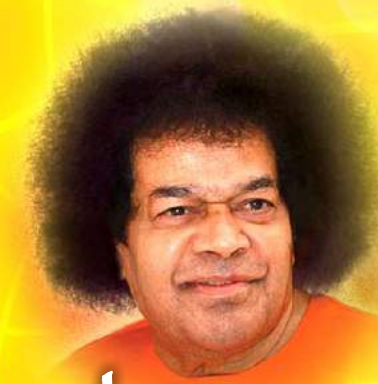
These pages that are bound together with supreme adoration represent a picturesque album - An Album of Adoration… that records, reflects and depicts the soul's yearnings to respond to the call of the Master Supreme…to awaken to His Will… to follow His Footprints…so as to Manifest an Awakening.

May this Aradhana and Sadhana dedicated to Beloved Bhagawan March – April 2020…continue on relentlessly akin to a joyous song, an incredibly endless melody, a tireless, refreshing stream, a magnificent gust ever so youthful and energetic, boundless sans boundaries…reaching all, denying none…a selfless, consistent endeavour shimmering gold and finely spun with the eternal message of – Love All, Serve All; Help Ever, Hurt Never…fortified with that unifying cascade of perennial goodwill - Samastha Jiva Sukhino Bhavantu, Samastha Lokaah Sukhino Bhavantu!

Sri Sathya Sai Seva Organisations, India



Invoking An Awakening

…A Journey Transcending

Humanity Into Divinity…

Sadhana Aradhana 2020

Sadhana Aradhana March - April 2020

Invoking An Awakening

...A Journey Transcending Humanity Into Divinity...

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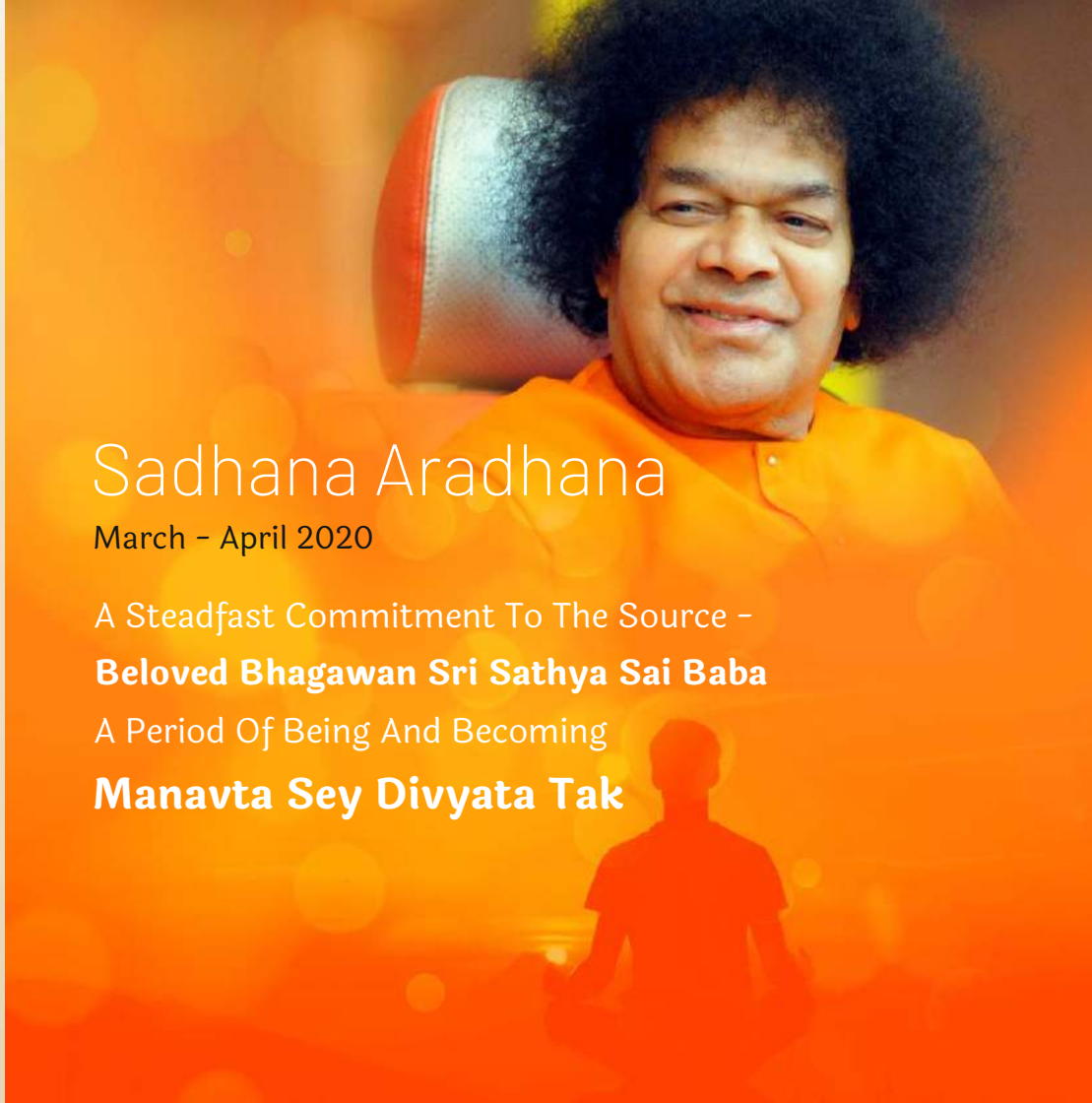


Sadhana Aradhana

March - April 2020

A Steadfast Commitment To The Source -

Beloved Bhagawan Sri Sathya Sai Baba

A Period Of Being And Becoming

Manavta Sey Divyata Tak

Curtain Raiser...

Tadatmanam Srujam Yaham...Sambhami Yuge Yuge...

Can we ever fathom the immense boon and colossal blessing to have been so favoured by the Goddess of Fate to live at the same time as the Avatar of this age? To breathe in the air that He did expel, to walk the same earth as Him? To receive glimpses of Him, Who even celestial beings crave to see?

He must have beckoned me through life times gone by,
As Rama, As Krishna, As Shirdi Sai,
Now, on the bed of my karmas as I lie,
I can only think of Bhagawan Sri Sathya Sai,
My thoughts caress the Feet of Beloved Mother Sai...

Words, howsoever profound, can never fully describe Him, reflecting on Whom, Sages, Elevated Beings, Ancient Masters too...slip into a deep silence.
Yet, here is an attempt.
To those needing a father's hand, He is the Perfect Father; to those searching for a mother's touch, their search ends in Mother Sai; those seeking a true teacher, He assumes the role of a Guru; those looking for a friend, a guide, a companion, a brother...they need not look any further; for those with enquiring minds, He represents Knowledge and Wisdom; He symbolises Peace for troubled, pained and distraught souls; for those steeped in darkness and untruth, He is the Light, He the Truth; beyond doubt He is the illumined route for those who feel stressed and

trapped with no way out; and for those whose hearts have gone dry being conquered by kama, krodha, lobha, moha, mada, matsarya, He signifies a Saviour...a Radiant Ocean of Shimmering Light, of Purity, Selflessness and Unconditional Love. The Physical Manifestation of this Ocean is affectionately called Bhagawan, Swami, Baba or Sai Maa by those who adore Him.
The essence of the Avatar knows no boundaries, limitations or closed doors...suffice to say that the era of Bhagawan Sri Sathya Sai has much, much, much more in store.
These pages bound together with the silken thread of adoration is but an Album, which is attempting to construct, combine, enliven the picturesque Divine Legacy that is His Life, His Words, His Teachings which significantly form the life force...the èlan vital, the breath, the zing, the vital principle for all of creation. It is only when we attempt to evolve and elevate that living has meaning. And, a life of meaning eventually attracts a long awaited Awakening.

From the celestial glades of glistening imagination stems elevated creativity. A book that is designed aesthetically has infinite appeal. For the art work and design of this Album of Adoration, I invite and beseech the incessant flow of perennial grace for my dear brother – Ramdas Kasav.

Jai Sai Ram.
– jullie chaudhuri
Santhusti For Samastha Shrishti

A Prayer...A Plea

O! Most Cherished One, Beloved Bhagawan - You are the Ultimate Absolute...the Primal Being, thus accordingly any and every relationship begins and culminates in You. Tvameva Mata Cha Pita Tvameva, Tvameva Bandhuscha Sakha Tvameva... You are our Mother, Father, Family, Friend, our Eternal Companion...Tvameva Vidya Dravinam Tvameva...You are our knowledge and our wealth.

It is You who steers us ceaselessly along from untruth to truth, darkness to light, from annihilation to immortality...gently, persistently shepherding each of us towards that fascinating dawn...wherein we experience the effulgent dawning of our own divinity.

Consequently there is nothing else to desire besides You. To crave our own divinity...from being a droplet in the mighty sea...to growing into a buoyant wave...finally to merging and knowing ourselves to be the Ocean Itself!

Sweet Mother Sai, we offer ourselves to Thee wholeheartedly. God descends as an Avatar so that man may ascend.

Ascension through Transformation.

We beseech Thee, truly invoke Thy Compassion and Mercy for nothing can occur without Thy Invincible Grace and Clemency. Mould us distinctly is our earnest prayer and plea...Mould us kindly to be that which You would like us to be. Mould us so that we may know, experience and awaken to our own divinity.

Our soul brims Love and Adoration as we emphatically affirm – Sweet Lord, Beloved Gurudeva - Tvameva Sarvam Mama Deva Deva.

A Pursuit Intense, A Dedicated Sequence

Beloved Swami,
You know our feelings before we express,
Yet,
With these words we do Thee address -
It is Your Charming Voice that echoes as Sound,
Your Eternal Light that Bestows Sight,
Your Gentle Breath is the air that we breathe,
Your Essence and Omnipresence...
...makes the heart beat...
...and enlivens each heartbeat,
As Pranava Swarupa, Your Timeless Melody...
...links all beings in creation harmoniously,
Your Invincible Power anoints You as Creator Supreme,
Guide us kindly in this pursuit intense,

Chaperon our dedicated sequence,
Your Lotus Feet in our heart we do place,
It is Your Footprints that we need to trace,
As such nothing can ensue without Thy Consent,
And Merciful Indulgence,
Thus, we seek Thy Grace, Thy Grace,
Thy Boundless and Benevolent Grace,
Such that it may our life divinely interlace.

Sai...Silence...Sai Lent...
The Period Sai Lent Us In Silence...

Lent is a period of prayer, penitence, repentance, fasting and penance. As such it knows and requires no specific time or belief. It is a phenomena which occurs when the soul is overwhelmed and knows a kind of a hush, a profound need, a prayer to rise above merely existing, being a mere statistic...to reach an enlightened way of living.

It is expressed by way of true penitence and repentance at the time wasted, so also through deep attempts at atonement and penance while fasting or remaining away from the innumerable allure of magnetic material attractions.

It should reflect a deep attraction for unearthing the illumination within.

Quite significantly Dearest Bhagawan's crucial enactment in 2011 took place within this period of Lent. During March – April 2011, Beloved Bhagawan resolutely determined to enact sequential incidences that had a massive impact on all. On 28th March, our most Precious One chose to admit Himself into the SSSIHMS. He then firmly resolved to withdraw His Divine Form from the physical sphere on 24th April. None in this created

world can fathom or decipher His Decisions or Actions. Inscrutable are His ways...known only to Him alone. The quest for answers has a simple conclusion – Accept His Will for He writes the Script, He is the Divine Director and the Drama of Creation unfolds as per His Will and is His Leela, His Sport and Exclusive Play.

The significance of this phase that spanned March – April 2011 chosen by Beloved Bhagawan Sri Sathya Sai Baba, our Supreme Treasure, is up to each of us to unearth.

The Supreme Truth is that all that He has done and keeps doing is solely for the benefit of all of creation.

Then, isn't this span of March – April, when the Cherished Master took such a colossal amount upon Himself, a time of Sai Lent?

A period of silently practising His Maxims, of steadfastly following His Exemplary Examples, of allowing our moments, our breaths...to convey His Kindness, His Benevolence, His Magnanimity...His Patience...the Gentle Sentiments of Sensitivity, Compatibility, Amity and Unity...the fond expressions of Tender Empathy, Sympathy and 'Fellow Feeling' embracing all living beings. For, as Hrudayavasa...He is the core of all sentient beings...and each heart is the temple where He eternally does dwell.

So too, do we not owe the Avatar, our Aradhyaa, our Gurudeva the fulfilment of His Clarion Call...by way of our own Transformation, our

Awakening, Identifying, Being and Becoming that which He wants us to be – Divine...and face our own Divinity?

Be Divine, Experience the flow of Divine Qualities, Understand the Divinity within...and realise it in all acts of life. Arise, evoke and serve the Divinity within us to the Divinity around us!

And thereby...exult in this divine flow...a true fulfilment of the purpose of life!

Therefore, this duration is a time of paying respect and reverence to Sathya, to Dharma, to Prema, to Shanti. It is a time to honour the Bhagawan in all beings through the practice of Ahimsa, of encircling each living being with 'maitri bhav', exuding harmony for every atom of creation.

And, it certainly is a sacred span to kindle the flame within, awaken to our own Divinity...to honour this period that Sai lent us all in silence...that we may grow, be and become that which He wants us to be...silently, purposefully, intensely, intently.

That we may accord respectful acceptance to the Avatar Vani when He so lovingly, forcefully, persistently referred to each of us as – 'Divya Atma Swarupulara'.

Now, isn't that an emphatic reference to our own Divinity?

This is what we owe Him.

The pages meandering below, humbly proposes a 'Day-to-Day Regime'.
As a preparation for the prescribed daily schedule, one may read through and ruminate upon the specific thought for the next day prior to turning in the night before or else at the dawn of each morning implore cosmic courtesy so as to comply, abide, observe and pursue this daily sadhana.
Beloved Bhagawan, I offer this aradhana to Thee. This mind belongs to Thee, pervade it completely...that I may arise and awaken into Thee, invite an ascension, revel in the revelation of my own divinity.

Unveiling Of Concept

Sadhana Aradhana 2020...
...With Devotion Serve Divinity...

This is a most sanctified span of time that invokes Grace Divine while involving an intensification of spiritual practices through forgiving, endless acts of giving, rising to an enlightened way of living so as to herald an Awakening...a moment to moment offering lovingly placed at the Petal Soft Lotus Feet.
A wholesome service and serving of divinity to divinity devotedly.
Where 'DIVINITY' definitely refers to Beloved Bhagawan...and the Supreme Gift of His Maxim – Manava Seva Is Madhava Seva. Yet, it also symbolically indicates the spontaneous flow of divinity, the gush of inherent divine qualities, the blessed essence of essential values awaiting discovery from within each of our core as beautiful, enchanting thoughts words and deeds. An Awakening of Individual Infinity...aspects divine...that streams forth as divinity to then serve the divinity residing in all. A consistent, constant sadhana, an effervescent Aradhana...exuding eternal longing for Oneness with our Beloved Aradhyaa – Bhagawan Sri Sathya Sai Baba.

DAY 1

March 24

Be still

Open to Inner Inspiration and Guidance

With Intense Devotion Serve Divinity

Existence has become a marathon. Everyone is racing along the runway of life taking off in all directions. It is essential to strike the pause button and still the mind even as we rush along our daily routine and the innumerable chores. **When we steadfastly, gently attempt to still and cleanse the mind, ration and restrain thought processes, purify our intentions, opening up to inner inspiration and begin to look within, to look at the world from within...therein begins a journey with great clarity of purpose from I to Sai.**

DAY 2

March 25

Think Peace, The True Core Sentiment

Affirm Constantly –
The Soul Knows Only Peace

Serve Divinity Harmoniously

Those who are wise...unceasingly brim peace, understanding and calm.

Peace creates harmony. When we consciously choose to exude peace, to walk along the road denoted as 'Shanti Path'...we will never have any enemies – inner nor outer...for we would have won them over. When we think peace...our countenance, our aura radiates peace. Repeated statements of peace in the mind or bringing the mind gently to thoughts such as – Think Peace, I am Peace, Peace is the gift that I offer, etc, will bestow peace, calm agitations and restlessness when confronted with any situation. Assertions bring manifestations...as one thinks so they are. A mere thought of the Lord brought about creation.

We attract and become what we think.

Peace is that serene flow that reaches the soul safely to its destination.

Let us determinedly dedicate this day to thoughts of peace in a micro and a macro manner that not only encircles us, our loved ones but the environment, myriad life forms, the globe as well as all of creation expansively.

DAY 3

March 26

Radiate Love – I Am 'Premaswarupalara'

'The Ocean Of Love Is My Source'

With Caring Waves Of Affection Serve Divinity

A heart that is peaceful is bound to radiate love boundlessly. It is love that unites us and allows us to live and let live. Love is the sole inheritance of the atma. Love is that expansive feeling that brings about healing so very naturally.

Know Love...No Hatred. Know Love...No divisiveness. Know Love...No separation. Know Love...know humility. Know Love...no ego. Know Love...no war. Love makes us rise above I, Me and Mine...to Thine...Thine...Thine. Lack of Love causes us to react and not respond. Love creates a bridge and knows no boundaries. Love excels, impels, compels us to understand, to reach out to all mindful of the divinity that exists in all – the sentient as well as the insentient.

When we are aware and accept that the Ocean of Love is our true source, and vividly visualise waves from this Ocean permeating each cell of our being...then each cell vibrates with love for all beings on earth...then this particular sojourn turns divine. When we know Divine Love...know ourselves to be one with this selfless love, we will never ever be lonely, nor restless, nor empty, nor fall a prey to anger, passion, greed, arrogance, delusion of attachments or jealousies. Let us on this day envision ourselves swimming, being drenched in this Ocean of Pure Love and become One with it.

DAY 4

March 27

Follow Dharma, Prioritise Duty

Conscience Is The Royal Seat Of Guru

Serve Divinity, Oblige Willingly

Bhagawan resides in each heart. As the Conscience, He is our unseen Guru seated upon the vibrantly glistening throne of our soul. Dharma is the act of doing the right thing...the earnest honest thing, at the right place, at the time which is right. Each being and thing in creation is living out their dharma according to their place and position in existence. Duties, Laws, Virtues, Conducts. Dharma...to some it reveals a cosmic law and order...to others it is more at an individual level.

Scriptures say it is the dharma of a river to flow, the sun to radiate sunshine and so on.

So too, Dharma is a flow of harmony that connects us all.

When we are blessed with a human birth, we are placed on the top rung of the ladder of creation...and then it is our dharma to look after the well-being of all else that forms creation.

Does Dharma also mean staying away from all that reflects adharma? Should we not make it our dharma to delve deep in and discover the sound of Pranava...as a universal transmission that resounds, reveals and contains all... within its magnetically fascinating and all powerful hum?

Isn't it our Dharma to know...what more...what more...what more...? And, to lead a quest into our core and try to open the door to our own Truth, our Divine Nature, our Divinity?

DAY 5

March 28

Respect Food,
Offer Prayers And Appreciate

Annam Brahma, Refrain From Waste

With Deep Veneration Serve Divinity

Hunger is felt by all living beings and food is the main source of energy for the physical body. Thus, food is referred to as God and through the ages we have been asked to respect food, offer prayers before eating and to take only as much as required upon our plate and not to waste even a grain of rice. When millions of living beings go hungry how can we waste food?

Now, what about the hunger of the soul, ever since it came into existence and got waylaid, scattered and caught in the labyrinth, the 'chakravyuh' of material living through eons and epochs identifying with the physical incarnation and the play of the senses?

Appreciate the human birth, human qualities, the intellect and its power of discrimination and introspection. Dive in and be immersed in the quest – Who am I? Satisfy the hunger of the soul with the awareness – I am Divine.

Growing awareness of our own Divinity provides requisite respect, nourishment, sustenance and revivification to the soul.

DAY 6

March 29

Value Each Moment, Waste Not Time

Engage Senses In Acts Worthwhile

Time and Again Serve Divinity

Let us treat this day as the first day of the rest of our life and not fritter away even a moment. Our attitude decides our fate. When Bhagawan gifted us the maxim – Start early, Drive slowly, Reach safely, did He refer only to a travel by some kind of transport from one place to another? Isn't it surely a subtle pointer towards the inner journey? It is up to each of us to make best use of the time gifted to us upon earth. Human birth is the only birth where we can strive to raise ourselves to a higher way of living and being.

When we keep postponing things of true value getting enmeshed in the play of senses, we get so caught in the sinking sands of Maya...that it is extremely difficult to extract ourselves from it. The heavy veil of attachments ensnare us and cannot be shaken off as age catches up and diminishes mental and physical capacities. Procrastination will only serve to delay our sojourn into the sphere of enlightenment.

Didn't Swami often exhort – The given moment is now. Do not delay in the path of right action...?

DAY 7

March 30

Revere All Mothers, Divine Mother, Mother Of Birth

Motherland, Mother Nature, Mother Earth, Mother Cow

With Motherly Love Serve Divinity

To offer reverence and love to all mothers is also our dharma! Mothers represent the magical manifestation of the Divine Feminine on our planet. All mothers should be looked upon with love and admiration whether in the human or the animal kingdom, whether having wings or fins...in cities, villages or forests. It is unimaginable what a mother faces and the lengths she may have to go to so as to shield her young ones. She grants us a home and protection not only after we are born but in her womb too. She nourishes and nurtures, guides and guards, teaches and gives us strength to be independent. This example of a ceaseless giving is linked to and reflected by Mother Nature, Mother Earth and Motherland too. An endless giving that seeks no return.

Should we not reciprocate her love, shower care and concern, take care of all her needs come what may?

Now, what about our duty towards the Mother Goddess of the Universe...our Sai Maa...and the heights Mother Sai wants us to reach...the depths Sai Maa wants us to discover...the revelations of bliss to be revelled in as regards our own divine nature?

DAY 8

March 31

Save, Nurture, Plant Trees, Go Green

Curtail Use Of Paper/Tissues

Earnestly Serve Divinity

Have we ever given a thought to the fact that the life of a tree is a true sacrifice indeed? A tree finds contentment in contented giving. Yet another example to emulate from the heart of Mother Nature! For many cultures around the world, trees are sacred and symbolic. Each part of a tree is beneficial. If viewed carefully, trees give a lesson in how to live, grow, evolve, and even perish with grace. They live and leave gracefully. Trees remain grounded, rooted balanced into earth, yet, they branch out towards the ether and the high heavens. They take the best from Mother Earth as well as Lord Surya, silently nurturing themselves and then going on to nourish, protect, shield, heal, give shade, oxygen, etc to all other life forms. They rise from Mother Earth, exude ancient wisdom and charity and finally merge back into earth. Even after they leave their existence as a tree...they bequeath their wood to be used extensively...a mark of their everlasting generosity.

The sandalwood tree without any feeling of bitterness, imparts its fragrance even to the axe that fells it. Divinity responds in the same manner. – Baba

Find time to analyse, ponder upon the life of a tree...the blessed study of divinity for all of humanity.

DAY 9

April 1

Curb Excessive Material Indulgences

Seek The Blessing Of Being Content

With Serenity Serve Divinity Abundantly

There are only two things constant in this world. The first is Consciousness. And the other is – Change. Things change, people change, weather changes, environment changes...desires change. And, we get swept away in the flood like spate in the stream of Illusion, being tossed about in the deceptive waves in the river known as Maya. The play between the senses and the attraction it perceives and often cannot resist also keeps changing continuously. The only way out is to consciously commit to be content and rise above petty desires and desist from continually indulging in sense gratifications.

The slogans to follow should be – Desire to have no excessive material desires. Desire to rise above desires. Desire to live contentedly. Desire to know the inherent divinity. Desire to divinise each moment. Desire to serenely serve Divinity...to the self and all.

DAY 10

April 2

Worship God In All Beings
Of Land, Air Or Sea

Reach Out To Their Hunger,
Thirst, Ailments

See Divine, Be Divine, With
Verve Serve Divinity

Develop 'Metta' – unconditional love for all beings or the aspiration for the happiness of all beings in creation, including the self. Initially, Inhale - love and benevolence...Exhale - distress and suffering. Then, gradually progress to breathing in as well as out the joy of living - Inhale Sai, Exhale Maitri Bhav. We are then able to experience a vast brotherhood under the Fatherhood of Bhagawan.

A realisation overwhelms the psyche...coloured with the wondrous hues of a new dawn - Suhridam Sarva Bhutanam.

Hunger, thirst, fear, procreation is common in all beings. However, what sets a human being apart is the power of discrimination. And it is through this empowering element that we can through the medium of 'Neti, Neti' reach the realm of divinity.

DAY 11

April 3

Participate in River/Lake/Canal Purification

Conserve Water, Check Taps, Leakages

Refreshingly Serve Divinity

Water is the elixir of life. And Earth has been blessed indeed by a correct proportion of this divine element. More than 70 percent of earth is covered in water...hence it is referred to as – a Blue Planet.

Now, just a vision that is perceived by a mere mention of this word 'blue planet' fills the heart with inexpressible joy, isn't it? Then shouldn't it be our earnest endeavour to grant it the highest respect? Are we not obliged and duty bound to look after and protect our mighty reservoirs as well as other sources that supply us with water? Can we survive without water? Have we taken the supply of water for granted? Should we not offer gratitude to this elixir, to the rivers, canals, ponds and streams...as well as include them in our daily prayers?

Our conscience will give us our reply to these questions.

As citizens of this planet called Earth, we are honour bound to protect our natural resources.

So too, what about the river that flows within...that is awaiting discovery?

Let us take an example from the rivers that gush on in spite of and despite innumerable obstacles, overcoming it all, always

finding a refreshing way across thousands of miles to ultimately reach its destination...the waiting arms of the mighty ocean.

With dedicated efforts let us renew our link to the river of divine luminosity, of radiant light that streams within as the flow of goodness, of gratitude, of forgiveness, of kindliness, of humaneness, of love, of consciousness, of grace...determined to overcome all and sundry to reach the shores of divinity...that we may know ourselves to be the Ocean Divine.

DAY 12

April 4

Be A Friend To The Environment, Five Elements

Befriend Swatchta, Cocreate Clean Ambience

Love All, Serve Divinity In A Manner Friendly

Environment knows no division. It belongs to all in a like manner.

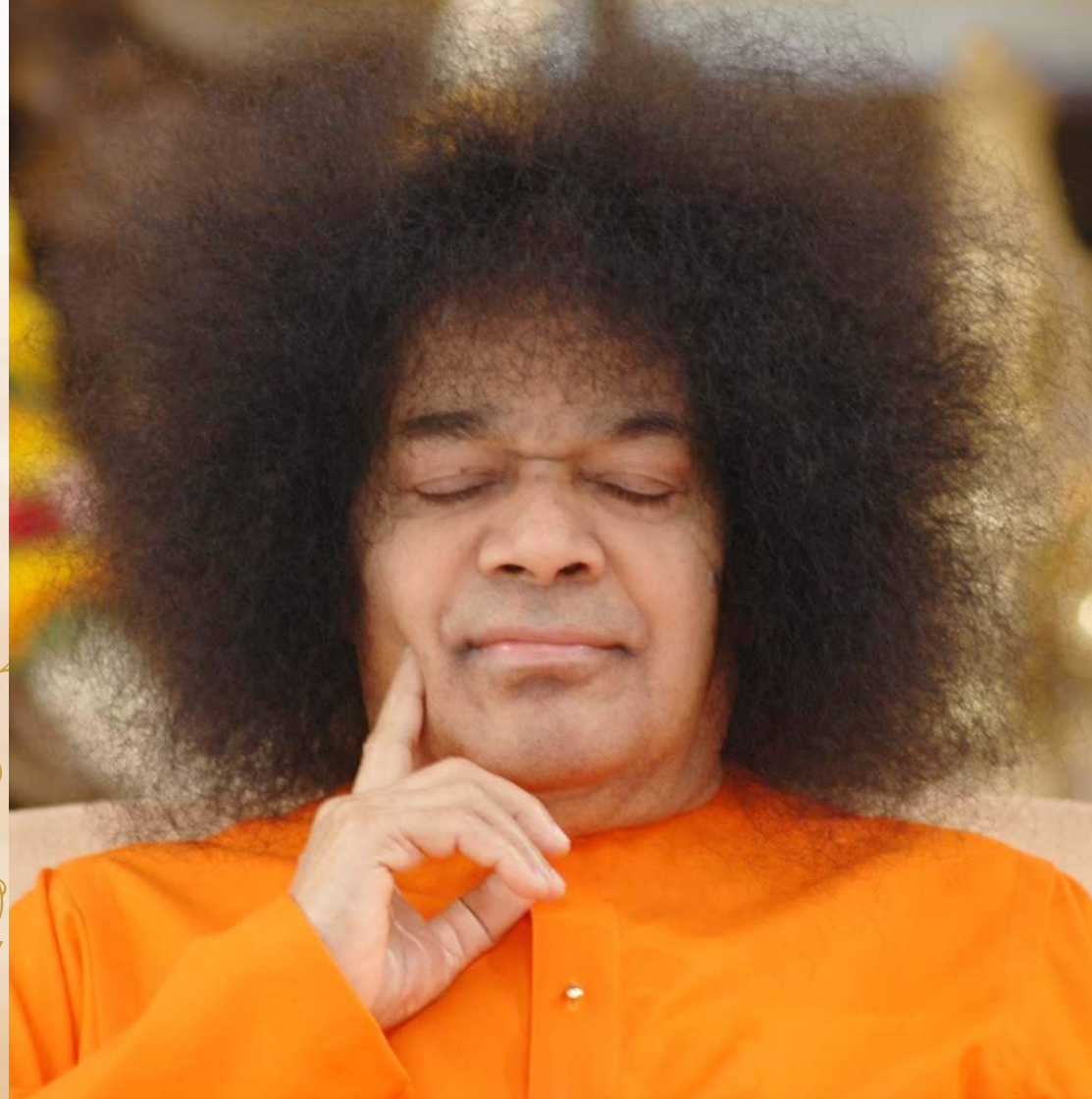
It is not only buildings, roads, manmade structures that make up the environment. Rather, the environment is made up of Space, Air, Fire, Water, Earth...the radiant rays of the sun, the dancing moonbeams, the beautiful birds that chirp and fly, the wide expanse of the oceans and the charming lifeforms that swim within it, the innumerable species that make up the animal kingdom...the evergreen foliage...the list is endless and fascinating for the environment reflects God and His endlessly fascinating and fascinatingly endless creation.

The fact of primary note is that the environment is definitely affected by human activity. And, in a similar manner the environment we live in impacts all those who exist within it. The natural world as well the conditions we live in signifies our environment. Our ethics decide our environment and the results...impact us all.

If there is inner swatchta, if the mind is clean, unsullied by material allure and radiates a pure thought process...the outer environment will be impacted positively in a befitting manner.

Constant inner cleansing assists us transform as individuals, as well as brings about transformations around us. It stirs the core, enhances our attitude, awakens a dormant yearning to know more, to do more, propels us to dive in, connects us to our higher self...and opens us to an inner communication.

When the inner clutter is cleared constantly...the outer ambience becomes conducive for our own growth. A worthy legacy to leave behind for our children...for future generations to come.



DAY 13

April 5

Synchronise Thoughts, Words, Deeds

Transcend Differences, Manifest Human Values

Harmoniously Serve Divinity

Atma is the truth of all living beings. Irrespective of religious beliefs, caste, colour, creed, physical shape or form, geographical location, dwelling place, status in society, wealth, health, etc.

All differences arise in the mind alone.

Mind is the seat of all desires. It can either raise our frequency or bring about a downfall. We need to gently befriend our mind and steer it away from its frequent indulgences. Must we allow the mind to toss our thoughts about like a tiny leaf in a mighty storm and deny us from reaching the heights we are capable of scaling and meant to reach?

We need to train the mind so as to control it and its wobbly rise and fall akin to the unsteady graph of a shaky stock market facing challenging times.

Whatever maybe the trial, howsoever trying the circumstance...the 'paristhiti', the wearisome situation...we need to rein in the mind. To bring it back to be calm, collected, centred and command it, while affirming through simple words and positive statements – think peace, be still, have faith, all is well, etc.

When we truly seek to free ourselves from being confined by the dictates of the mind, our efforts and ethics are streamlined, we then realign ourselves to the true purpose of our birth.

DAY 14

April 6

Offer Gratitude, Brim Positivity

Negate Fault Finding, Self Pity, Grumbling

Gratefully, Positively Serve Divinity

When we choose to see something good in everything and everyone, life becomes a melody profound. When we select gratitude as the attitude with which we would like to adorn our mind...then living becomes refined.

Whatever maybe our age or position in life, when we go about our daily routine, our job functions, the numerous chores that need our attention, we may come across certain hinderances. It is entirely up to us how we deal with it.

To react or to respond...where reaction is anger and response is love. Nothing is more mentally exhausting than a blame game and negative thinking. When we grumble...we give in to and attract all kinds of negativity. It then results in a series of reactions affecting our mood, the mood of the people involved while adversely affecting our 'mental climate', our health and impacts the hitherto peaceful environment too. It brings about a string of chain reaction. The 'calm' transforms into a 'storm'. From being a 'Sai clone' we become a cyclone!

Our attitude can either undermine or determine our being divine.

DAY 15

April 7

Pledge And Perform To Transform

Steer Away, Do Not Stray

Commit To Divinity,
Committedly Serve Divinity

Oh! Plenty are the things that attract, distract, charm and mesmerise. Though all that glitters is not gold...articles of commercial worth too glisten with marvellous beauty. The play between the senses and the objects that enchant is an endless, evergreen sequence. To those detached it is only an ephemeral entertainment, a transient drama, perhaps a comedy too. Then again, for those on the middle path...moderation is the requirement to be followed. However, to those as yet completely in awe of material enchantments...it most certainly represents a tempting invitation to be further involved.

It takes time to build, to shape, to mould, to transform. The process is gradual. All it requires is dedication and commitment. Transformation can take place only when we want to transform and wholeheartedly commit to it. When we gently direct ourselves to experience the beauty within...the outer attractions melt away.

DAY 16

April 8

Acts Of Random Kindness

Kindly Serve Divinity

In The Mineral, Plant, Animal, Human Kingdom

As vast is creation...likewise vast are the opportunities that beckon and invite the flow of kindness. Creation is God's Holy Mansion. And, Earth is simply one of the rooms in this mansion made of pillars of love so very strong.

All that exists upon Earth – the forests and rivers; the snowy mountains and fertile plains; the colourful birds, the myriad animals and oceanic creatures; wild animals or those tame; the farmer, the industrialist; the mason, the cobbler; the wealthy or the poverty stricken; the youth as well as those embraced by age...all live in this room of immeasurable dimension.

And they must live in a blend of harmony. That is the crux of the Cosmic Drama.

When we choose to make Bhagawan's compassion our mission...then nothing can stop us from reaching out...perhaps to that elderly person waiting to cross the road, we can stop our vehicle to help her cross; or help that bird stuck way up high on a tree, it's wings caught in the string of a kite; or despite our busy schedule, call for a pause to prevent the illegal felling of an old tree; or wait a bit and feed the mother dog on

the street who is anxiously looking for food; or halt and help a man drag his heavy cart uphill; or simply share a smile with a lonely person or wipe the tears of one who is heartbroken.

Limitless are the opportunities for service, for being of use to another. One God, One Earth, One Family. These random acts of helpfulness connect us as human beings. It also keeps humanity alive.

When kindness gushes through thoughts words and deed...touching all beings beyond any restrictions of narrow minded confines, then we must know that our heart has been caressed by the Light of God...the Noor e Sai!

DAY 17

April 9

Like Swami...The Eternal Charioteer

Be An Ever Ready Sai Volunteer

Smile Knowingly Serve Divinity

Through the ages Bhagawan has incarnated Himself to guide and guard; save and shelter; goals define and pathways refine; ordain and proclaim; arise, awaken and shine the beacon; let go and grow; encourage and elevate; reform and transform; lighten and enlighten; bend, help transcend and ascend.

As an ever steadfast Sanathan Sarathi...Eternal Charioteer...Beloved Bhagawan has chosen to guide the vehicle of our life through lifetimes gone by...that we may rise to an elevated destiny and in turn be a lighthouse glowing bright and ever ready to beam the way for those lost souls being tossed about in the sea of existence, the cycle of transmigration.

DAY 18

April 10

Churn, Lessons Learn,
Desires Spurn And Burn

From Chinta To Sai Chintan Turn

Repeating His Name,
Rivetedly Serve Divinity

Our sojourn on earth is all about learning lessons and growing. Accept, adjust appreciate, let go and grow. If we do not learn our lessons we remain stagnant, going round and round in circles. Yet another lifetime will pass us by. If we wish to walk hand in hand with time and not be left behind then we need to learn the lessons life sends our way. Until we determine, grasp, imbibe our lessons...those lessons will go on making an appearance proving to be a hinderance in our growth.

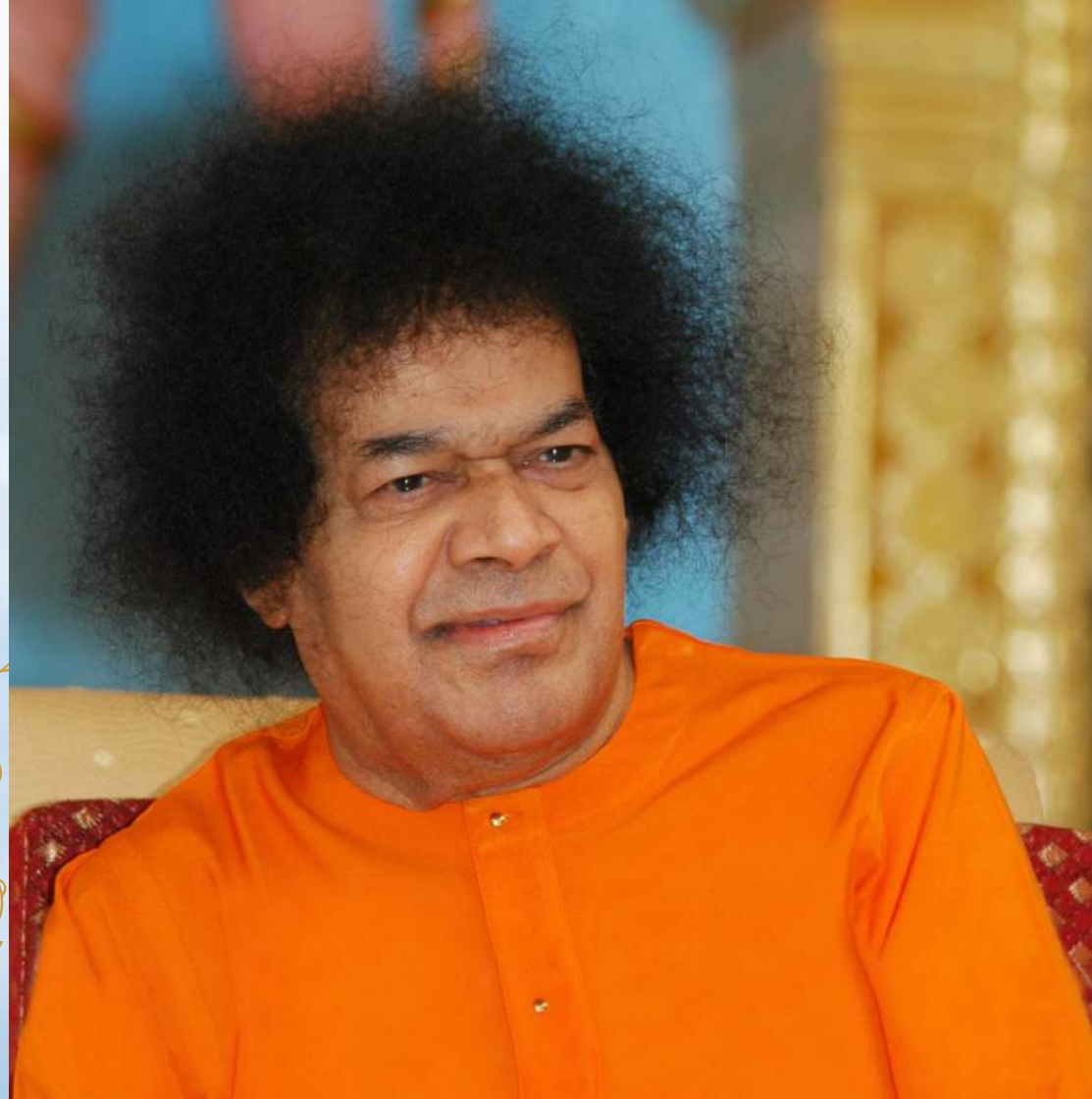
These lessons have followed us through lifetimes and hence have we remained in the cycle of transmigration. Because we have not learnt our lessons.

Antahkaran is the link between the body, mind and the soul. Some refer to it as the heart, while others know of it as the conscience. The churning of the Antahkaran reveals an inner glow, the radiance within. Then, the mind will never fall prey to unnecessary worries, fears, tormenting desires, doubts and anxieties...as they drop off and fall away.

The answer to everything lies within.

Chinta is the upheaval caused by incessant waves of unnecessary worries and anxieties. While Chintan or Meditative Contemplation is the light that overwhelms chinta with its calming, soothing energy and the blessed essence of its radiant frequency.

Sarvada Sarva Kaleshu Sarvatra Hari Chintanam...everywhere, at all times, under all circumstances contemplate on God. – Baba Chinta has to be channelised into Chintan...the all-empowering hum, repetition and recitation of Names Divine that will lead to renunciation and liberation!



DAY 19

April 11

Enhance Faith And Patience

Shun Doubts,
Strengthen Willpower, Endurance

With Shraddha And Saburi Serve Divinity

Shraddha and Saburi are the two limbs of Spirituality. That which belongs to the spirit...to the essence...to the soul is Spirituality. It symbolises all that goes beyond mere rituals to a true flow from the heart. It represents all that is boundless and in essential oneness...absolutely free.

Life is all about practicing patience and being persistent. For good things come to those who are patient!

Doesn't everything in Nature represent patience?

Haste makes waste...when we hurry or succumb to impatience...we only end up with stress. These statements ease trauma and strain and enhance endurance – This too shall pass; I am Love, I am Light, I am Truth, I am Divine; I am Joy, I am Peace, I am healed, whole and complete.

God Never Forsakes His Devotees. – Baba

Doubts reflect lack of trust in the Divine, in God. Let us dive in to our core and recognise the divine light in our own depths.

Ordinary people can make great things happen through dedication to extraordinary determination. Where there is a will...there...there will be a miracle. Each breath is the miracle of life.

DAY 20

April 12

Talk Less, Work More

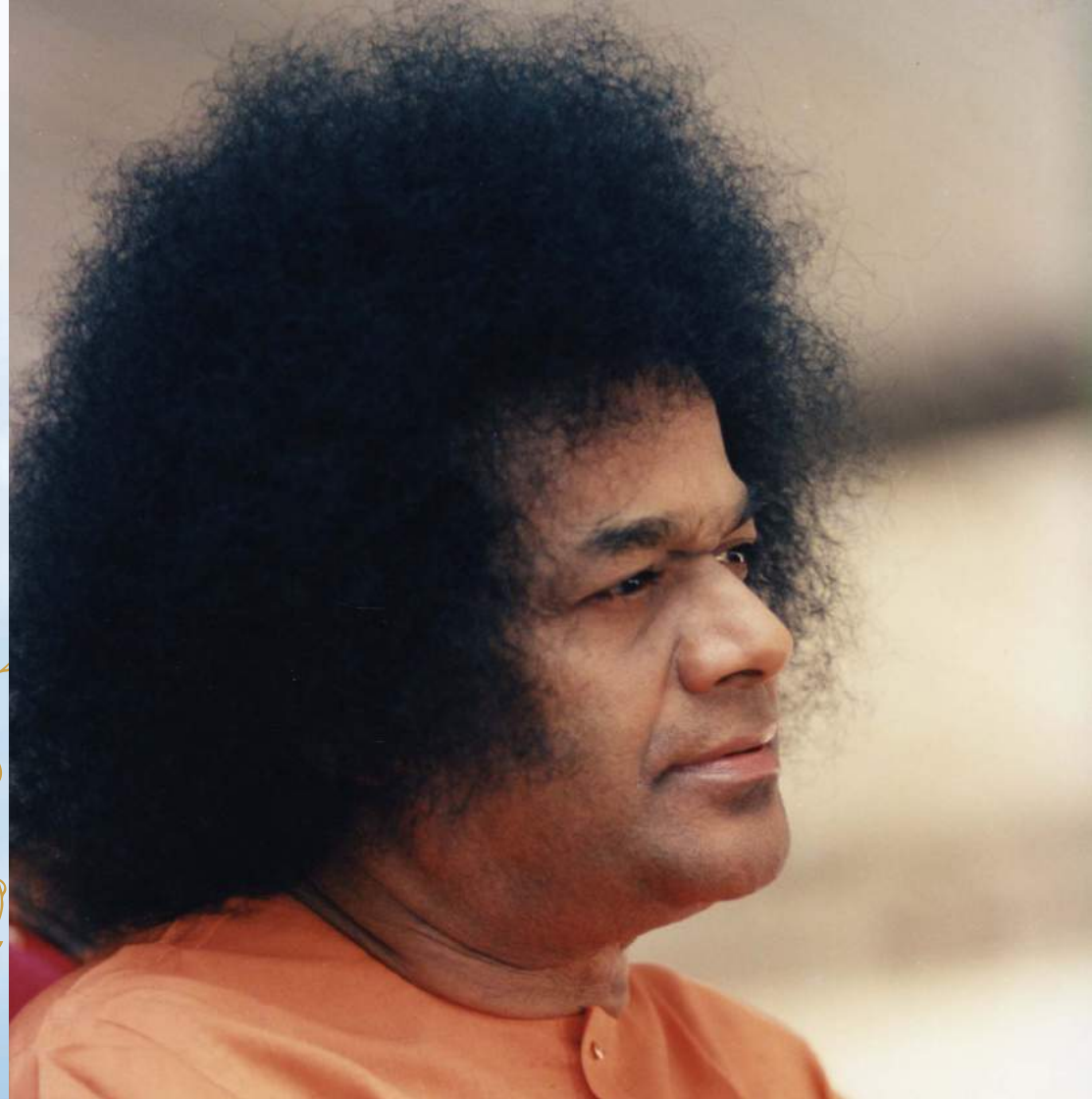
Absorb The Silence Of the Soul

Serve Divinity Silently

The soul holds and contains within it...the captivating eternal melody of Krishna's flute...it continually resounds the empowering hum of the Pranava...the harmonious rhythm of creation. The soul silently radiates unmatched brilliance. However, the incessant chatter within the mind and all around prevents us from tuning in to this fascinating communication. Nor does the thick curtain of clutter in the mind allow us to visualise the inner luminosity. The breeze rustles through leaves with secrets divine, do we have the time to listen in? There are whispers from Mother Earth but do we have the humble inclination to touch her soil with our ears and try to decipher her words of worthy worth? The trees exude ancient wisdom, have we ever stepped close and hugged one to know some? Everything in Nature is going about their duty, blossoming, flowering, growing, gleaming, rushing, flowing, glistening, beaming, infinitely offering...in silence selflessly. Oft times silence is the best reply we can give to the tiresome tirade of unpleasant words. Silence is an art...it doesn't come easy to most of us.

Before you speak, ask yourself: Is it kind, is it necessary, is it true, does it improve the silence?
– Baba

Dive in to the sea of silence…be drenched in the iridescent light of the soul that glistens with the promise of enlightenment…for it is only in the depths of silence that the voice of God can be heard. In the stillness of silence we may perhaps stumble upon the truth of our existence.



DAY 21

April 13

Awaken The Heart Space – The Inner Garden

Therein Blooms Buds Of Attributes Divine

Allow The Flow Of Divinity, Serve Divinity

I am in every heart. That is the temple where I dwell. – Baba

The mind binds and controls, the heart sets you free boundlessly. The mind divides, the heart aligns. The mind talks and chatters incessantly, the heart listens exuding humility. The mind boasts knowledge, the heart resonates wisdom in silence. The mind hisses with the raised hood of ego, the heart sings enchanting songs soft, meaningful and mellow. The mind is referred to as a mad monkey, the heart as a beauteous lotus blooming delightfully. The mind can drag us into a quagmire of vices, the heart can shield and guide wafting waves of virtues, values and goodness. The mind can burn in anger and hatred, the heart can soothe and smoothen...for to love it is wedded. The mind can drag us down, the heart can with divinity crown.

Through bursts of arrogance the mind can take us away from our Source, but the heart rejoices for it is the seat, the royal throne of the Source.

The heart space is forever lit up with refined qualities and divine attributes. When the heart rules the mind, we can know we are divine.

DAY 22

April 14

Pledge To Truth, The Sathya Of All Beings

Endeavour On To Help Ever, Hurt Never

Be Genuine, Serve Divinity Genuinely

If we commit to Sathya...Sathya will always protect us. If we but walk on the path of truth, we will never be forsaken. God then opens doors that we haven't even knocked upon. The light of truth never does diminish, for truth is born from the eternally radiant womb of our conscience.

The truth of all beings is love. Beings of love did spring forth from the silence deep within the Lord's Heart, and so we are all connected and never apart. We are all a part of the Supreme Being. Together we form the lyrics of His Song. It is through us that He sings His Divine Song.

Truth and Love are inseparable twins. When we are aware of our truth – we radiate and convey love. When we brim with love - we intuitively merge with our truth.

When we commit unwaveringly to truth and love, knowing them to be the foundation of our being and becoming, the purpose of our existence...and purposefully befriend them as our companions in the journey of our life...we are then magnetically drawn in to the open arms of cosmic consciousness.

DAY 23

April 15

Be Happy, Make Others Happy

Be A Blessing Unto Self And Others

Serve Divinity Joyfully

When we know this outer world, this physical realm and all that thrives in it to be transient...there and then begins a journey within...into the Sai Sphere...into the glowing glades of eternity. Then all else falls away. All that is related to the body. Sheepishly anger bows out, fear does disappear, desires face a crumble, greed exits in a hurry, attachments melt away...we live and give sans expectations. A kind of a bubbling joy and peace is known within. In spite and despite of all that is occurring around...we remain happy. We begin to trust the process of life. Our efforts to learn more intensifies. A feeling gathers momentum – God knows...God knows all...All is happening with His Will....His Will is invincible.

Constant rumination on thoughts such as these usher us into an aura of contentment. We automatically radiate love...and experience further joy in others happiness.

We bless ourselves immensely when we know this state for it favours our spiritual journey. We then feel like sharing all that we know and have with others, and somehow want to reach out and be there for all those in need. Listening, caring, guiding, sharing, cheering, protecting, helping, growing, glowing and exuding peace. Quite often...just the presence of one who is connected, centred and content brings joy, peace, healing and a miraculous solution in the midst of turmoil.

DAY 24

April 16

Chant Vedas, Sing Divine Melodies

Imbibe, Practise the Meaning Of Shlokas

Empoweringly Serve Divinity

The Vedas have been emitting that completely inexplicable and profoundly empowering frequency since time immemorial for the upliftment of humanity. They represent, radiate and exude the omnipotent, omnipresent, omniscient energy of the Creator, of Bhagawan. They beam and gleam ancient and eternally effervescent knowledge while bestowing timeless wisdom on those eager and willing to receive.

Then again, Vedas signify the mystical language of the One Absolute, the Almighty Supreme, the Creator, God...smoothly communicated through the ether, gently ferried by the breeze, blazingly conveyed by the rays of the sun, moistened fondly by the river of pure pristine love...to be firmly manifested within the fertile soil represented by the receptive minds of ancient masters and enlightened rishis performing penance in the holy terrain of the land known as India.

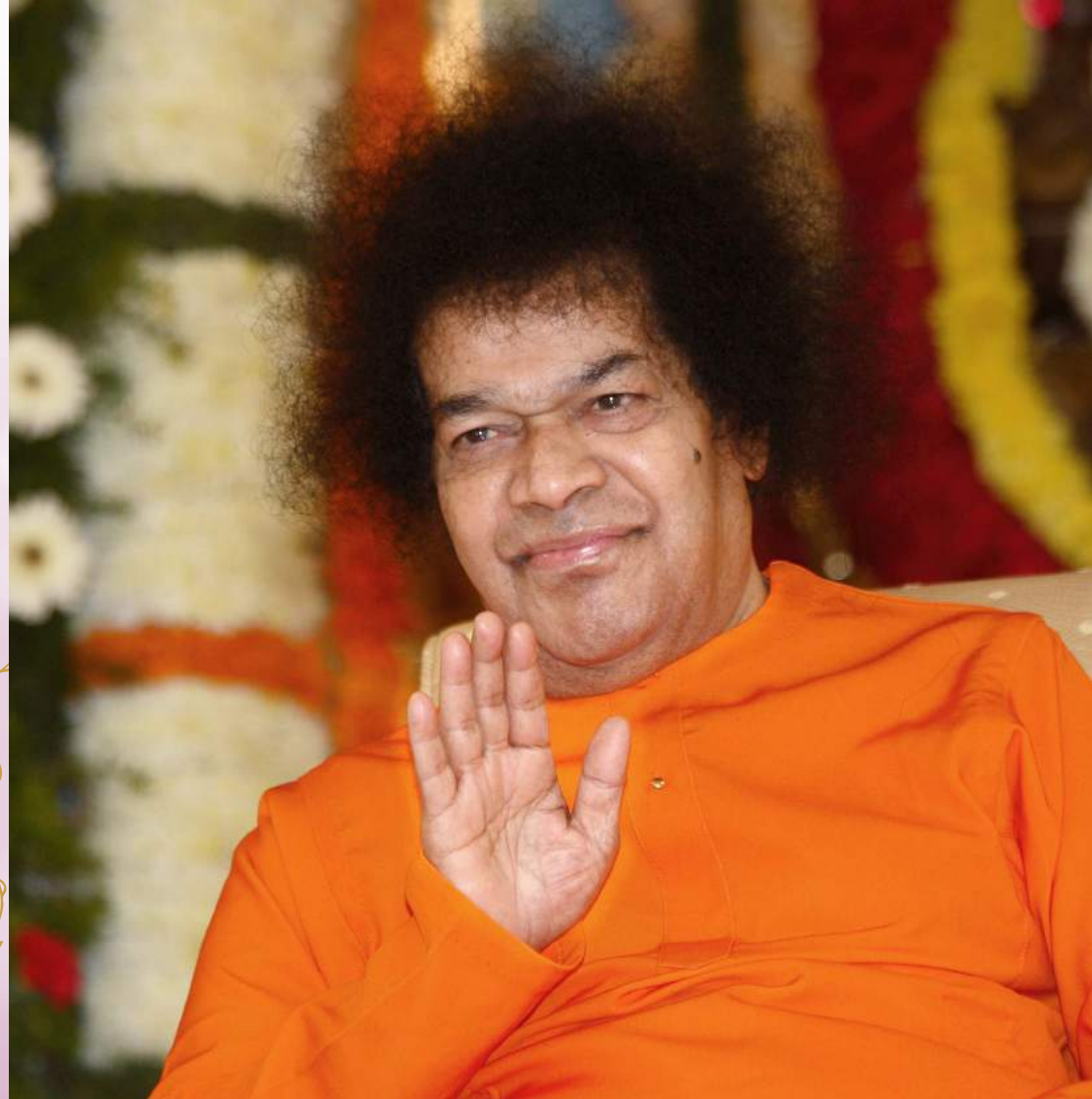
The mindset of these venerated sages who received this knowledge was radiantly lit, elevated, flawless and pure, and the service that followed as a blessed consequence was truly selfless...for what they received was passed down through the ages...energised with the prayer for man to mend, amend, blend, transcend and ascend.

Thus, if we wish to step into an enlightened way of living, then it is vital for us to go beyond simply chanting the Vedas...to learn, imbibe, follow and experience the meaning of the shlokas we are intoning.

When Vedic chants, as well as devotional hymns...which divinely blend the Names of the Lord and proclaim His Glories...reverberate through the atmosphere...they pulsate and energise the environment with extraordinary vibrations which usher in and effectuate peace, healing, transformations for all living beings at an individual as well as global level.

harer nama harer nama
harer namaiva kevalam
kalau nasty eva nasty eva
nasty eva gatir anyatha

In this age of Kali, representing rampant hypocrisy, quarrel and disagreements, the only means of deliverance is chanting the holy name of Hari – God. There is no other way. There is no other way. There is no other way. – Brhad Naradiya Puran



DAY 25

April 17

Squash Ego, Adopt Ahimsa

Channel 'Paropkaar', A Universal Brotherhood

Selflessly Serve Divinity

How can we ask ego to go...? Can we disallow ahamkara to grow...?

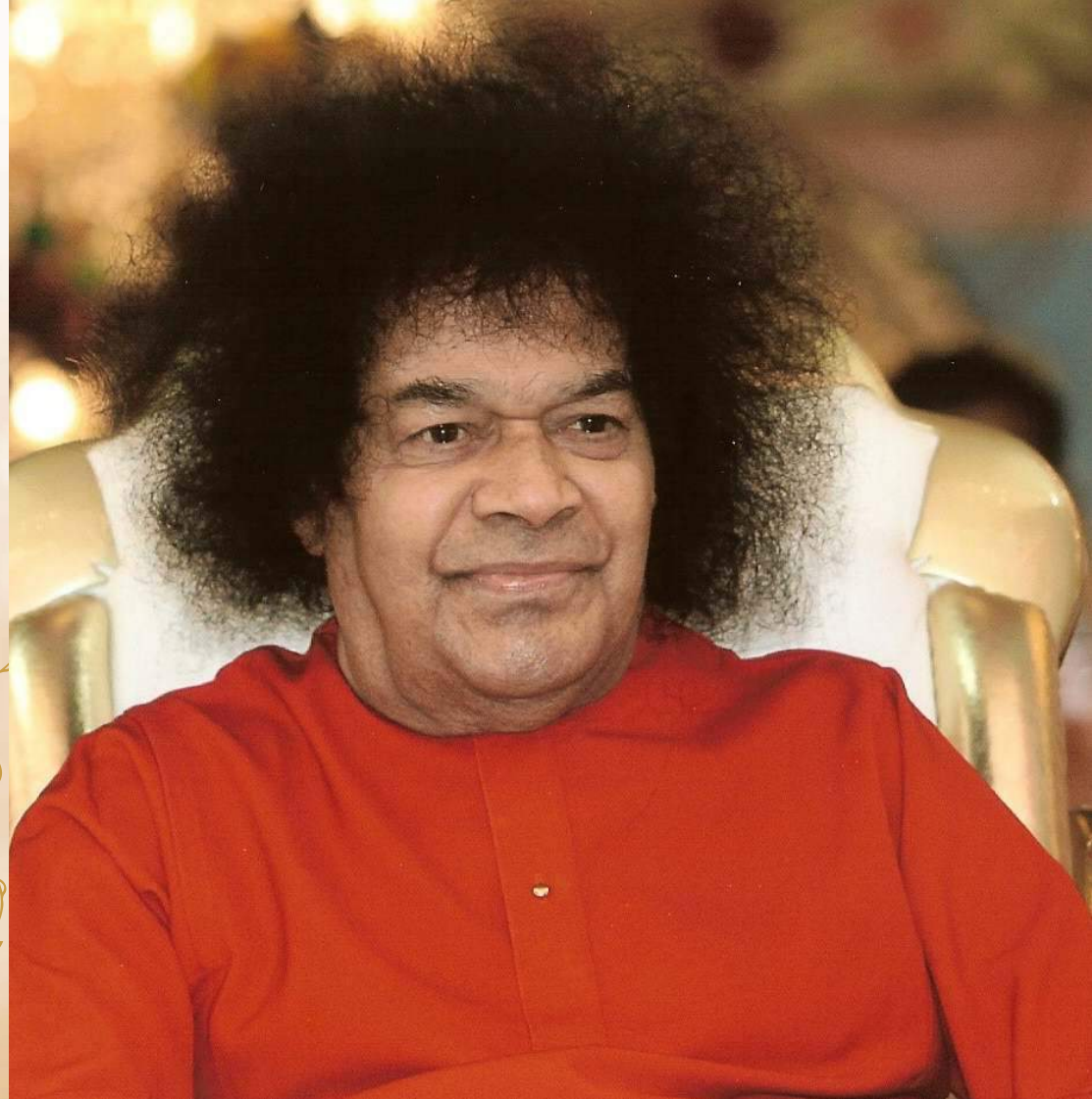
When, with humility such questions occupy and preoccupy the mind then we must know we are treading the right path away from the material grind! The path which will speed us towards our divine destiny. Ego ensnares us in its firm clutches when we, in the brooding dark clasp of ignorance, give our body, this physical sheath a supreme and permanent status. When we repeatedly train the mind to believe that like all else in this ephemeral world, the body too is nashwar, impermanent...we gradually distance ourselves from ahamkara or 'aham akara' - the illusory form and the attachment that is created towards the besotted 'I, me and mine' feeling.

The soul is eternal, permeates each cell of our being and connects us to our Source, our Higher Self through the heart space. When we close our eyes and consciously align our breath to sentiments divine...we may with joyful ease delve into the heart space, the residence of the Lord as Hrudayavasa.

Soaking in and bathing each atom of our being with the values and virtues that flourish in this dwelling place of the One Supreme...we may commence to glow with attributes beneficent, righteous and kind.

When it dawns upon us that we are forever floating in the Ocean of Consciousness, perennially embraced by the shimmer of the Light Divine...we may accept that God is within us, around us, below us, above us and constantly surrounds us. This is true for all beings in creation. This Light of God, Noor e Sai is the basis of creation and eternally permeates space and all else in it.

Consequently, as we step by step graduate from one class to another in the Cosmic University...must we not exude Paropkar and Ahimsa in thought, word and deed?



DAY 26

April 18

Make Life, Each Act A Prayer

Helping Beings Is Prayer In Action

Humbly, Prayerfully Serve Divinity

What is Prayer? To countless many it is as natural as breathing, and yes, as essential as the air we breathe. P R A Y E R – **P**eace **R**adiating **A**s **Y**our **E**ternal **R**eflection.

When we keep aside a stipulated time for prayers, doing lip service to shlokas, seeking boons in return...are we truly doing justice to this sublime word?

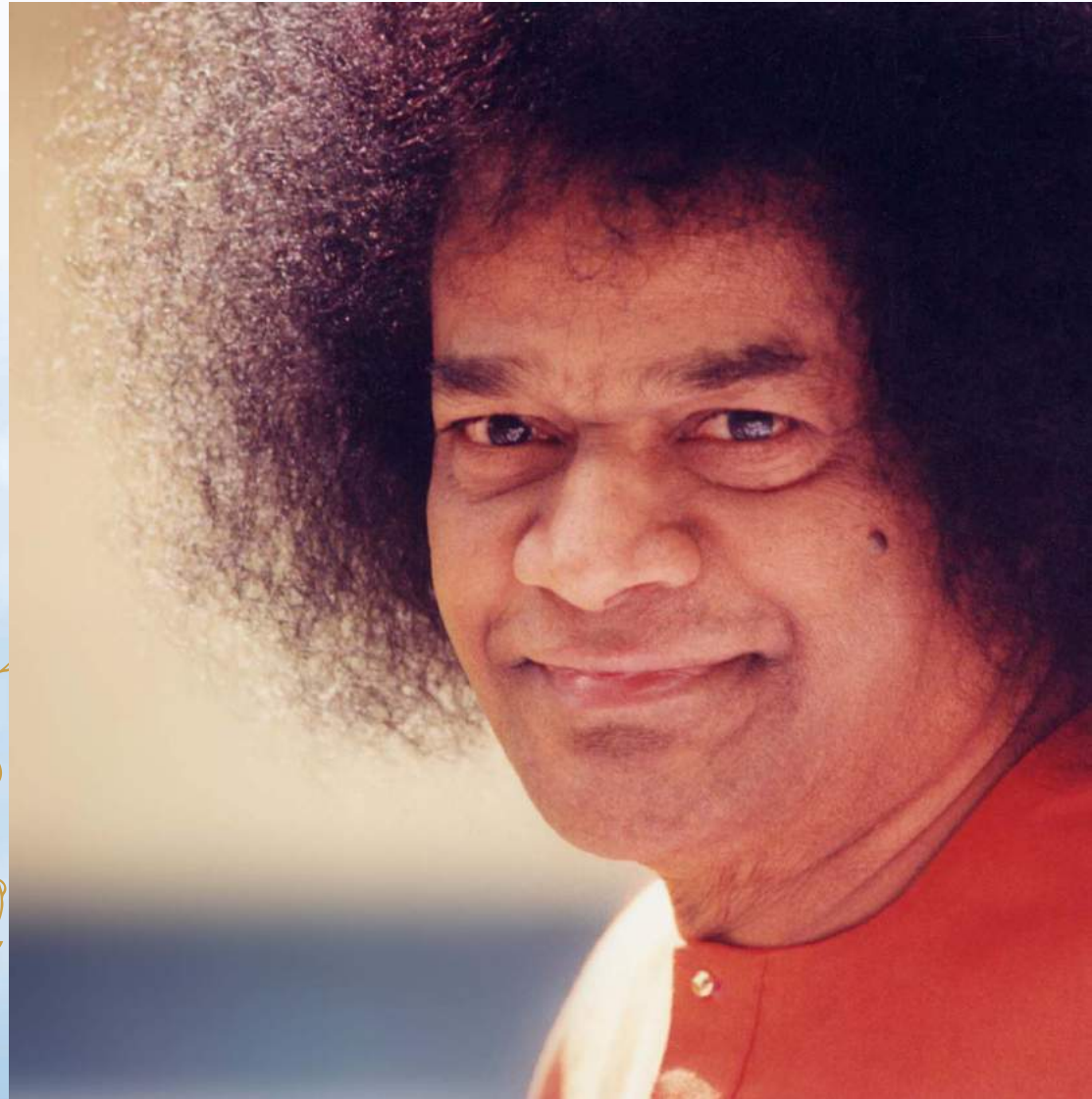
Doesn't that represent a synthetic monologue of not much consequence?

Prayer reveals a bridge that connects the tangible to the intangible, from knowing ourselves to be a mere mortal we begin to glimpse hues of immortality...depending on the intensity with which we step into the mode of prayer. As such it conveys trust and faith, patience and endurance, a firm belief in the Higher Self, in the divine purpose behind all that is.

Prayer is Humility, Prayer is Love, Prayer is Forgiveness, Prayer is a Joyful Acceptance, Prayer is a frequency that know no boundaries, Prayer is a balm, a solution, a healing energy.

None can bribe their way out of karma or wipe out that which is being compiled in the Akashic Records. As we sow, so we reap. All beings are facing the fruits of their karma in some manner or the other. The Law of Kismet is such. However, with the intent of paschatap or deep regret...when one relentlessly allows not only their thoughts, but words and deeds too...to flow as a selfless prayer, an unconditional reaching out, truly committing to atonement...it will attract Grace Divine and sufficiently reduce the magnitude of karmic retributions.

Beyond all else, Prayer is a communication between a devotee and the Eternal Beloved. Prayer can elevate our fate, glide us into the depths of silence to not only hear the melodious voice of Bhagawan...but, directly guide us into His Divine Presence.



DAY 27

April 19

Set An Example For Children

Rediscover, Re-Learn Childlike Wonder

With Innocence And Purity Serve Divinity

Children are precious buds about to blossom. As yet delicate and impressionable is their psyche. Their grasping capacity is immense...for their awareness is constantly centred in the present moment. They know not fear, until adults unthinkingly step into their domain of peace with countless dos and don'ts so as to exercise control...thereby replacing their fearlessness with a dread of myriad things – the policeman, the chowkidar, dogs, other animals, etc. Very often they place their negative qualities, that which they grew up with, in the minds of these young ones...therein unmindfully continuing the series of chain reactions.

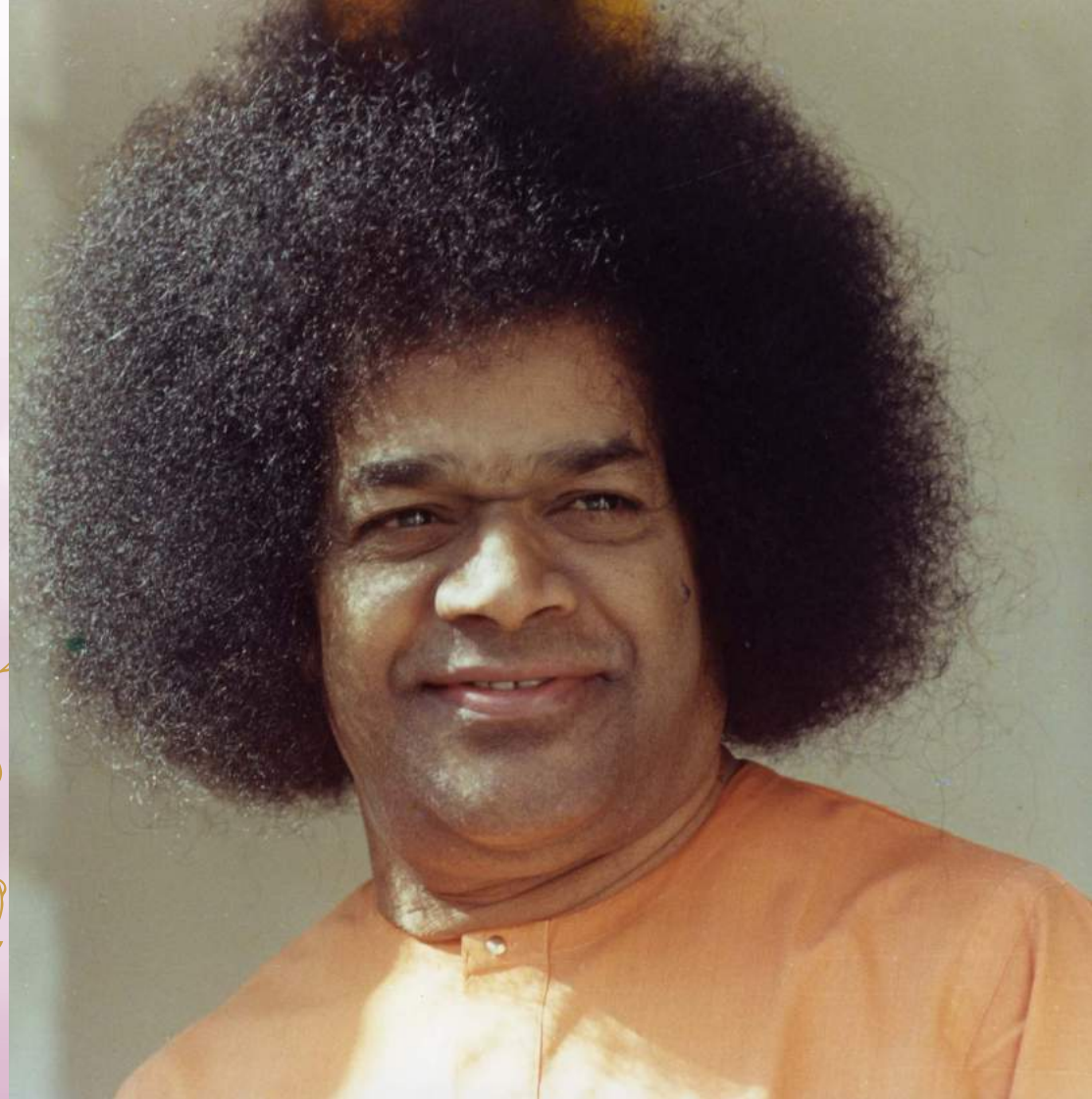
The modern trend is such that when both parents are busy working, they miss out spending time with their children and as a compensation they tend to heap a whole lot of gadgets as gifts upon them. Are these truly gifts? Or do they represent an earlier than early foray into the material world and the numerous temptations that can completely disturb and destroy the meaningful growth of a child? Are we not harming the productive development of children when we do not spend

quality time with them? Children will eventually inherit the earth. The lessons in value they learn from us...will in turn enable them to be citizens of worth and value.

In the current gizmo crazy era, distractions are many and the grip of temptations is inching its way to firmly grasp and takeover the human mind completely.

Let children be children. Like parrots, they too are great imitators...we must give them good things to imitate. Children radiate the pure light of innocence, as yet moist are the sands of their psyche...whatever falls on it makes an indelible impression. They are like mirrors that reflect what is shown to them.

Let us become childlike and view the world, God's creation with awesome wonder and innocent awe, however let us not make adults out of children before it is their time.



DAY 28

April 20

Strive Forth Like Lord Surya

Regular, Blessing All Equally, No Expectations

Radiantly In A Like Manner Serve Divinity

If life is one long day, remember sunset is as yet far away. For the truth is – the sun never experiences a sunset…it never does set. It is always shining some place else. We may not be able to see the sun, after what is known to humans as dusk, yet, somewhere across the globe it is displaying the wondrous hues of a beautiful dawn to those who are waiting for it.

Salutations to Thee, Lord Surya,
You are the fascinating personification of a true Karma Yogi,
Performing nishkama karma eternally,
You set an example supreme by appearing regularly,
Committed to your duty unfalteringly,
You shine on all beings alike sans distinctions,
You seek no rewards nor convey any expectations.
Bless me so…that Thy precedent I may follow,
Transfer unto my being a tiny shimmer of Thy radiant rays,
That may keep all kinds of ignorance at bay,
That I might be a light unto myself and others,
Thus, to Thee…in all earnestness do I pray!
It is You who resolutely Loves All and Serves All,
In accordance to the Divine Call.

From the genesis of creation till now the Sun has never asked for anything in return from the earth, from us or any other being. Has it ever communicated or kept binding clauses which says – If you don't do this...I will stop shining on you? What does a selfless love like this do?

It not only lights up the sky with its innate brilliance, but participates in a tireless giving following the divine design, the sublime pattern set by the Supreme Being, by Beloved Mother Sai.

The Sun with reverence is also referred to as - Sarvati Sakshi Bhutam...the silent observer, the omnipresent witness to all activities and events. Let us take care, beware and be aware that we are being watched!

DAY 29

April 21

Believe In The Oneness Principle

Be A Reflection Of SAI,
Serve All In-deed

Devotedly Serve Divinity

Time and again circumstances catapult us, thrust us into an inner journey. We need to accept all kinds of blows with gratitude for they frequently help us raise our frequency.

There is an intrinsic connection that exists between everything and every being in this universe. For the journey of the soul has spanned countless lifetimes.

For example, if a person has a dire need or is in some kind of an emergency situation or is overwhelmed by a certain issue or circumstance, then in keeping with links of give and take, owing and receiving through different eras of existence, the universe may send us along to assist that person, to solve the predicament as a repayment of services offered by that person in a past life. We think we are offering seva, however it is only a 'return gift' so to say, a closure of accounts.

This is the thread of oneness that links each of us to the other. This principle connects the animal kingdom to the human world too and vice versa...in accordance to the play of kismet.

Bhagawan, Mother Sai, the Beloved One...came to show the way. From the night of separation heralding a union, a beautiful dawn at the break of day. How far is the breath from us? How far is the heart from its beat? Can heat be taken away from fire? Or the quality of

quenching from thirst? Or can the colours be extracted away from a rainbow? Or sweetness from sugar? Can the tongue be bereft from taste; or the blazing rays be separate from the sun; or the silver beams from the moon; or raindrops from thunder clouds; or dancing waves upon the ocean blue; or streaks of lightning from a stormy sky? Or leaves of the tulsi plant from Lord Krishna? Or the adoration of Hanuman for Lord Rama or the devotion of gopikas from Gopala or the love of a mother from her child in humankind or the wild? Can these ever be parted from each other?

That is how near we are to God, to Beloved Mother Sai. For Sai is Supreme, Absolute and Infinite, Sat Chit Ananda...and as the Light of Consciousness, Bhagawan's Truth, Bliss and Eternal Essence is perennially embracing every inch, bit and being in creation. When we choose to ponder upon the Lord's Profound and Transcendental Presence, the Infinite Manifestation of His Essence in the very air that we breathe...we realise we are truly breathing in the Divine...then, in that one moment in time...we are only a breath away from experiencing an awakening of our own divinity.

DAY 30

April 22

Download SaiApp, On Sai Meditate, Innernet Connect

Pause WhatsApp, Wifi – Sadhana Magnify

Be Consistent, Consistently Serve Divinity

Technology has gained centre stage. Forever exuding captivating attractiveness its irresistible allure is magnetically ensnaring the young and old alike. From infants to octogenarians all are getting gizmo savvy.

While it is awesome to view where technology has reached, discipline needs to be exercised and caution too. Oft times social media is an intrusion into our privacy, the internet provides easy access to sites which should not be accessed at all by anyone, leave alone children. WhatsApp messages spread rumours and create panic...it begins as a tiny spark in the dry twigs in some corner of the human mind soon to become an all engulfing flame which affects the public at large. Excessive use of anything, unwarranted indulgences only serve to take us far, far away from the very purpose of our birth.

It seems no one has the time to talk and communicate with each other in a natural manner. Even when there is a family outing, each one is busy with their heads bent and fingers running amok upon the cell phone. People use the cell phone right up to takeoff point on an aircraft! Life is revolving

around - likes, dislikes, reactions and replies...and only the wise realise that time is leaving us behind.

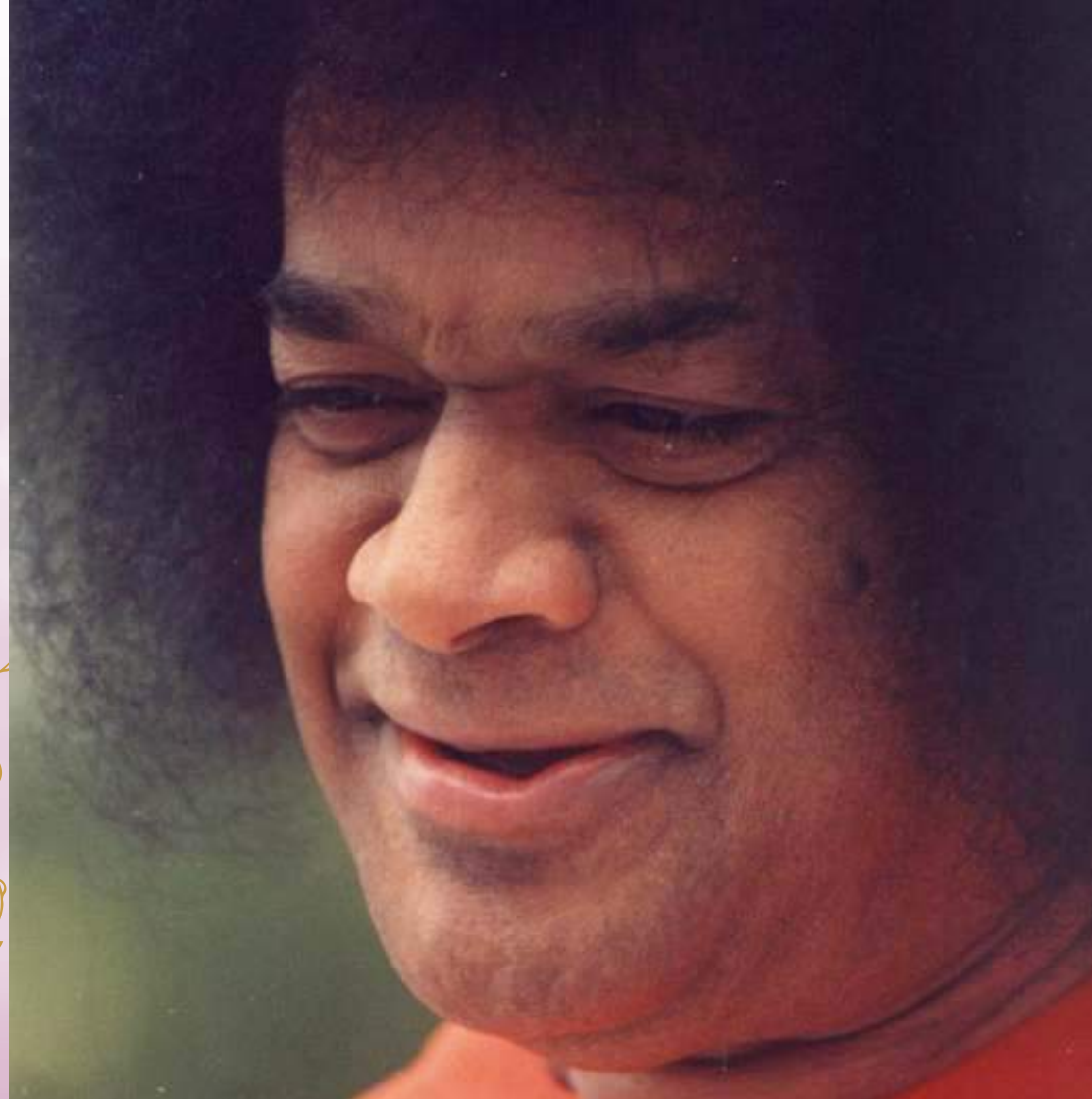
Sadhana is the only devise that will overpower the captivating charm of these devices, the enticing bait that the material world has placed before the human species to keep them involved and attached and drag them further away from their own truth, from the purpose of their birth.

Having taken birth thousands and thousands of crores of times, as a result of the accumulated merits, at some point a being receives a human birth. Having obtained the human birth which is difficult to get and which is like a step to liberation, who is more sinful than him who does not uplift himself?

- Baba

Must we then lose our identity in the internet, the gizmo net of gadgets or connect to the 'innernet'?

Ignorance of our divine nature, our divinity is detrimental to the journey of the soul.



DAY 31

April 23

Live For Sai Alone, To Please Only Sai

Echo Sai Vani,
'All Will Be Happy, God Will be Happy'

Serve Divinity Wishing –
Santhusti For Samastha Shrishti

Come, together let us close our eyes gently, connect to our heart space lovingly, listen in to the hum that resounds there rhythmically. Now, let us whisper a prayer and a humble request endearingly –

Beloved Lord,
To Thee may I offer all that I am and ever will be,
These eyes belong to Thee,
You see through them kindly,
These ears belong to Thee,
You hear through them affectionately,
This heart belongs to Thee,
You feel and love through it compassionately,
These hands belong to Thee,
You serve all with fond generosity,
These feet belong to Thee,
You walk through them...guide me to be One with Thee.

Self Realisation is knowing the self in all, all of creation through.
When we devotedly meditate and breathe –
I am in Sai,
Sai is in me,
Sai and I are One.
We find ourselves on the threshold of an Awakening.

April 24

Aradhana Divas

It certainly is a time to applaud and offer deep, devout gratitude to Beloved Bhagawan, His Almighty Grace...His Timeless Communiques...His Teachings of Love and Peace for every atom the Cosmos through, His Unconditional Love and Just Generosity...His Impartial Magnanimity, then on to live in resonance with His Essence...to reach out beyond any confines...above any binding boundaries to be boundless...away from self-centredness to selflessness...promoting human values and humaneness...a blessed Oneness through the true practice of Samastha Lokaah Sukhino Bhavantu...Samastha Jeeva Sukhino Bhavantu...for that is when we raise ourselves to please the Beloved One in all of creation.

Let Aradhana Mahotsav...awaken us to Divine Love...to our own Divinity.

The Supreme Absolute is referred to as - HE...
H – Heaven. **E** – Earth.
HE...represents Heaven and Earth,
Heaven came to Earth,
Heaven walked on Earth,
Heaven became earth...
...and Earth - a haven,
He spoke and taught us so much...
...we heard...but did we listen and learn?
He gave us so much,
We received...
...but what did we...
...and do we have to offer...
...to the Sai in all that exists around us?
He shielded us, He protected us and still does so...
He took on so much on His Mortal Frame for our sake,
What can we forsake,
...how can we mould our thoughts...
...words and deeds in a befitting manner...?
What activities can we engage in...
...to serve Bhagawan in every bit of creation...?
How can we shield and protect earth...

...while responding to His Call to Love all and Serve all...
...all creatures both great and small?

Let us endeavour to love and serve the Beloved One in all – the sentient as well as the insentient. However, let us also not remain sanguine as a good human being. The Avatar walked amongst us to wake us up from our slumber, to stir the core. God moved amidst us to raise us to our own Godliness, that we may know ourselves to be Divine too.

The soul has gone through innumerable transmigrations and reincarnations, countless cycles of existences have gone by, must we waste this precious birth too...when we have been so immensely blessed by the Enlightening, Effulgent Presence of Bhagawan Sri Sathya Sai?

A Commitment...

The Universe is inside me...
...I can choose to manifest Peace and Harmony,
Transformations galore,
Rising from the Transcendental One,
...residing deep in my fathomless inner core,
There,
There is a place that is open to all,
It knows no door,
All i need to do is awareness re-enforce,
The heart knows the Source...
...the soul is eternally a part of It...
...That **'It'** is ever abiding, unfading, never extinct...
...never eclipsed...

Sathya Sai is that Almighty It,
That Incomprehensible, Effulgent Cosmic Mist,
Within Him all of creation does exist,
In the shimmering truth of that Infinite Everlasting Radiance...
Unto That Consciousness i do myself submit...
And thus,
...do i remain radiantly lit...