle, the priests exclaimed in one voice, "Revered sir, forgive us for not recognizing your greatness. Since you have the capacity to kill a flying bird with a single arrow, and also the capacity to revive the dead bird, you will hereafter be known by the worthy name of 'Samartha Raamadhas.'"<sup>5</sup>

One can chant any Divine Name of any form. It must be chanted with devotion and in an uninterrupted manner. Whether at work, at play, or in the midst of travel, the divine name can be chanted in the mind or aloud with utmost ease. Let us make a firm resolution to hold fast to this easy remedy for attaining happiness.

1. <http://www.sathyasai.org/search/volume06/sss06-40.pdf>
2. <http://www.sathyasai.org/search/volume15/sss15-41.pdf>
3. <http://www.sathyasai.org/search/volume07/sss07-44.pdf>
4. <http://beaskund.helloyou.ws/askbaba/stories/s1034.html>
5. Discourse on 19-3-1993, when Bhagavaan gave a detailed account of the life of Samartha Raamadhas, the great Mahaaraashtra saint.



### Did you know: What is Vijayadashami (Dussehra)?

Vijaya signifies victory and Dashami, 10<sup>th</sup> day. It is the victory of good over evil. It was on this day that Mother

Durga (the divine Goddess) slayed a terrifying demon, Mahisasura on the tenth day of battle. It was on this day that Lord Rama invoked her grace and destroyed the demon Ravana. Till this day, an effigy or Ravana is burnt every year. Again, it was on this very day that our beloved Lord Shirdi Baba had merged into his infinite form. It is a time-honored belief that if any venture is started on this day, it is bound to be successful.

### 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	7.00 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 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. For more info, call the temple at: (718) 461-0454.

### UPCOMING EVENTS

#### OCTOBER

Fri, Oct. 15: Devi Navaratri Begins  
Thurs., Oct. 21: Durgashtami  
Sat, October 23: Vijayadashmi/Dussehra  
Sun, October 31: Karva Chauth

#### NOVEMBER

Sat. Nov. 06 (6.00 p.m.) to Sun. Nov. 07 (6 p.m.): 24 Hour Bhajans for world peace  
Wednesday, November 10: Dhanteras  
Friday, November 12: Deepawali  
Sunday, November 14: Bhai Duj  
Friday, November 19: Ladies Day  
Tuesday, November 23: Shri Sathya Sai Baba's Birthday  
Thursday, November 25: Thanksgiving Day  
Friday, November 26:

1. Guru Nanakji Jayanti 2. Karthika Poornima

## SHORT STORIES BY BABA:

### RECITE THE SACRED NAME



Sri Krishna Chaitanya was the pioneer of the movement of Nagarsamkeertan. He used to get himself immersed in the contemplation of the Lord while

singing His glory and used to be oblivious of the external world. Once he was conducting Nagarsamkeertan in Navadweep. Several leaders of the town too joined him in his bhajan. They were all ecstatically singing bhajans and walking along the streets. A thief also joined this group. He thought it would be an opportunity for him to pick the pockets of rich devotees who would be lost in singing and dancing. But when he actually participated in it he began singing with more zeal than others.

All of them had come to a temple and were seated. He sat near Chaitanya, while those sitting in front were listening to his discourse. Many had left the temple precincts by then. He held Chaitanya's both feet and said: "Swami, you are giving so much advice to so many people. Kindly impart to me some sacred 'manthra'" [sacred formula]. Chaitanya looked at him and said: "Tell me first of all who you are and what you do." The thief said: "Swami! How can I lie to you? I am a thief. I have been a thief all my life. My name is Rama, people call me 'Rama' -- the thief."

Chaitanya said: "Oh what a pity. I shall give you a name or a message but what will you give me as guru dakshina?" The thief at once said without any hesitation: "I shall give you a share in the booty I get from my theft." Chaitanya said: "I have no need for any money. All that I insist is that you should give up stealing." The thief said: "Swami, that is my profession, how else can I earn a living, when I do not have any other skill?" "Well," said Chaitanya, "I shall give you a sacred name on one condition, when you go for thieving, you must first recite the sacred name I give you 1008 times." Chaitanya whispered into his ear: "Om Namoh Bhagavathe Vasudevaya." Transformation even by then had taken place in the thief because of the touch of the holy person. He was also freed from the sin of his past deeds because of the conversation with Chaitanya. The thief went back a refined person.

One day many wealthy house-holders had locked their houses and had gone for the darshan of Sri Krishna

Chaitanya. The thief did not want to lose this opportunity to break into a house. He went to the house of the richest man of the town. He broke into the house and entered the room where the iron safe was kept. He opened it and saw valuable gems and jewels of gold. He resolved not to touch anything until he had finished reciting 1008 times the mantra given to him.

Before he completed the number, the master of the house arrived along with the family. The lady of the house wanted to remove all the jewels she had worn before she left the house and keep them back in the safe. She saw a stranger lost in the recitation of the sacred mantra "Om Namoh Bhagavathe Vasudevaya."

She thought he must be a great sage who had come to their house to bless them. She called her husband. The thief was lost in his meditation. The entire family sat around him with folded hands. They thought he must be a saintly soul like Chaitanya.

The thief opened his eyes after completing the mantra 1008 times. He was surprised to find a group of people sitting reverentially before him. The master of the house asked him, "Oh Sir! May we know who you are and may we request you to honor us by accepting to take food with us today so that we shall be redeemed of our sins." The thief said to himself: "If the mere recitation of the Lord's name, now and then can bring me such honor, what greater things cannot happen to me if I sincerely make it my daily habit of reciting the name continuously. I may certainly win the grace of the Lord."

He decided to give up thieving. He prostrated before the master of the house and his wife and said, "Mother, let me tell you the truth. I am a thief. Let me go to the forest. I shall spend the rest of my life in the contemplation of God." All were surprised at his words but were very happy.

He stayed with them as their guest that night. The news of this event spread fast around in the morning. As a result, the whole neighborhood came to see him. They took him in a palanquin around the town and left him in the forest where he wanted to do his tapas [austerity]. Later, once again, he came to Chaitanya and received his blessings so that he may blossom into a real sage.

- Adapted from Oka Chinna Katha by N. Kasturi

## DEVOTEES' EXPERIENCES

### LEELAS OF BABA ON GANESH CHATURTHI

- *Asbok Kumar Gupta, Atlanta, USA*

**September 18, 2004**

Today is Ganesh Chaturthi and Baba's presence can be strongly felt in the house. Baba blesses Mrs. Gupta with Udi [vibhuti] on all important occasions, including Thursdays.

Today, being Ganesh Chaturthi, is an important day and Udi started emanating from the picture of Baba kept in the small mandir in our house in Marietta, Atlanta. Vibhuti regularly appears from the hand of Baba. This morning we performed puja [worship].

Last year, when we were in Delhi, India, Udi started flowing on Ganesh Chaturthi and continued till the day of Ganesh Visarjan [immersion of Ganesha in the sea].

On the day of Ganesh Visarjan, water was flowing from the photo and much of the udi vanished with it. These miracles have become so much of a part of daily life that we would be surprised if they don't happen. In this process, all those near and dear to Mrs. Gupta and Baba benefit immensely. Let us see what leela Baba will show next time. Jai Sai Ram!

### O SWAMI, YOU ARE MY REAL WELL-WISHER AND DOCTOR

- *Shatrughan Lal Gupta, Kanpur, India*

**September 17, 2004**

O Swami, how can I express my feelings of gratitude for your kindness. Since September 4<sup>th</sup>, 2004, I was suffering from severe stone problems which disturbed me immensely because of severe pain in my stomach and intense nausea. I consulted so many doctors, but just wasted my time and energy. Finally, I consulted a doctor yesterday, who advised me to go for immediate treatment for removal of the stone.

However, because of your mercy, I am feeling much better now. Today afternoon, Swami mercifully appeared to us in his physical form and consoled and advised us. I prostrate at your holy feet. Jai Sai Ram.

## THOUGHT FOR THE MONTH

Men in their ignorance ask the question, "If God is omnipresent and all-pervasive, why is He not visible to us?" When the sun shines, clouds that are formed by the sun's heat hide the rays of the sun. When the sun is not visible because of the clouds, can you say that there is no sun? When a strong wind blows, the clouds are dispelled and the sun is visible again. Similarly, when the winds of love and faith blow, the clouds of doubt and egoism are scattered and God reveals Himself. Though God is omnipresent, man's lack of faith and his self-conceit prevent him from seeing God. To get rid of this disbelief and egoism, certain spiritual disciplines have to be observed.

- *Baba*

## PUJA SPONSORSHIP

Archana.....	\$11
Abishekam.....	\$51
Satyanarayana Vrata.....	\$81
Vahana Puja.....	\$15
Annadan.....	\$251

To sponsor pujas, call: (718) 461-0454.

**Sai Sandesh can be read online at:  
<http://www.omsaimandir.org>**

**Devotees can send articles,  
experiences, etc. to  
[saisandesh@omsaimandir.org](mailto:saisandesh@omsaimandir.org)**

## TEMPLE JOURNAL

### SHRI KRISHNA JANMASHTAMI (SEPTEMBER 06, 2004)



### GANESH CHATURTHI (SEPTEMBER 18, 2004)



### REFRESHMENTS DISTRIBUTION DURING RATHA YATRA (SEPTEMBER 19, 2004)



## TEMPLE JOURNAL CONTD...

SHIRDI SAI JAYANTI (TUES., SEPTEMBER 28)



## CHILDREN'S CORNER



Once, at noon the fire in the dhuni [sacred furnace] began to burn brightly.



Its flames were seen to be reaching the rafters above. The people who were sitting in the masjid did not know what to do. They couldn't dare to ask Baba to pour water or do anything to quench the flames.



But Baba soon came to realize what was happening since He is God. He immediately came upon the scene.



He took up His satka ( a short stick) and dashed it against a pillar in front, saying, " Get Down, Be Calm."



At each stroke of the satka , the flames began to slow down and in a few minutes the dhuni became calm and normal. This shows how Baba had control over the elements of nature.

### Moral

The Lord controls the whole universe. Nothing is impossible for him. He shows his powers when they are needed—only for the protection of his devotees.

## AN APPEAL

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

### ADDRESS/EMAIL/DONATION FORM

Donation Amount:	<input type="text" value="\$"/>	Date:	<input type="text"/>
First Name:	<input type="text"/>	Last Name:	<input type="text"/>
Email:	<input type="text"/>	Tel:	<input type="text"/>
Mobile:	<input type="text"/>	Fax:	<input type="text"/>
Address1:	<input type="text"/>	Address2:	<input type="text"/>
City:	<input type="text"/>	State:	<input type="text"/>
Zip:	<input type="text"/>	Country:	<input type="text"/>

Please enter comments in the space provided below:

Please mail your checks to the following address:

**Om Sai Mandir**  
45-11 Smart Street  
Flushing, NY 11355  
Tel: (718) 461-0454  
Email: [info@omsaimandir.org](mailto:info@omsaimandir.org)  
Website: [www.omsaimandir.org](http://www.omsaimandir.org)

Devotees can also donate online at:  
[www.omsaimandir.org](http://www.omsaimandir.org)