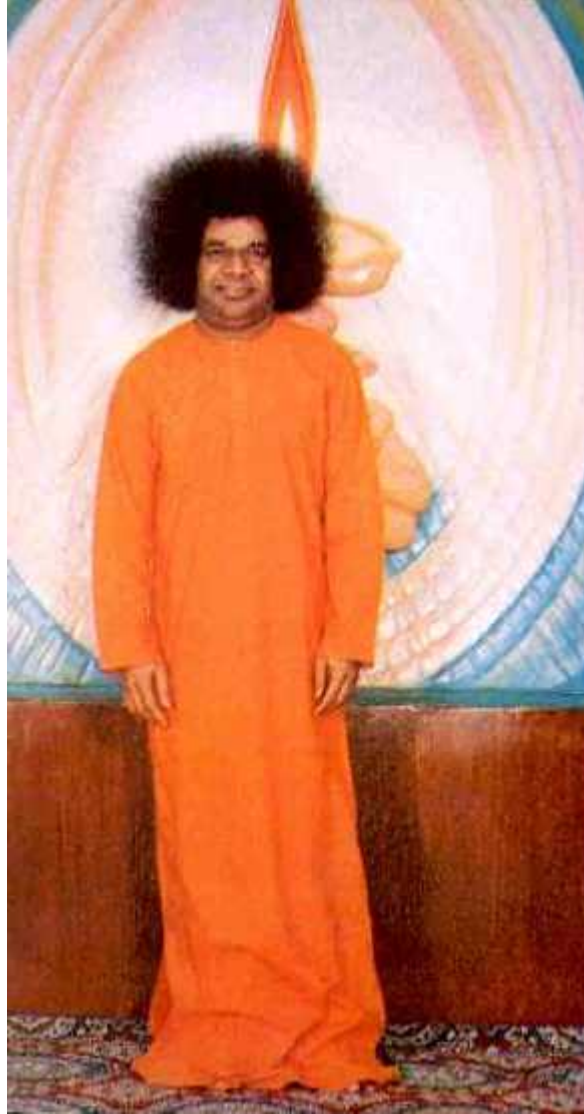


Om Sri Sai Ram

SATHYA SAI BABA ON MEDITATION



Jyothi Meditation - Silent Sitting

Have a lamp with a bright steady flame or a candle before you. Sit in the Padmasana posture or any other comfortable asana in front of the flame. Look at the flame steadily. Then closing your eyes, try to feel the flame inside you, between your eyebrows. From there let it descend down into the lotus of your heart, in the centre of the chest, illumining the path.

When it enters the heart, imagine that the petals of the lotus bud open out, one by one, bathing every thought, feeling, emotion and impulse in the light and so removing darkness there. There is no space now for darkness to take refuge. It has to flee before the flame.

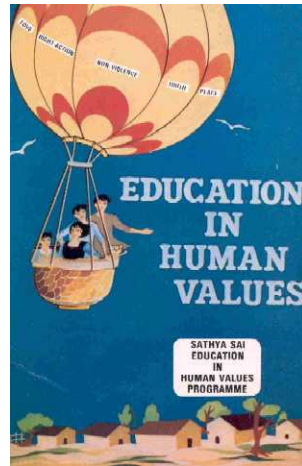
Imagine that the light becomes wider, bigger and brighter. Let it pervade the limbs; now these limbs can never more deal in dark, suspicious and wicked activities. These have become instruments of light and love.

Let the light reach up to the tongue and falsehood, slander and spite vanish from it. Let it rise up to the eyes and the ears and destroy all the dark desires therein. Let your head be surcharged with light and all the wicked thoughts flee therefrom, for these are the denizens of darkness. Imagine that light in you more and more intensely and it will become so. Let it shine all around you and

let it spread from you in ever widening circles, taking in your loved ones, your kith and kin, your friends and companions, your enemies and rivals, strangers, all living beings, the entire world. Stay on in that thrill of witnessing light. If you are adoring God in any form, now try to visualise that form in the all-pervasive light, for light is God and God is light.

Sathya Sai Education in Human Values Programme

Love - Right Action - Non-Violence - Truth - Peace



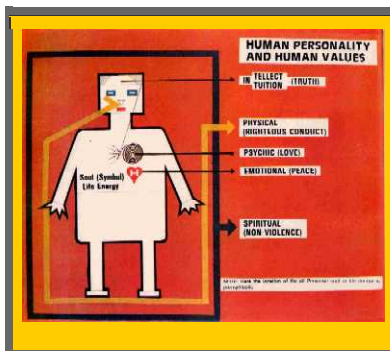
One advantage which will accrue when the moral uplift programme is taken up in schools is that through the subtle influence of the children, the atmosphere in the home is also cleansed. When the boy or girl sits in silence and meditates on the Creator and His glory, the parents too will react in the same manner and the home will be filled with humility and love.

The Education in Human Values Programme is intended to draw out the best in a child and to enable his/her personality to develop towards perfection. This process of blossoming human excellence calls for excellence in each of the five domains or aspects of human personality. These five domains, namely, physical, intellectual, emotional, psychic and spiritual define the human system in-to-to, as a whole.

The five basic values, namely Truth, Righteous Conduct, Peace, Love and Non-Violence correspond to the domains listed above.

Since the human beings everywhere in the world are alike, each can aspire to inculcate and internalize these values. These values, thus are universal and transcend all distinctions of country, religion, caste and creed. They embrace all beings, as their origin lies right within each individual.

Human Personality and Human Values



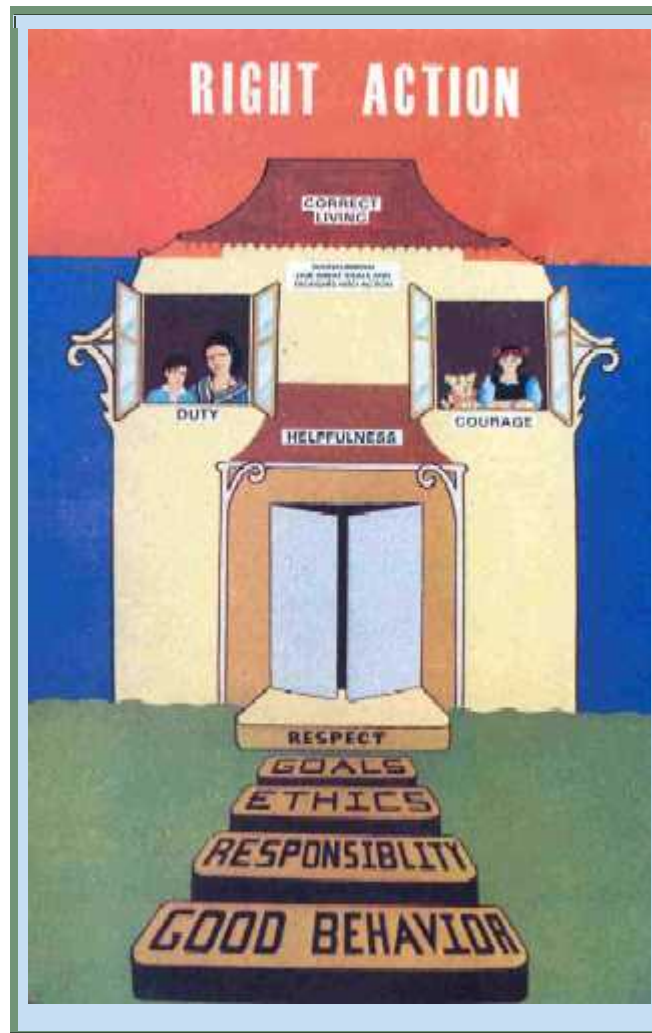
TRUTH

The life principle within each of us is the truth. We would not be existent without it and once we are not there, the world also ceases. This life principle is identified as the human soul which in turn is the 'resident divinity' within each individual. It is this truth which is the basis of every other thing and with the power of which the heart beats, the lungs breath and the system works. The role of human intellect is to find out the truth.

Interestingly, when one realizes and experiences this truth, one sees that the same truth pervades every other person and object. And in essence we are all one.

Truth has different levels. There is the truth of sense perception such as: 'the fire burns'. One can ascertain this with one's senses. There is also the truth by inference: such as 'man is mortal'. We base this statement on the strength of our observation of those around us and extend it to arrive at a general conclusion, even though we may not have seen every human being born in this world dying. Apart from all these is the truth which is incapable of being destroyed or hurt. It persists and pervades the whole cosmos.

Righteous Conduct



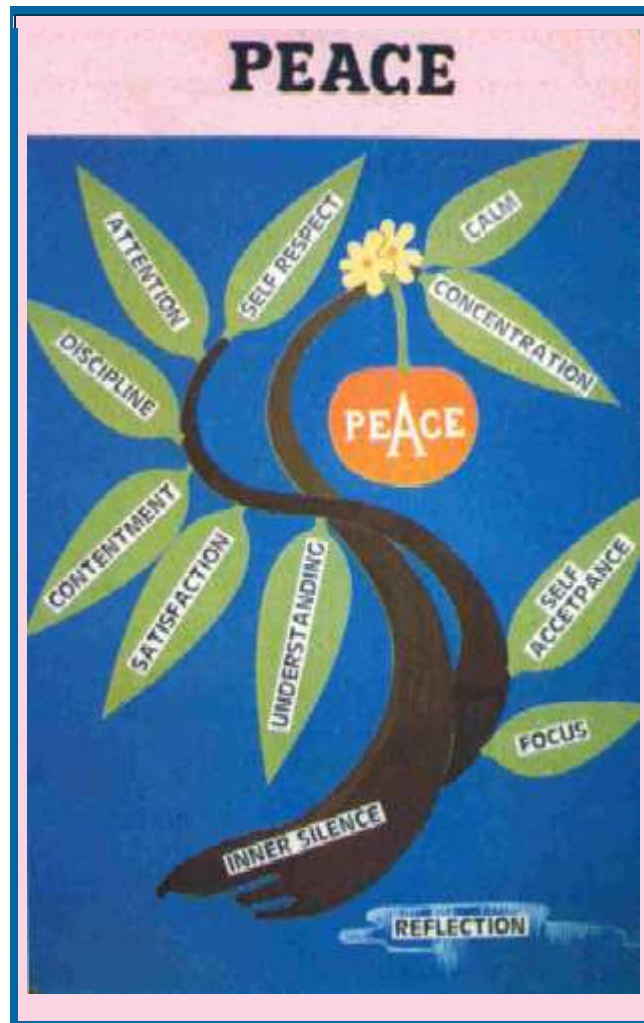
Truth in action is Righteous Conduct. The action takes place on the physical domain and behind each action there is thought. If this thought derives its sustenance from the human will, as opposed to human desire, the resultant action will be righteous.

What is of significance here is to understand the distinction between will and desire. Will is the colorless component of human resolve which motivates and inspires him to act in accordance

with the truth. Different from this is the desire that prompts action. More often than not, this desire springs out from some myopic assumption or misbelief. The child has to be encouraged and trained to ignore impulses like this. In fact, it is the will to succeed which precedes everything else.

To ensure that Righteous Conduct becomes a way of life for a person, the education and training has to start in the childhood itself. This capability is developed in a child by some basic training in some important skills.

PEACE



Peace is the end purpose of all human endeavors. Right or wrong, whatever a man thinks or does is with the intention of attaining peace and happiness.

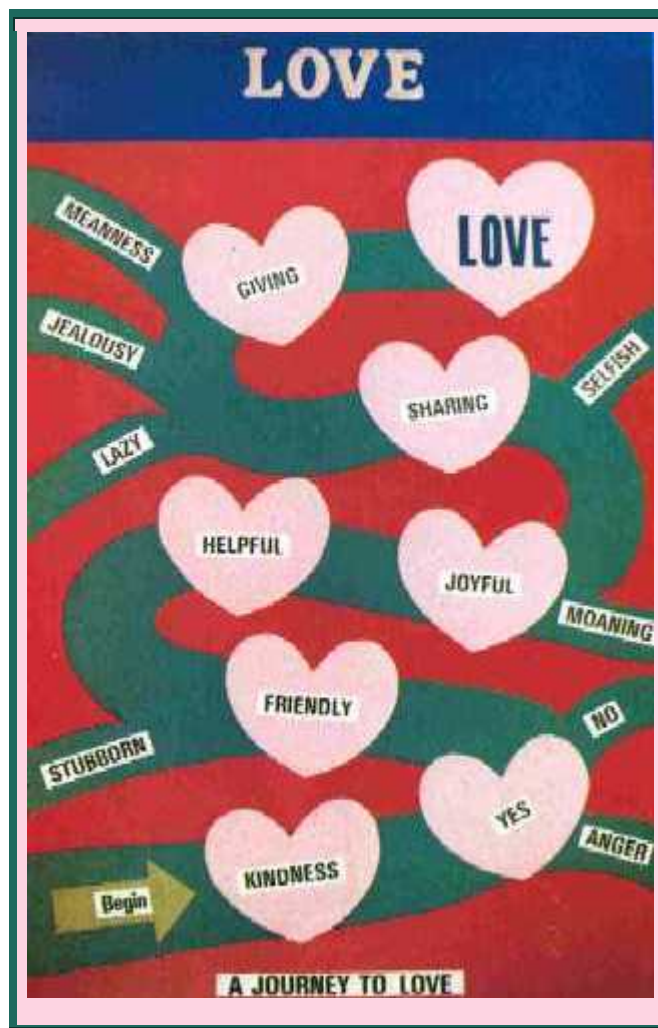
Peace would certainly become a far more attainable entity, if one were to know the domain of personality at which it is acquired.

It is only when there is an emotional equilibrium that one experiences peace. This equipoise is not inert or vegetative but a dynamic realization that the emotional conflict and upsurge can never withstand the test of Truth and Righteousness. Peace is a state of 'power packed stillness' and follows the awareness that the source of human fulfillment is within.

Often dubbed as a mirage, peace can be a reality for each of us if we have faith in our innate power to do good, to be good and see good.

What is equally important is to recognize that nothing in this universe is ever responsible for absence of peace within us. It is only when our internal emotional system is disturbed that restlessness and confusion find a home. By conscious efforts we can certainly avoid such lacunae.

LOVE



"How can one cultivate Prema? Firstly, consider always the faults of others however big to be insignificant and secondly, consider your faults however small to be big and feel sad and repentant. Whatever you do, with yourself and others, do it remembering that God is omnipresent. Endeavor every moment to be aware of the omnipotence of God."

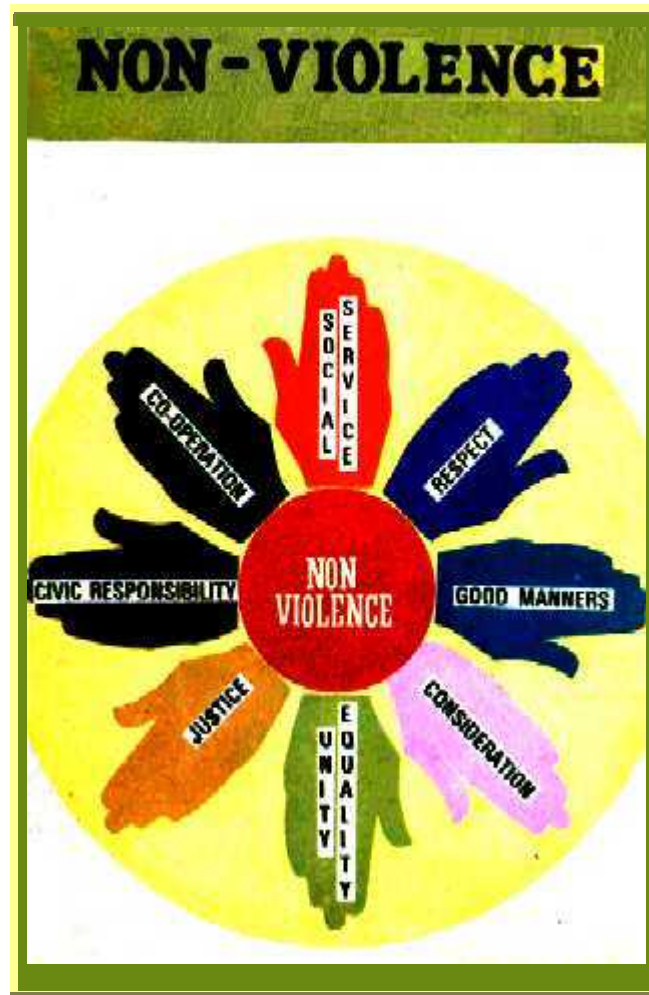
The psychic domain of the human system is the source of love. Love is the expression of the individual divine within and is the power of soul. It is the mightiest of forces in the world and is truly representative of human nature.

Love is not an emotion. It is a form of energy which each individual transmits and receives every moment. It affects all forms of life. It is a peculiar possession which grows with sharing.

Love is the answer to the question: 'What in me loves - What in another person'. It is the reflection of the same Truth that one loves. What to say of children, even animals and beasts respond to this power of love. Love helps us overcome the sense of fear by promoting better understanding and appreciation. Since Love springs from the Truth, it is in nature of Righteous Action and results in peace.

Love has to begin by manifesting itself towards parents and grow and gradually to include family, neighborhood, country and most of all God.

NON-VIOLENCE

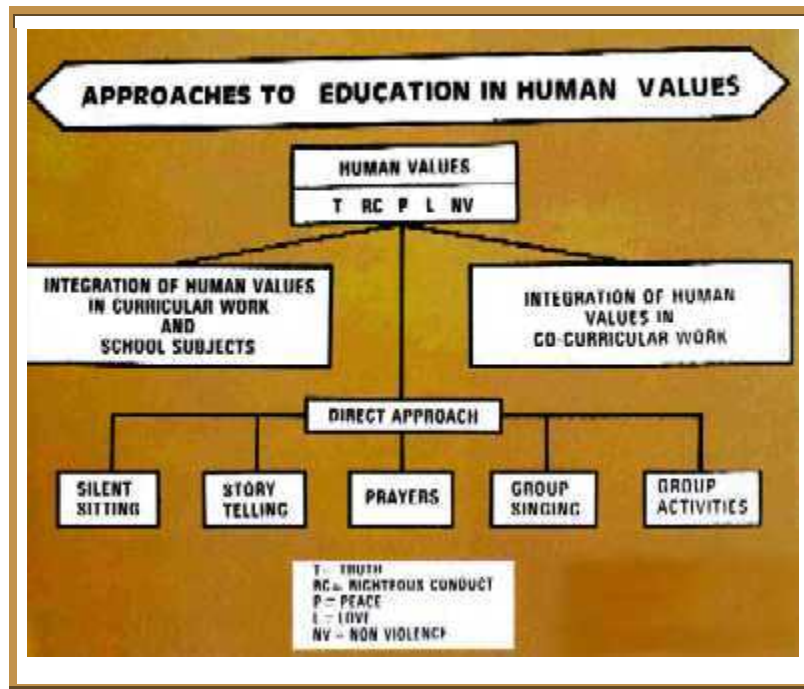


Non-violence is the zenith of human achievement and perfection. It is universal love that goes beyond our relation with our fellow beings and embraces all living and non-living things. It is the spiritual domain of existence. Here, one experiences the essential oneness and unity of all creation. It blossoms from the understanding that man has an obligation towards every object and component of this universe. And the least one can do is to try and extend one's sphere of love to all.

In the context of human beings, Non-violence means amity, harmony and the understanding; in the context of plants and animals it means non-injury that is, desisting from avoidable harm in the context of nature as such, it means non-violation of the law and balance of nature.

Thus the practice of non-violence is not restricted to the physical plane alone but includes all the three, that is, thought word and deed.

Approaches to Education in Human Values



"Children must grow in the awareness of the brotherhood of men and the fatherhood of God. If no provision is made for this type of teaching, then we are denying them their due. Faith in man involves faith in God and faith in God generates faith in man."

"Children should be like a lamp at home. They should carry the lights outside. They should become streetlights serving as an example and guiding others. They should emulate the pole star which is a light unto the whole world."



Nine Point Code of Conduct

1. Daily meditation and prayer.
2. Group devotional singing or prayer with family members once a week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service work and other programs of the organization.
5. Regular attendance at the Center's devotional meetings.
6. Regular study of Sathya Sai Baba literature.
7. The use of soft, loving speech with everyone.
8. Not speaking ill of others, especially in their absence.
9. Practice placing a ceiling on desires - consciously and continuously strive to eliminate the tendency to waste time, money, food and energy - and utilize the savings for service to mankind.

Ten Guiding Principles from Sathya Sai Baba

1. Love and serve your country. Do not be critical of other countries.

Have a sense of pride in your motherland. Just as your mother has given birth to you, so too the land has given birth to you. Whatever country you belong to, you should have a sense of

patriotism. You should not indulge in criticizing other countries or people belonging to other nations. Having trust and faith in your own country, you won't try to put down any other country. Never bring grief or sorrow to your country. To have pride in your own motherland is important.

2. Honor and respect all religions as pathways to God.

Never have hatred toward any religion. Honor and respect all religions equally. Even as you are a citizen of your motherland but respect all countries, also respect all religions equally.

3. Love all humanity as part of your family.

Develop a sense of the brotherhood of man. Look upon each person as your own brother or sister. There is only one caste, the caste of humanity. All of us belong to the human race, so everyone is equal. Therefore, love each one equally.

4. Keep home and surroundings clean.

Keep your own house and its surroundings pure and clean. This hygiene will keep you healthy and benefit your worldly life.

5. Help the needy with food, clothing and shelter. Help them become self-reliant when possible.

Be discriminating when dispensing charity. In the name of charity or philanthropy, we tend to do injustice to one's country. Charity does not mean that the land should be full of beggars. We can provide some support and means for the beggars, but provide food, clothing and other conveniences in such a way that you are not encouraging laziness and begging.

6. Be examples of honesty. Do not participate in any corruption such as bribery.

Never give or take a bribe. Giving bribes, or accepting bribes, is contrary to the very name of the Sri Sathya Sai Organizations. Bear this in mind continuously.

7. Curb jealousy, hatred and envy.

We must seek ways to solve difficulties such as hatred, envy and jealousy. To curb this sense of envy and jealousy, we must develop a broader outlook. Do not differentiate on the basis of race, caste, creed, or country. Follow your cultural and religious customs in your own home, but do not attempt to impose them on society. Rather than this, love each person as your own brother or sister, not seeing him or her as belonging to another creed, religion, or country.

8. Develop self-reliance.

Members of the Sri Sathya Sai Organizations should do things by themselves; they should not depend on others. You may be very wealthy and have servants and assistants to help in a few tasks, but your own work you must do yourself. If you wish to be of service to society, serve yourself first. One who will not serve society has no right to belong to a Sri Sathya Sai Organization.

9. Observe your country's laws and be exemplary citizens.

You should never go against the law of the land. We must follow the letter of the law. The members of the Sri Sathya Sai Organizations should follow the law in spirit also and be models for the government.

10. Adore God, abhor sin.

You must love God and avoid sin. Love God incessantly. As long as you keep committing sins, God will never be yours.



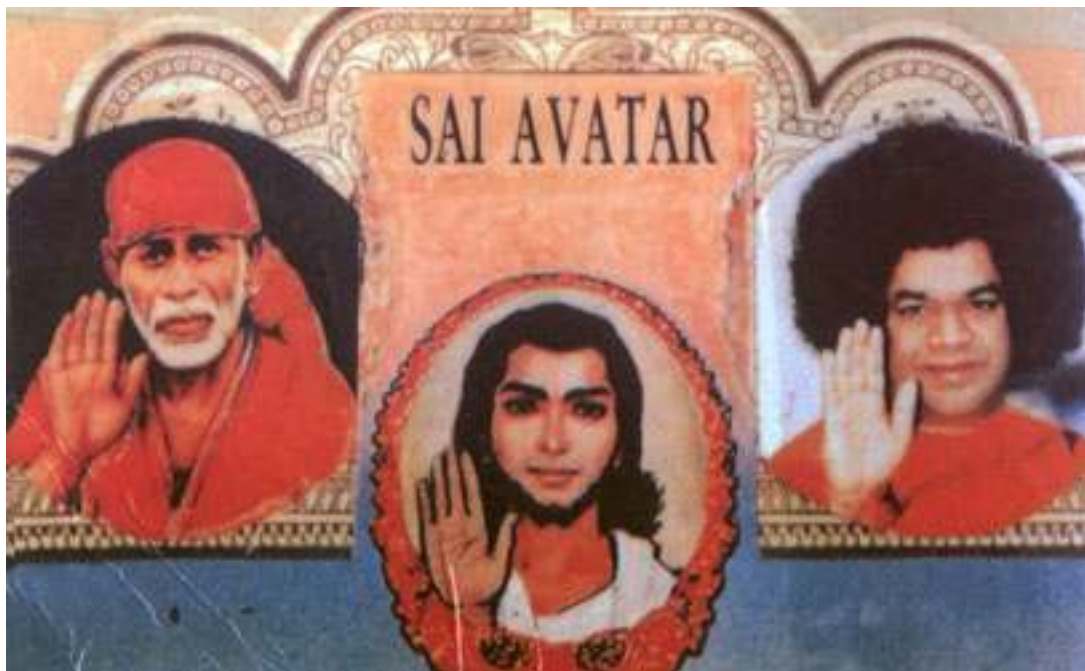
Sathya Sai Baba says:

"I have the task to lead mankind in her development and to assure all human beings of an existence full of happiness and joy. I have promised that I shall rescue all who roam about uselessly, and bring them back to goodness."

Nature obeys His will. He has all knowledge. He knows the past, presence and future of everybody. In His teachings Sai Baba acknowledges all religions. He emphasizes again and again that divinity means unity. In his personal style and expression Baba shows a majestic grace and at the same time a delightful cheerfulness.

Among His many devotees who surround Him, He leads a simple and humble life, completely devoted to loving helpfulness. Not restricted to only physical existence, He works on all levels: the gross matter and the spiritual nature. He does this in His physical form as well as in visions, dreams and inner experiences. As a divine teacher, He leads the spiritual development of His devotees, He inspires inwardly and arranges outwardly. He illuminates the heart, transforms the mind and reveals the biggest treasure.... the immortal Atma, the divine sparkle in every human being.

Sai Baba says that He will stay in the present quality as Sathya Sai Baba within the 21st century and will reach the age of 96. After that He will be reborn as the third and last incarnation as Prema Sai Baba, who will finish the Avatar-mission started in the middle of the 19th century.



From left to right: Shirdi Sai, Prema Sai, Sathya Sai

More about Prema Sai

Sai Baba has two Ashrams in the south of India, one in Puttaparthi and one in Whitefield, where hundred-thousands of people from all over the world come together to experience his Love and to receive his blessing. However, He has not come to this earth to establish a new religion or sect. On the contrary, he emphasizes the unity of all religions. About this, He stresses:

"I have come to tell you about this Universal Unity, this Inner Self-principle, this Path of Love. All religions teach a basic-discipline: to remove the stains of egoism and the chasing of material satisfaction out of the soul. Every religion teaches the human being to fill his mind with the glory of God and to drive out narrow-minded arrogance. Be convinced that the one and only God is the indweller of all hearts; One can worship Him the best through Love. Develop the inner attitude that people of every religion from all over the world are One. That is the message of Love I bring."

As a teacher He leads the spiritual development of all who turn to Him - by now, more than hundred million people, worldwide - and inspires people inwardly as well as outwardly. He has set up several schools and universities, where education is given totally for free. Also, He has built hospitals in several places where everybody receives free care and medication. One of the most modern hospitals, in the area of heart- and kidney- transplantations in the world, has been established in Puttaparthi. Also here, every treatment is completely given free of charge.

The name Sathya Sai Baba is significant. Sai means: Godly Mother, Baba: Honored Father, and Sathya: Truth. His mission: to bring back truth in all hearts, to regain righteousness all over the world.

"There is only one religion, the religion of Love.

There is only one caste, the caste of mankind.

There is only one language, the language of the heart.

There is only one God and He is omnipresent." - Sathya Sai Baba



Sarvadharmasymbol

The Sarvadharmasymbol is the symbol of the Sathya Sai Organization. Sarva: all, Dharma: divine law, is equal to religion.

The first Sarvadharmasymbol stands for a lotus flower with six leaves, with in every leaf the symbol for a world religion. Together these symbols represent all religions in the world.

The Pillar: the pillar (lotus) in the middle expresses the path of unity with God, with the several steps and phases one has to go forward. The blooming lotus is the heart that blossoms in love; this results in the flower of enlightenment.

Hinduism: (the OHM-sign) Actually sanathana-dharma = eternal divine law. God is One, but the wise call Him with various names (the Gods are many aspects of the one God). Some names are: Isvara, Krishna, Rama, etc., Paramatma or Brahma (n). *"Listen to the primeval Pranava AUM resounding in your heart as well in the heart of the Universe"*.

Buddhism: (the wheel) The soul of a religion does not lie in theory or dogma's, but in the way of living. The Buddhists, even so the Jaina's, do not accept the existence of God in a certain or immediate way. They believe that the maximum stage a human being can reach is the stage of the Buddha. He, the Kevalin or Mukta (the liberated) or the Buddha, the embodiment of love and wisdom, is divine. *"Remember the Wheel of Cause and Consequence, of Deed and Destiny and the Wheel of Dharma that rights them all"*.

Parseeism: (the fire vessel) Ahura Mazda (= light): dwells in the heart of human beings. Fire, wide at the basis and pointed at the top. In this way, also the differences disappear at the highest divine level. The devotees of Zoroaster call their God the most holiest principle in the universe. Ahura Mazda, the God of truth, wisdom and enlightenment. (Zoroaster. Founder of the ancient Persian religion Zoroastrianism. The sacred text called the Gaathas was revealed to him while in deep meditation. Ahura Mazda is the name for the Supreme.) *"Offer all bitterness in the sacred Fire and emerge grand, great and godly"*.

Islam: (the crescent moon with star) Islam means literally surrendering. There is no God than God (and Mohammed is his prophet). The Muslims call God Allah, the merciful, the compassionate, the unique Lord of creation. *"Be like the Star which never wavers from the Crescent but is fixed in steady faith"*.

Christianity: (the cross) Let your ego die on the cross. The life of Jesus: I am the messenger of God. I am the son of God. The Father and I are One. *"Cut the 'I' feeling clean across and let your ego die on the Cross, to endow on you Eternity"*.

Judaism: (the star of David) Hear Israel: The Lord our Lord is One.

Sai Baba teaches us to respect our own religion in which we were raised and honor other religions. Let the various religions exist, let them bloom and let God's glory be sung in all languages and varieties. That must be the ideal goal.

Respect the differences between the religions and acknowledge them as valuable as long as they do not extinguish the flame of unity. You can search for God in churches and temples as the mystery of all mysteries; you will find Him at last in the deepest silence of your own heart.

