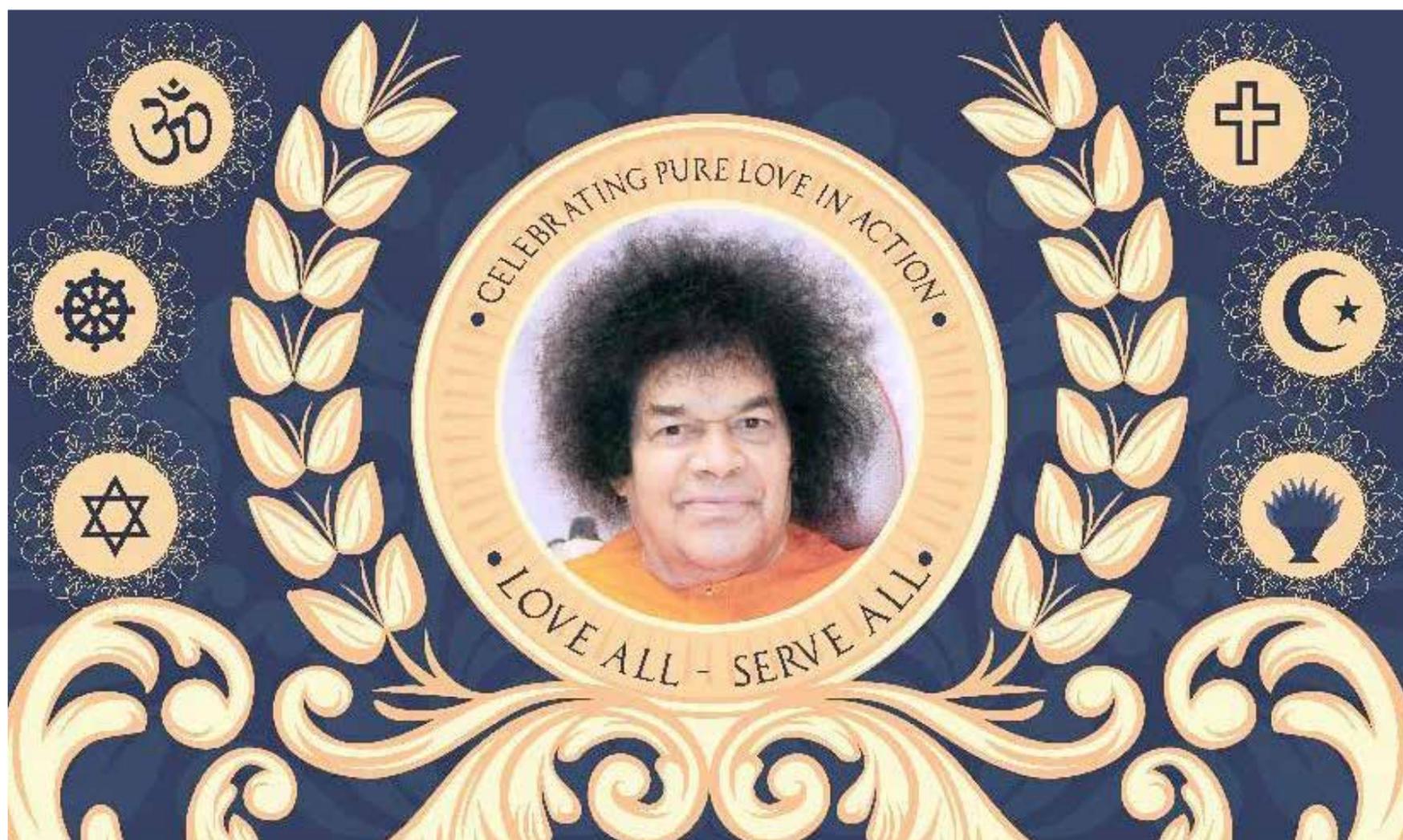


Brotherhood of man Fatherhood of God

A tribute to

SRI SATHYA SAI BABA



"I have come to light the lamp of Love in your hearts, to see that it shines day by day with added lustre. I have not come on behalf of any exclusive religion. I have not come on any mission of publicity for any sect or creed or cause; nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this unitary faith, this spiritual principle, this path of love, this virtue of love, this duty of love, this obligation to love."

Divine Discourse – Nairobi, Kenya, July 4, 1968 (SSSVolViii, Chapter 22, Page 118)

A TRIBUTE TO SRI SATHYA SAI BABA

Love all, serve all, help ever, hurt never

BHAGAVAN Sri Sathya Sai Baba's ideal and His humanitarian works can be enshrined as "Love all, serve all, help ever, hurt never" – the clarion call of the Lord of the universe.

Studying the life and teachings of Bhagavan Sri Sathya Sai Baba encapsulates this message strongly. His countless spiritual aspirants around the world have made this the core mantra for the pathway to God.

The Sathya Sai International Organisation (SSIO) is a divine vehicle founded and blessed by Bhagavan Sri Sathya Sai Baba to give aspirants an opportunity to perform loving service to humanity at large. With this in mind, it is our duty to undertake



sacred and selfless service to society and the world community.

This supplement provides only a glimpse of the magnitude of the mission and teachings of

Bhagavan Sri Sathya Sai Baba.

From the early days His devotees know of the countless miracles surrounding the building of the General Hospital and the Super Speciality Hospital in Puttaparthi which arose from His mother's request to provide free medical treatment for the people of the village.

When she asked for a school to be built in this remote village, HE built free schools and higher institutes of learning based on integral education of human values expanding all around the globe.

When she asked for a simple well to meet the needs of the local village, HE built an entire water supply project in and around Andhra Pradesh, and this rapidly

spread to meet the needs of countless impoverished people mainly in the south of India.

The annual report of SSIO (April 2014 – March 2015) gives an overview of the numerous activities of the SSIO members around the world.

Currently there are 2 000 Sathya Sai centres in 123 countries, along with 31 Institutes of Sathya Sai Education (ISSE) and 42 Sathya Sai Schools which are all engaged in spreading the universal message of Bhagavan Baba.

This tribute and commemoration to Bhagavan Sri Sathya Sai Baba on the April 24, 2016, HIS 5th Maha-Samadhi Anniversary, is simply

a gentle reminder to all spiritual aspirants who have experienced HIS unconditional divine love to fill their lives with gratitude.

HE is our ever Omnipresent Lord. HE is all pervading and we must continue to experience His divinity through the miracle of our lives and the abundance we receive every day.

Baba proclaimed, "My life is my message", and in later years HE said "Your life is my message".

May all the beings in all the world be happy!

Lovingly in service of Sai,

MR ALLAN REDDY
Central co-ordinator, Sathya Sai International Organisation, Zone 9A, Region 92

Homage to our beloved Sai Baba

AUM Sri Sai Ram

OUR most reverential and humble salutations at the feet of the Lord that resides within all of creation. The God in me greets the God within you.

April 24, 2016 marks the fifth anniversary of the day that our beloved Bhagawan Sri Sathya Sai Baba left His physical form.

The day marks a solemn occasion of homage and adoration to our master.

April 24, 2011 bookends two very important dates for the millions of Sai Devotees worldwide – November 23, 1926 marking the day the Lord took birth in human form and April 24, 2011 marking the day the Lord decided out of His own will to merge into His natural formless state.

The Sai Organisation in South Africa comprises more than 120 centres and groups spread out across the country and is administered by the National Council of South Africa.

The voluntary work of the council is done mainly through three vehicles (a Service Wing, a Devotional Wing and an Education Wing) and is ably assisted by two forums (the Ladies Forum and Youth Forum).

The Organisation also works in conjunction with a Central Trust, Education Trust and the ISSE components of the Sai Organisation of South Africa.

Together all these aspects form a large voluntary base of loving devotees.

The Sai Organisation of South Africa has chosen this auspicious day to pay homage to Bhagawan Baba by hosting a commemoration function on April 24, 2016 at the Chatsworth Stadium.



The function will serve as a platform for public outreach and allowing the aspect of unity of faiths to resonate to all devotees of the Lord, irrespective of what religion they belong to.

The clarion call of our Master Bhagawan Sri Sathya Sai Baba – Love all, serve all – remains the basis of the work performed by the organisation.

May the grace of our master Bhagawan Sri Sathya Sai Baba allow us to fulfil this call.

"He who dedicates all his time, skill and strength to service can never meet defeat, distress or disappointment. He will have no foe, no fatigue and no fear" – Bhagawan Baba

In the service of Bhagawan Sri Sathya Sai Baba,

Dr Navendran Govender

President: Sri Sathya Sai International Organisation of South Africa

Selflessly serving the needy

‘Service to mankind is service to God’

OF THE nine modes of devotion, serving at the feet of the Lord is a mode that requires the level of consciousness to be raised to know and understand that God is present in all of creation.

Seeing the God within and the same in man and all creation requires man to live at the consciousness that all are equal, and when adversity presents itself to creation, man (the only creation provided with an intellect and sense of discrimination) should ensure that the God within the affected should be served in order to create a blessed and divine environment.

The Service Wing undertakes these activities in order to be

SERVICE WING

instruments in the divine mission of our dear Lord Sai, by engaging in selfless service activities, in our journey of self-realisation and self-transformation.

The objective for the devotees or spiritual aspirants is to render selfless service to the destitute, the sick, the distressed, the underprivileged and the needy.

MAINTENANCE PROGRAMME AT THE SATHYA SAI SCHOOL, SOUTH AFRICA (NATIONAL PROJECT)

Every six months devotees of the Sri Sathya Sai Organisation of South Africa gather at the three Sai schools – in Lenasia, Chatsworth and Newcastle – to assist the schools with maintenance and general upkeep.

With Swami’s divine blessings, the regions pooled their resources to assist the Sai schools.

This love offering covered maintenance work, general clean-up, and gardening.



ESTCOURT – FORDERVILLE FIXED SITE CLINICS

THE Estcourt Sai Clinic was first established at a Forderville Primary School classroom in March 2011 and then grew to its own premises at the Forderville school grounds to a temple of healing on February 24, 2012.

An average of 40 patients are provided with free treatment and medication every Sunday which is indicative of the dire need of a facility of this nature.

This is in keeping with the legacy and teachings of Bhagawan Shri Sathya Sai Baba where he said: “Love all, serve all, help ever, hurt never and unity in diversity.”

Service of this nature by Sai devotees expresses the divinity hidden in man; it broadens ones heart and sows love in it.

It destroys narrow-mindedness and ego and it provides absolute delight as service to man is service to God.

PHOENIX REGION – FIXED SITE CLINIC

The Phoenix facility at Educare Centre in Allingham Road has a fixed clinic in a container structure that opens every Sunday from 6am to 11.30am, attending to around 55 patients per Sunday and dispensing medication from an in-house pharmacy.

Dental clinics are held on the last Sunday of every month seeing 12 to 20 patients and offering a full service.

Phoenix also assists at Mahatma Gandhi Memorial Hospital with the following activities every Friday night:

- Wheelchair attending of patients
- Delivery of blood samples
- Movement of patients from casualty to wards
- Sugar and pressure testing
- Needs of orthopaedic patients
- Filing of patients’ charts

PIETERMARITZBURG MEDICAL CLINICS

Dental clinics: The dental programme has two components to it – providing service to patients in local clinics and the outreach programme (flying programme). Dental clinics are mainly aimed at



the rural areas of the country and target those most in need of this service.

Wellness clinics: This programme was implemented in May 2008 with the aim of creating awareness among devotees to become more healthy by adopting healthier lifestyles through healthier eating habits and incorporating an exercise programme.

This will translate into seeing more devotees engaging in active Seva and blood donation. The two components to this programme are Medical and Alternate Healing.

Devotees are tested for cholesterol, FBC, high blood pressure, diabetes and B12 deficiency. B12 injections are administered in cases of deficiency.

The Alternate Healing aspect presents health talks and demonstrations of health juices and foods. Devotees also engage in meditation, yoga, music therapy and the setting up of herb gardens. Devotees are also made aware of man’s harmonious co-existence with the environment.

Eye clinics: The eye care team has core members to co-ordinate clinics in three provinces and to ensure that these services are accessible to all the underprivileged. Optometrists from various faiths volunteer their services at these clinics.

Medical camps and eye clinics held in villages have huge logistical challenges and devotees in the planning teams take care of the planning and execution.

DISASTER MANAGEMENT: NATIONAL WATER PROJECT

DUE to the record low levels of rainfall, drought and water scarcity has been experienced across the country.

This has led to five of the nine provinces been declared disaster areas – ie the Free State, KwaZulu-Natal, Mpumalanga, Limpopo and the North West.

Seva convenors from all around the county have been collecting bottled water and sending them to a central collection point.

The water is distributed to the drought affected areas.



SATHYA SAI SCHOOL NATIONAL SHOE PROJECT IN SOUTH AFRICA

THE Sathya Sai Organisation of South Africa received 14 000 pairs of school shoes as a love offering from devotees. Different Sai centres in our various regions in the country were asked to compile a list of the destitute children in need of these school shoes.

Through Sathya Sai Baba’s infinite grace, lists of the children’s names, the sizes required and the schools’ particulars were collated and sent through.



The shoes were then sorted, packed and distributed to all provinces in the country and filtered down, with the assistance

of devotees, from cities to rural villages.

School shoes were also distributed to various children’s homes, orphanages and destitute schools in rural areas.

A total of 124 schools were assisted in the project, including the three Sathya Sai schools in South Africa.

The smiles on the faces of the children were priceless as their new shoes were handed out to them.

Serving the underprivileged children of the country is one of the highest forms of Seva as described by our loving master.

A TRIBUTE TO SRI SATHYA SAI BABA

Paths to spiritual growth

DEVOTION WING

A SPIRITUAL ASPIRANT'S INWARD JOURNEY TO REALISE THEIR INERT DIVINITY

PRACTICAL SPIRITUALITY

Sri Sathya Sai Baba while placing the Sai movement throughout the world on a firm footing with established universal principles such as truth, righteousness, peace, love and non-violence, has also proclaimed as guiding lights for every aspirant's spiritual and personal development, the 9 Point Code of Conduct and the 10 Principles.

The aspirant has been provided with three paths to achieve personal growth and realisation. The three paths are:

- Path of devotion to god: socio-care.
- Path of education on human values: educare and sociocare.
- Path of service to mankind and all creation: educare, medicare and sociocare.

These activities require each aspirant to develop themselves by getting rid of the qualities that hamper one's growth spiritually. They are: anger; lust; hatred; jealousy; violence; pride; ignorance; false prestige; attachment.

Irrespective of religion, caste, creed, race or gender; all of mankind are affected by these qualities which should be regarded as an enemy to one's development and growth.

For this to happen in an aspirant's life, Sathya Sai Baba laid down a code of conduct and principles to be followed in life.

The code of conduct focuses on the aspirant indulging in prayer, meditation and understanding all the activities that will help in answering the spiritual questions of "Who am I? Where do I come from? Where am I going to? How do I get there?"

The path to understanding the self must lead to self-realisation and develop qualities of the aspirant that produce humility, piousness, integrity, empathy, sympathy, tolerance and love. These are characteristics that contribute towards character building and, thereafter, nation building.

The code of conduct for the organisation are detailed as the 9 Point Code of Conduct, 10 Principles and 46 Maxims.

CEILING ON DESIRES:

● **Who is the poorest man?** He who has many desires is the poorest man in the world. **Who is the richest man?** He who has much satisfaction is the richest man in the



9 POINT CODE OF CONDUCT:

1. Daily meditation and prayer
2. Group devotional singing or prayer with family members at least once a week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service work and other programmes of the organisation.
5. Regular attendance at the meetings in Sai centres.
6. Regular study of Sathya Sai Baba literature.
7. Speaking softly and lovingly with everyone.
8. Not speaking ill of others, especially in their absence.
9. Placing a ceiling on desires – consciously and continuously striving to eliminate the tendency

to waste time, money, food, and energy – and utilising the savings in service of mankind.

10 PRINCIPALS:

1. Treat as sacred the land in which you were born. Be patriotic, but do not criticise other nations or put others down – not even in your thoughts.
2. Respect all religions equally.
3. Recognise the brotherhood of man, treat all as brothers and sisters; love all.
4. Keep your house and surroundings clean, for, this will promote hygiene and health.
5. Practice charity but do not encourage beggars by giving them money. Provide food, clothing, shelter and help them in other ways

6. Never give or take a bribe, never give in to corruption.
7. Curb envy and jealousy, expand your vision and outlook, treat all equally regardless of caste or creed.
8. Be self-reliant. You may be wealthy and have servants to do your bidding, but service to society must be done by yourself.
9. Cultivate love for God and fear for sin.
10. Never go against the law of the land. Follow it diligently both in word and spirit. Be an exemplary citizen.

These 10 directives were given by Baba in a discourse that He gave on November 21, 1985 in Prashanti Nilayam. (Sathya Sai Speaks; Vol. XVIII, Chapter – 23)

world. This is what Sri Sathya Sai Baba says, and exhorts all devotees to have a ceiling on their desires to progress on the spiritual path.

● **What is the meaning of Ceiling on Desires?** Man is deluded by his unlimited desires. He is forgetting the Supreme Consciousness (Paratattwa). We are spending too much money.

Instead of inordinately spending for our own pleasure, we should be spending for the relief of the poor and needy. However, do not think that giving money is all that is needed while allowing your own desires to continue to multiply.

Curtail your desires, as materialistic desires lead to a restless and disastrous life. "You should have desire only for life's bare necessities," Baba says.

How can you reduce desires?

Baba beautifully explains in the following lines the importance and the measures that can be taken by an individual towards implementing "Ceiling on Desires".

● **Food is God: Do not waste food:** "First, consider the food we consume. Eat only what you need to eat. Do not take more than you can eat and waste the rest, because wasting food is a great sin. The surplus food can feed another mouth. Eat only what you need, and be sure that what you eat is true and fresh in nature. Do not waste food, because food is God, life is God, and man is born from food."

"A minute amount of the food, which is the subtle part, is assimilated by the body and flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore, the mind is a reflection of the food consumed. The reason for the present beastly and demonic tendencies in our minds is the food we eat. Only by controlling the quality of our food and water we ingest can we attain Divinity."

● **Misuse of money is Evil:** "Consider the ways in which money is spent. Indians consider money or wealth as Goddess Lakshmi. Do not misuse money; misuse of money

is evil. By doing so, you will only become a slave to bad qualities, bad ideas and bad habits. Use your money wisely for good deeds."

"A man should own only as much wealth as is essential. It is like the size of his shoes. If the shoes are too loose, he cannot walk; if they are too tight, he cannot wear them. Money is like manure. Piled up in one place, it fouls the air. Spread it wide, scatter it over fields, it rewards you with a bumper harvest. So too, when money is spent for promoting good works, it yields contentment and happiness in plenty", said Baba.

● **Time wasted is life wasted:** Examine the usage of time. Time should be spent in a useful manner. Everything in this creation is dependent on time. Even our scriptures extol God as "Kaalaya" or "Kaalatheethaya" one who is the embodiment of time and who transcends time.

"Time is an essential part of our life. Do not defile time by gossiping and unnecessary talk.

No time should be wasted on evil thoughts and acts. Make use of time in an efficient way."

● **Do no evil, do what is good:** "Conservation of energy is important. Our physical, mental and spiritual energies should never be wasted.

Seeing bad things, hearing bad things, speaking evil, thinking evil thoughts, and doing evil deeds all waste your energy. Conserve your energy in all these five areas, and make your life more meaningful."

The organisation has 18 regions across 6 provinces with 122 centres/groups from the tip of the Cape (Rylands and Khayelitsha) along the east coast up through Qwa Qwa in the Free State whilst expanding through Gauteng to Pretoria and the lowveld of Mpumalanga.

These centres are the platform for the spiritual aspirant's transformation through devotional activities like group prayer and singing, study of spiritual literature, observation of the various faiths' religious prayers, festivals and events.

The organisation conducts regular group devotional singing on Thursday afternoon/evenings and Sunday mornings and spiritual retreats held on a regional basis and study circles on a weekly or bi-weekly plan at centre level. Prayers are held in observation of the many religions and faiths celebrating the Spirit of Oneness.

Music and arts form an integral part of a centre's activities. Study of spiritual literature with special reference to Sai teachings is made possible by the availability of books and chronicles for devotees or spiritual aspirants.

The organisation conducts pilgrimage to Prashanti Nilayam. The first began in 2010 and the second was done last year as per Prashanti Council mandates. The event will become an annual one whereby the country will take devotees to the holy land to offer their love through vedic chanting, music and drama.

Interfaith and Unity of Faith events

The organisation ensures that there is interaction taking place between all religions and cultures as a means to learning and understanding that all religions lead to the same god.

"There is only one religion, the religion of Love; There is only one language, the language of the Heart; There is only one caste, the caste of Humanity; There is only one law, the law of Karma; There is only one God, He is Omnipresent."
– Sathya Sai Baba

A TRIBUTE TO SRI SATHYA SAI BABA



Teachings of Sathya Sai Baba that can be practiced in daily life

All is one; be alike to everyone. The world is one; be good to everyone.

Be good, see good and do good. That is the way to God.

Our life becomes one of fulfilment when we live in morality.

Money comes and goes; but morality comes and grows!

Time consumes everyone, so do not waste time. Time wasted is life wasted. The past is beyond recovery. We are not sure of the future. The given moment is the right time. Do not delay, do right action.

Do not be misled by this illusory world. Realise the permanent divine spirit – the ultimate and absolute reality, unchanged and eternal, without end or beginning.

One who understands the Supreme Being or God will himself/herself become the Supreme Being. A person is born not to go in quest of material prosperity. He is born to go in quest of their Divinity.

Man without God is not a man. God without man is always God.

There is bliss and happiness in realising the unity inherent in diversity.

All religions are roads leading to the one and the only goal that is God. So regard them all with equal respect (All religions teach that you should purify your mind, know your own self and develop love).

God is present in your own heart and functions as the witnessing consciousness all through. So we cannot hide anything thinking God is elsewhere.

Good and bad, peace and agony, pain and pleasure, all these originate within man and not outside him.

Turn your mind inwards to your innate divinity and enjoy peace and equanimity. Be immersed in that bliss.

Good and bad, happiness and sorrow, which appear to be different and opposite, are in reality two faces of the same coin.

The mind is the sole cause for happiness as well as for misery,

for bondage or for freedom.

We must try to do good to others and keep the loss or suffering if any to ourselves. Then only do we deserve to assert that God is with us.

True spiritual life is that which teaches unity or oneness and makes us selfless and full of love.

All that we do, either good or bad, knowingly or unknowingly produces a result always and so it is necessary for us to do good, so that the consequences will also be good.

Life is not a one-way traffic. We should be prepared to give and take.

Love lives by giving and forgiving. Self lives by getting and forgetting.

The thought that comes from your mind should be pure; the words you utter should be true and sweet and the work you do should be sacred.

The good life is a journey from the position of "I" to the position of "We".

Without first becoming a servant, you cannot become a leader.

Recognising one's error is the beginning of wisdom.

Practice before you preach, do not yourself do the mistake which you find in others.

A bad act cannot give you good results; a good act cannot give you evil results.

You plant the seed; it grows into the tree the seed contains.

God is not something which is external or outside you. It is present in you and is in your own self. Realise this.

It does not matter if you live in this world, but do not let the world live in you.

Install God in your heart and offer Him the fruits of your good feelings, the tears of joy on the leaf of your sacrificed body.

Implicit faith in the Divine is the road to spiritual success.

The Lord loves not the devotee, but their devotion – remember this.

Surrender – Leaving everything to God's will is the highest form of devotion.

Whether we lose or gain, have



pain or pleasure, our faith must be unshaken.

Whatever happens, accept it as His gift.

God is an ocean of mercy – Devotion is the easiest way to win His grace. God's grace is like sunshine, available to all.

Faith and devotion are the two oars with which you can row the boat of life across the sea of our spiritual journey.

It is not possible for us to enter God's abode without sense control and mind control.

With the fear of sin, love for God, we must try to lead our lives in a disciplined way in order to get real happiness.

Whatever strength we have, if we do not have the strength of righteousness, all is futile. Real righteousness comes from God and from right conduct.

Speak the truth.

Where righteousness is, God is, there is victory. Without God's grace, it is impossible to gain success.

When God's grace is there, no other influence can do us harm.

Try to earn that grace by sincere prayer and devotion with Love.

Just as the mother comes running as soon as she hears her baby cry, similarly, if a person cries to the Lord from the depth of their heart, He will help his devotee wherever they are.

Only God's name can win Him, and only by sincere love and devotion one can get round God – not by money or otherwise.

To seek peace and happiness from outside us is a great mistake. We should look within ourselves for peace and we can enjoy real happiness if we do so with a clean mind.

Live close and sit close by God. The benefit of both is that the highest bliss of God will then flow to us.

Unless God's grace and human efforts come together the desired result cannot be achieved. So try to win God's grace by your faith and devotion.

Laziness is equivalent to "dust" and "rust" whereas selfless, active work is like "rest" and "best".

Haste makes waste. Waste makes worry. So do not be in a hurry. "Slow and steady" wins the race.

One's anger is one's greatest enemy and one's calmness is one's strongest armour. One's joy is one's best heaven and one's sorrow is one's worst hell.

It is possible we may commit some wrong; but we must not commit it after knowing it is wrong.

In your words, thoughts and deeds, there should be unity.

The real marks in school and college and in life we should aim at are not getting any remarks.

Regard your country as the mother. We should serve this divine mother. Follow our own sacred culture that the mother has preserved for us. Imitation is weakness.

Truth is God. To attain truth, we have to hold on to truth.

All rivers merge with the ocean. Similarly all creation and all streams of life merge with the source, namely God. Aspire for that happy consummation.

We come into the world with a cry but we should not end our life with a cry. We should end our life with a smile.

Life is granted to us by God to enable us to seek and attain God.

Eyes are given to us in order to help us to see the Supreme One, the omnipotent divinity.

Legs are provided for us in order to visit the temple of God.

Hands are given to us so that we may perform good acts and offer worship for the Lord.

Intelligence is granted to us so that we may realise that all that we see in the world is temporary and that God alone is the permanent reality.

The tongue is given to us so that we might sing the glory of the Lord and do recite the names of God.

Ears are given to us so that we may listen to songs praising the glory of the Lord.

We have been given this body so that with its help, we may do good to other beings.

God is love – live in love. Start the day with love. Fill the day with love. End the day with love. That is the way to God.

Love and regard your mother and father as God and serve them – then God's grace will fall on you unasked.

There is no use filling your head with mere information and knowledge; instead fill your heart with love.

Learning derived from the scriptures is of no avail if it does not help you to reach the feet of the Lord.

Do not forget God and do not fear death. Wait for the happy moment of union with God. That is immortality.

The guideposts or books will only tell you the road or the direction for the destination. You must make the journey and experience the joy and the victory.

Wisdom is acquired by experience – try to spread the joy you have experienced to others and make them also happy.

Install "SAI" in your heart and be "HAL". That is to say, install God, "SAI", in your heart and be happy and peaceful forever.

A TRIBUTE TO SRI SATHYA SAI BABA

Women chosen to become one with Him in creation

MOTHERS MAKE FAMILIES, COMMUNITIES, NATIONS AND THE WORLD

THE TEACHINGS of Sri Sathya Sai Baba are universal and are based on human values for dharmic living.

“You must grow in love, expand that love, practice love, strengthen love and finally become love and merge in the illimitable love, which is God. All your life, you must be of love, with love for love. That is to say, love expressed through service to those that draw that love from you, and by drawing help to increase it and deepen it.”

Sathya Sai Baba; Sathya Sai Speaks, v. 8, p. 153

Rita Bruce, an ardent devotee of Sathya Sai Baba wrote, “Women have received a miraculous gift from our creator, our nurturing love. It surpasses all the gifts given by God to mankind.

Do we realise how special it is to be a woman? We have been chosen by God to become one with Him in creation whether it is the creation

LADIES' FORUM

of a child in our womb, or the creation of spiritual development in ourselves and our families. We have been given the intrinsic gift of loving God, serving God and bringing others to God.

He has not only assigned to us the responsibility of bringing into the world a child, but the ability to give love to a child, whether it is ours or someone else's. Love is the key to all our existence. Each of us spends a lifetime looking for this love.

Women are given the ability to love the unlovable; to accept when one is not acting acceptably. The tenderness of a women's love can forgive, accept, and remain silent in many situations of neglect, loving God even though life has dealt her an ungodly situation.

The heart of a woman is filled with compassion because most women have suffered some



injustice and they can forgive the unforgivable. This, dear sisters, is what women do every day in their homes and workplaces.

These gifts that God has given to women are majestic. We are given a place of nobility in the house of the Lord. This is an honour far beyond any material accomplishments or possessions.”

Sathya Sai Baba; Ladies Day Discourse, November 19, 1995

● The Ladies' Forum in South Africa plans and implements skills development workshops as part of the outreach programme to less affluent villages and communities and devotees to empower them towards self-sufficiency. The crafts that are made are practical and necessary.

The forum pays special attention to the homes of devotees wherein health is a key

component of spirituality in that the devotees are provided with a recipe book that was collated from recipes of devotees from all parts of the country. The activities also include wellness clinics.

For the devotees, mother and child programmes together with parenting are planned and implemented.

South Africa and Malaysia have embarked on a journey that was crafted and implemented in Malaysia to bring about a change for the betterment of society.

The programme is titled L.I.G.H.T. This equates to L for loving yourself and spreading that love. I is inner beauty which derives from love. G is for growth that emanates from the positive spin off the love and inner beauty. H is for health that is brought about by this effulgence of the love energy and beauty while growing the knowledge and wisdom. T is for tradition.

The programme is universal and practical spirituality and transcends any caste, creed, religion or culture.

Learning to lead like a lion

SAI YOUTH

DURING the Sixth World Conference, Sathya Sai Baba laid emphasis on the formation of Youth Forums. This was the impetus for launching a formal Youth Forum throughout the world.

Baba enunciates the challenges and the potential of this critical stage of youth in life:

“Youth is the stage in life when the slightest turn toward the wrong will spell disaster. Thoughts shape the career. You plan to earn much wealth because you imagine that rich people are very happy. The rich have plenty to eat, but they have no appetite. The rich wield power over others, but they are held down by disease. The rich can have many servants, but they cannot live in peace. So, plan to be rich in virtue, in devotion and dedication to good causes. Be rich in sovereign character. What exactly is character? Steady adherence to truth, renunciation, genuine love, selfless service – these are the essential components of character.

“Youth should imbibe the right ideals and plunge into society with the thirst for service as a spiritual duty, and this will make their humanness worthwhile. They should cultivate basic human traits like humility, readiness to serve

“The future of the country depends on the skill and the sincerity of the youth. Therefore, the necessary enthusiasm and encouragement must be generated among the youth. All my hopes are based on the students, the youth. They are very dear to me.” – Sathya Sai Baba, Sathya Sai Speaks IX (old edition; 34, 184).



and commiseration at the suffering of others.” – **Sathya Sai Baba**

The youth forum, also referred to as Young Adults of the Sathya Sai Organisation, provides a platform for them to learn how to lead purposeful lives by learning and practicing human values as defined and established by the life, message, and works of Sri

Sathya Sai Baba.

Baba has said that the years between the ages of 16 to 35 are a golden period in one's life; “for that is the period when life adds sweetness to itself, when talents, skills and attitudes are accumulated, sublimated and sanctified.”

The objective of the Sathya Sai Youth Forum is to encourage and motivate the youth to take an active

role within the Sri Sathya Sai Seva Organisation; to integrate youth activities within the existing structure of the Sai Organisation; to encourage practical spirituality in one's daily life, supporting the all-round development of youth: spiritually, professionally and emotionally. Most importantly, Baba wants His youth to be leaders like lions: just, majestic, courageous and self-reliant. With these qualities, youth will not only be able to lead better lives but they will be able to inspire, encourage and motivate all those who come into contact with them, young and old.

The National youth team has spent the first quarter of this year in intense planning of the various activities that the youth will be involved in throughout 2016.

The first programme that youth are busy preparing for is Youth Living for Truth. Here youth from all around South Africa come together in their respective province to create a value-based programme that is aimed at strengthening and building youth. This year's programme will be themed around four aspects of Sadhana of love, that will be leading up to the World Youth Festival which will be taking place in Prashanti Nilayam (abode of highest peace), this July. There will be 3 000 youth from 50 countries that will be present at the festival.

Another exciting event that the

Sai youth eagerly look forward to every year, is the National Youth Camp. Here Sai youth from all over SA come together for a weekend, to bond and grow spiritually.

The youth will also be involved in a Leader like Lions Leadership Programme, which will be held in Gauteng, KZN and the Western Cape.

“I want you to be leaders to protect the world. Leaders like lions, self-reliant, courageous, majestic and just. Lion is the king of animals and I want you to be king among men.” – **Sri Sathya Sai Baba, inaugural address to students, Summer Course 1992**

To commemorate 91 years of Sathya Sai Baba, the female youth of the organisation will be embarking on a VIP Programme: Value, Innocence and Purity. The youth want to go out to schools and educate the girls to create a better life for themselves. The youth will embark this year on a pilgrimage and attendance of the World Youth Festival which is scheduled for July 3-14 in Prashanti.

One of the main forums of the organisation is the Seva Forum. Baba spent most of his time educating and in selfless service to the villages and communities. The youth have therefore created a Serve the Planet 2016 programme, where youth all over the country will use the month of October to do Seva. The theme for this year's programme is “love for animals”.

A TRIBUTE TO SRI SATHYA SAI BABA

Values-based education for our future leaders

SAI Spiritual Education (SSE) – previously called Bal Vikas – is the primary basis of the great movement to restore right action (dharma) in the world.

Sathya Sai Baba initiated the Spiritual Education Programme (to facilitate the spiritual growth of children aged six to 16 who attend the Sathya Sai Baba Centres.

This programme is designed to teach children five basic human values (love, truth, peace, right conduct and non-violence), basic teachings of the world's religions, and spiritual lessons based on Sathya Sai Baba's teachings. A unique curriculum based on the core principles of Unity of Faiths, The Five Human Values, Unity in Diversity, The Life and Teachings of Bhagavan Sri Sathya Sai Baba and The Ceiling on Desires, was developed to promote the child's journey from humanity to divinity.

"From the most impressionable years the children should be taught to cultivate love for all. Love leads to unity. Unity promotes purity. Purity leads to divinity.

"To instil in the minds of the young the values of prayer, humility, and loving service to others, the homes where they have grown should be the first schools. The parents have to be imbued with faith in the basic truths of this universal religion."

The primary task of the Education Wing is the operation of the Sai Spiritual Education (SSE) programme, whose purpose

is to provide spiritual education to the children of members of the centre. The curriculum is divided into four age groups.

The four age groups are:

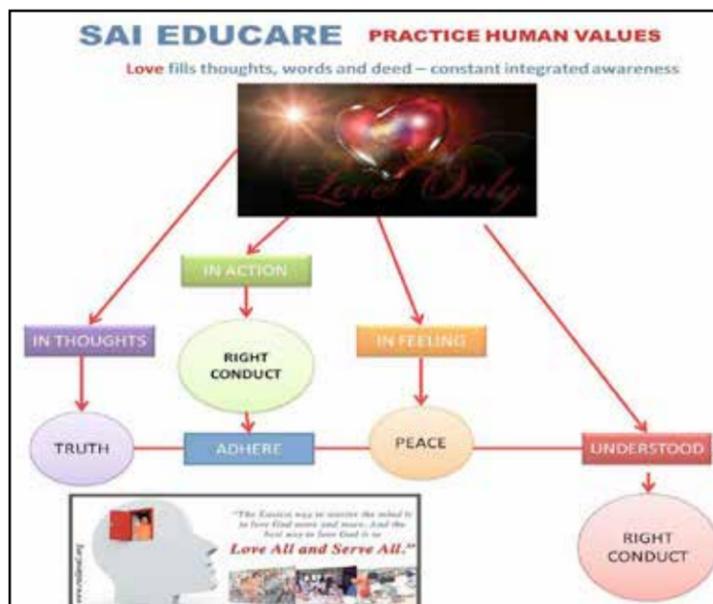
- Group I: ages 6–9,
- Group II: ages 9–12,
- Group III: ages 12–15,
- Group IV: ages 15–17

OBJECTIVES OF SAI SPIRITUAL EDUCATION WING

- Bring out the innate divinity of children and to facilitate the blossoming of human values, to help them develop self-confidence and self-esteem
- Develop future leaders that will implement values in family, community and business
- Train and support teachers to sustain an effective Sai Spiritual Education Programme
- Improve parent understanding of Sai Spiritual Education

GOALS OF SSE PROGRAMME

- To provide children with value-based leadership skills to produce future global leaders with Integrity
- To build a global community with universal peace and harmony
- To help them in nurturing respect and love for the different races and creeds
- To help them acquire and utilise



life skills at home, at school/university, at work and in the community.

● **What's the need for such a programme?** The SAI Spiritual Education is a multi-cultural, multi-faith, self-development programme for children and young people all over the world. It is a simple educational tool designed to help develop positive values in the young so that children and young adults become fit for life, rather than just fit for earning a "good" living.

● **What is the programme**

about? It is a values-based programme offered to children – based on five innovative and interactive transformational techniques of silent sitting; prayer and quotation; storytelling; group singing and group activity.

This approach facilitates the blossoming of innate universal human values such as truth, right conduct, peace, love and non-violence. The lesson approach gives them an opportunity to:

- Explore and discover for themselves what is right and wrong (values clarification)
- Develop greater empathy and

therefore more compassion for others

- Take greater responsibility for their actions
- Discover how to be happy, confident and responsible members of society

● **The core pillars of the programme are:**

- The Five Human Values (universal values)
- The Life and Teachings of Bhagavan Baba (His works)
- Unity of Faiths (prayers, stories, songs and values from different faiths are taught)
- Unity in Diversity (respect for and understanding of different cultures)
- Brotherhood of Man and the Fatherhood of God (care and compassion for humanity; role-models; and spiritual transformation)
- Ceiling on Desires (use natural resources judiciously)

The programme invites children from 6 years to 17 years of age (a pre-group has also been introduced). You are invited to look at the website for more details (www.srisathyasai.org).

The national programme has focused on children from all faiths and backgrounds and has elements of sports; drama; arts and crafts. More important, children are taught the need to save and are given the opportunity to serve the community.

Balancing knowledge, spirituality

EDUCATION WING

SOUTH AFRICA INSTITUTE OF SATHYA SAI EDUCATION

BHAGAVAN Sri Sathya Sai Baba placed extraordinary emphasis on education as a means to bring about transformation. His unique model of education which seeks a balance between worldly knowledge and spirituality is ushering in a new era of peace and contentment.

The Sathya Sai Education Trust is an institution of the Sathya Sai International Organisation. The South African Institute of Sathya Sai Education is responsible for the oversight of Sathya Sai Schools and the Sathya Sai Education in Human Values programmes that are offered to the public.

● **Purpose:** As part of a world-wide network of educational institutions, the Sathya Sai Education Trust of South Africa is a non-profit organisation dedicated to the mission of promoting the principles and

programs of Sathya Sai Education in Human Values (SSEHV).

● **Objectives:** South African Institute of Sathya Sai Education (SAISSE) is mandated to ensure that the Sai educational institutions in SA function in accordance with the principles of Sri Sathya Sai Baba as laid out by guidelines of the Sathya Sai Prasanthi Council Education Committee and the Sathya Sai World Foundation (SSWF). The institute offers programmes at primary, secondary, tertiary and community levels based on Sathya Sai Education in human values.

The three independent Sathya Sai Schools in SA registered with Umalusi offer the National CAPS programme. In addition it embraces the Sathya Sai Integral Education system which involves the process of the blossoming of human excellence through the development of the five domains of the human personality namely, the



physical, intellectual, emotional, psychic and the spiritual domain.

The core tenets of the SSEHV programme are: Unity of Head, Heart and Hand (3HV), Ceiling on Desires, Unity in Diversity and the Unity of Faiths.

The SS Education Trust ably manages the financial, physical and human resources which sustains the above public outreach activities.

● **Goal:** To provide a platform for mankind to transform themselves thereby transforming society through the Sathya Sai Education in Human Values to the public

● **What has been achieved**

to date? The SSEHV Certificate course has been completed by more than 1 000 members, many of them public school teachers and parents. Sathya, our youth leadership workshop is offered to prefect and other senior youth at public schools and Sai School teachers and members of the Sathya Sai International Organisation who undertake community engagement projects.

● The Sathya Sai School Newcastle began in 1997. It offers the Foundation Phase education to 60 learners from poor communities around Newcastle.

● The Sathya Sai School Chatsworth offers grade 0 to 12 education with 320 learners. Its curriculum is also enriched with special classes for sport, arts and service activities.

● The Sathya Sai School Lenasia South offers grades 0 to 7 to 225 learners from a cross sector of the community. The SSIO has built a fully equipped computer room and is building a library.

The plan going forward is for the institute to offer community outreach training and development programmes based on SSEHV to broader sectors of society, from parenting to the workplace. In addition, we would like to collaborate with other training and community organisations to promote the principles of SSEHV.

"The end of education is character" – Bhagavan Sri Sathya Sai Baba

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