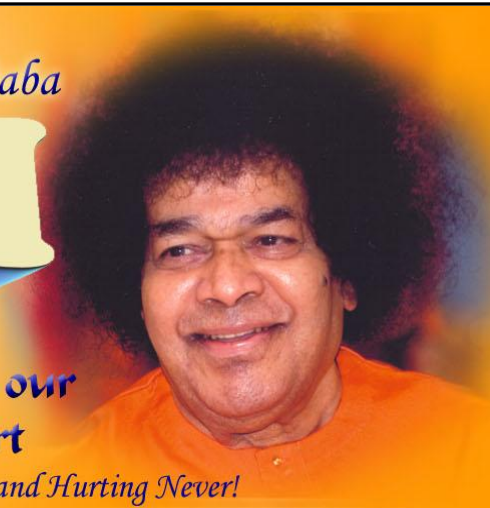


Aum Sri Sai Ram

Pranams at the Lotus Feet of Bhagawan Sri Sathya Sai Baba

Chicago Sai WATCH



Dear Swami, please help us to watch and control our Words, Actions, Thoughts, Character and Heart

So that we realize our inherent Divinity by Loving All, Serving All, Helping Ever, and Hurting Never!

Sathya Sai Baba Center of Metropolitan Chicago

January 2011

Upcoming Events!

Maha Shivarathri Celebrations:
March 2nd, Wednesday 07.30 PM – 10.30 PM
Ramada Inn,
780 E North Av., Glendale Heights, IL



Date

Calendar of Events

01/01 – Saturday	07:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Men's Shelter (on Lawrence Ave.) 08:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Women's Shelter (on Wilson Ave.)
01/02 – Sunday	09:30 am – 01:00 pm: Sunday Center Program
01/08 – Saturday	06:00 am – 08:00 am: Breakfast Service at R.E.S.T Men's Shelter by Young Adults (on Lawrence Ave.) 06:00 am – 08:00 am: Breakfast Service at Jesus People USA Men's Shelter (on Kenmore Ave.) 10:00 am – 02:00 pm: Bread Truck Project
01/09 – Sunday	09:30 am – 01:00 pm: Sunday Center Program 10:00 am – 11:00 am: Service at the Woodbine Nursing Home
01/15 – Saturday	07:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Men's Shelter (on Lawrence Ave.) 07:15 pm – 10:00 pm: Dinner Service Project at Jesus People USA Men's Shelter (on Kenmore Ave.)
01/16 – Sunday	09:30 am – 01:00 pm: Extended Devotional Singing in celebration of Sankrantri (Pongal)
01/22 – Saturday	06:00 am – 08:00 am: Breakfast Service at R.E.S.T Men's Shelter (on Lawrence Ave.)
01/23 – Sunday	09:30 am – 12:30 pm: Sunday Center Program
01/30 – Sunday	09:30 am – 12:30 pm: Sunday Center Program

Sunday Center Schedule:

- 09:00 am – 09:30 am: Center Setup
- 09:30 am – 10:25 am: Study Circle
- 10:00 am – 11:30 am Sai Spiritual Education (SSE) classes for children
- 10:30 am – 11:30 am: Devotional Singing

Ongoing service projects on Sundays:

- Grocery collection for the needy families (Delivered at the end of every month)
- Sandwich preparation and delivery for the residents of R.E.S.T Men's Shelter (on Lawrence Ave.)



Be United in Divine Love



Embodiments of Love, Young Men and Women!

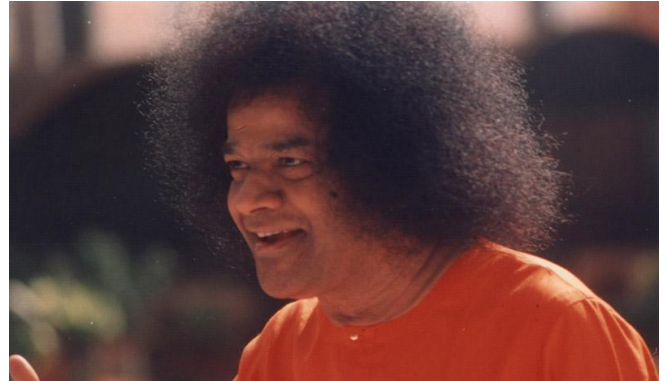
It is very much necessary to recognise human values, today. Man today is unable to lead the life of a human being, since he lost the human values. The qualities of a human being are of two types, internal and external. *Kama* (desire), *krodha* (anger), *lobha* (greed), *moha* (attachment), *mada* (pride), and *matsarya* (jealousy) are external. *Sathya* (truth), *dharma* (righteousness), *santhi* (peace), *prema* (love), and *ahimsa* (nonviolence) are internal.

Develop inner vision

Today, we are giving a go-bye to the inner, eternal, and truthful qualities and hanging on to the worldly and transient matters. This is not correct. We must develop the inner vision of *atma bhava* (thought of divine Self). If only there is Truth, it is enough; righteousness will follow. Where truth and righteousness go together like the positive and negative, there will be peace; where there is peace there will be love. There will be no scope at all for violence when a human being is surcharged with the current of love. Violence is rampant everywhere, today. People suffer from sorrow and difficulties. Hence, you must strive to cultivate the innate human values. Truth is eternal. It cannot be destroyed. It is said, "*Sathyam bruyath, priyam bruyath, na bruyath sathyamapriyam* (speak truth; speak pleasantly; avoid speaking truth that is unpalatable)." Truth is not born out of an individual, nor does it go away with one individual. Truth is universal: it applies equally to all human beings. You must cultivate such universal truth. What you think, you must speak; what you speak, you must put into action. That is real humanness.

Establish in truth ...

Anger, desire, greed, attachment, pride, and jealousy are unbecoming of a human being. Today, man is limiting his love to his own wife and children. He is not developing broad-mindedness. As the saying goes "*Ekam sath viprah bahuda vadanthi* (Truth is only one; the wise men say it in different ways)." "*Sarvam khalvidam Brahma*" is the declaration, which means everything in the universe is Brahman only. Truth is the very embodiment of Brahman. And that Brahman is omnipresent. Hence, first and foremost, establish Truth in your heart. Thereafter, the other four human values of righteousness, peace, love, and nonviolence will reign in the world. Then, there will be no violence at all in the world and all human beings irrespective of religion and nationality will live in peace and harmony. Human being have enormous strength in them. That has to be channelised properly. Anger, desire, greed, delusion, pride, and jealousy have to be controlled. You sing various *bhajans* (devotional songs). It is only when you sing the *bhajans* in proper *sruthi*, it will be melodious. Similarly, your desire must have a limit. If you wish to marry, you can do so! Later on you wish to have children; you can have that also. But you must bring them up in proper way, so that they become useful citizens in their later life. God has established certain rules and regulations for the proper conduct of the life of a human being. One should not behave like an animal or a bird or a beast. We must control our behaviour. This is the most important value to be cherished by a human being.



Develop human values

The human values are not visible to the naked eye. What is the form of Truth? None has seen the form. Rather, it is beyond form. It emerges out of our bosom. What is *dharma* (righteousness)? *Dharma* is to follow the teachings of our own heart. Where is *santhi* (peace)? Is it outside? No, it is only *asanthi* (unrest) outside. Man today craves for peace and peace alone, in spite of possessing all sorts of wealth. You ask any millionaire. His reply is "I have money, houses, and all kinds of wealth; but, I have no peace." Peace therefore is not to be obtained from the world outside. It has to flow from within. Where there is peace, there will be love. The light of love shines on one and all. It is the love that illuminates the entire universe. Hence, if you strengthen love, there will be no scope for hatred at all! It is only when you develop a feeling of separation that there will be hatred between one another. On the other hand, if you develop a feeling of Oneness, how can there be a feeling of hatred between you and the other man?

Love ... the greatest gift

Dear Golden Ones! (*bangaru*) No one should develop bad qualities like jealousy, hatred, desire, and anger. Develop Love. Love is God and God is Love. "*Prema muditha manase kaho Rama Rama Ram ...*" is the *bhajan*. Love is the greatest gift God has given to a human being. The value of any material object in this world can be assessed, but not the value of love. Hence, develop love! Not only that, share that love with others. Thus, when you exchange love and spend your lives happily, evil qualities like hatred, jealousy, and ego cannot come anywhere near. You know a chemical stick called "*Lakshmana Rekha*". When a line is drawn with this stick in the house, no insect of any kind can enter the area. Similarly, where there is love, there the evil qualities cannot enter. Hence, only one quality, the quality of love is sufficient to drive away all evil qualities. Love can be shared with any number of people; it will not deplete in quantity. In fact, the more you share it with others the more it will grow. God is our father, we are all His children. All these children have a right to inherit His property. All have to share that "property", the property of Love. You may forget anything in this world; but you should not forget God. Everything in this world is transient. But love is not that which comes and goes. On the other hand, it grows. Develop such Divine Love! Constantly do *namasmarana* (repetition of God's name), with absolute faith in God. We are uttering so many words every day. Can't we utter sacred words like Rama and Krishna? Surely, we can. Once you chant these divine names, all your sorrows and difficulties will vanish.



Be United in Divine Love



Develop Love for God

Man has several types of worries:

*To be born is a worry;
To be on the earth is a worry;
World is a cause of worry and death too;
Entire childhood is a worry, and so is old age;
Life is a worry, failure is a worry;
All actions and difficulties cause worry;
Even happiness too is a mysterious worry.
Devotion to Swami alone will put an end to all your worries.
Oh people! Develop such devotion and love.*

(Telugu Poem)

Develop Love for God, so that you may get rid of those worries. That is the only effective medicine for all your worries. By chanting the divine Name of God, all your worries can be cured. Where is God? He is everywhere (omnipresent). The *panchabhuthas* (the five elements of earth, water, air, space, and fire) are the embodiments of Divinity. The body is like a water bubble. The mind is like a mad monkey. Hence, you should not follow either the body or the mind. You should follow the advice of the intellect. You should develop a pure and steady consciousness (*chittha*). In fact, all our *sadhanas* (spiritual practices) are meant to develop only *chittha suddhi* (purity of consciousness)! The evil qualities of desire, anger, greed, delusion, pride, and jealousy are only acquired qualities and not our innate qualities. Our innate qualities are *sathya* (truth), *dharma* (righteousness), *santhi* (peace), *prema* (love), and *ahimsa* (nonviolence). We have to manifest them.

Cherish the blissful moments in Prasanthi Nilayam

Today, wherever you look, only violence is present. People indulge in violence for the sake of money. Money comes and goes, but morality comes and grows. In the past, several kings and emperors have accumulated enormous

wealth. But could any one of them take even a paisa with them? No! Alexander the Great during his last moments called his ministers and requested them to wrap his body after his death with a white cloth, keeping his empty hands projected upward be taken in a procession through every street of his capital city. His idea was to convey a message to the people that man has to leave this world with empty hands, in spite of acquiring great wealth or conquering vast kingdoms. Whatever we acquire in this material world is only for our satisfaction. True and eternal bliss can be acquired only through Love. It is not enough if you spend your time with love when you are in Prasanthi Nilayam. Those blissful moments should be cherished forever. Wherever you are, continue to live with Love. Irrespective of the country where you are living —USA, UK, Japan, or Germany— Love has no difference. Your body may be in a particular place, but Love is universal. Love is all-pervading. Develop such Love. Love even those who hate you.

We are all One

Whenever you encounter an enemy, offer your pranams to him and enquire, "Hello brother! How are you?" I am sure he will respond saying, "Brother! How are you?" All are brothers and sisters, verily. God is the only Father to one and all. The *Bhagavad Gita* declares, "*Mamivamso jeevaloke jeevabhuthah sanathanah* (you are all part of My Being)." You are not different from Me; We are all One! You must develop faith in such Oneness. Where is God? He is present as the indweller in every human being. Develop the feeling, "Whatever I do is an offering to God, the Indweller of my heart." Develop the faith that whatever happens, whether happiness or sorrow, is for your good only. You are aware that a person suffering from malarial fever will be administered the bitter mixture of quinine. It is only when that bitter mixture is taken in that the fever will subside. Similarly, realise the Truth that the sorrows and difficulties you undergo are for your own good. God is omnipresent; you need not go far to realise Divinity. If you search your own heart and share your love with others, you can easily understand Divinity. All are bound by the bond of Love. All will be united only with Love. Hence, wherever you go, be united. Especially, the youth can achieve a lot if they are united. Prayer, chanting the divine name, and Love for God are the three *sadhanas* we have to undertake. When you conduct your life based on these three *sadhanas*, you can achieve anything.

God is beyond name and form

God is not separate from you. You are not separate from God. You and God are only one. You must always think, "God is residing as the Indweller in my heart. I am verily God." There may be differences in names and forms; but, God is One and One alone. The different names like Rama and Krishna are those visualized by poets and artists like Ravi Varma. In fact, God has no particular form. They pray "Allahu Akbar." Allah has no form. There is no one higher than Allah. He is Supreme. God has no name and form. But He will assume the form you constantly contemplate upon. "*Yad Bhavam Thad Bhavathi.*" We are visualizing Him in a particular form as per our own thoughts and feelings. Develop the feeling, "God is in me, is with me, and is guiding me," and march on. May you all be happy!

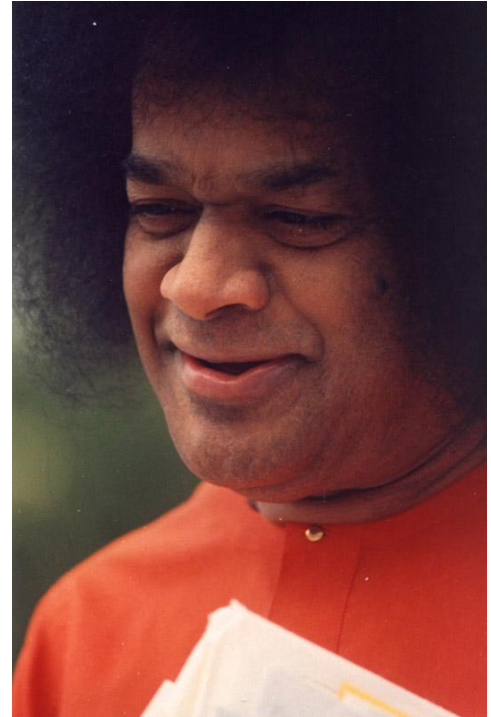


The Blanket of Maya and Bear



The Atma Tattvam is one and indivisible. On the bank of a river, once a group of children were tending their cows. It was the monsoon and all of a sudden a furious current of water developed. Because it was a fast current, one bear, which slipped into the water, was drawn into the midstream and was being carried away. One of the boys looked at the floating mass, and from a distance, it appeared to him to be a bundle of blankets floating in the water. He said to his companion. "I shall jump into the water and get the blanket out", and he jumped into the water. With the mistaken idea that it is a bundle of blankets, the boy embraced with his hands the bear. Then the bear also embraced him with its own hands. However much the boy tried to extricate himself, the bear did not leave him. It held him fast. The boys on the shore shouted: "Oh my dear companion, leave the bundle and you come away." The boy in the water, struggling to escape, cried out: "Though I want to escape from it, it does not allow me to escape."

So in this river of life, *mâyâ* plays like the bear and we mistake it to be a bundle of blankets. Hoping that it would offer us solace, comfort and happiness, we jump into the river and try to catch it. At a later stage when we want to extricate ourselves from it, we find it impossible to do so. This illusion is created by *mâyâ* but the divine principle is always one. *Visistadvaita* has been teaching from time immemorial that though the forms are different, there is only one [Purusha](#), which is the unity in the diversity and multiplicity of forms



Devotional Activities in Chicago and Suburbs

Activity	Time	Venue	Contact
Every Monday – Bhajans	07:00 pm to 08:00 pm	Aurora (Shirdi Mandir)	630-854-2004
Every Wednesday – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-519-1631
Every Thursday – Bhajans	08:00 pm to 09:00 pm	Aurora	630-761-2968
Every Friday – Bhajans	08:00 pm to 09:00 pm	Oak Brook	630-655-1718
1st Thursday of the Month – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-695-7110
1st Saturday of the Month – Bhajans	03:30 pm to 04:30 pm	Glenview	847-729-2779 / 773-510-5936
Saturday, January 15 – Padhuka Puja	02:30 pm to 04:00 pm	Bolingbrook	630-819-9081
Sunday, January 23 Bhajans	06:00 pm to 07:00 pm	Aurora	630-340-0943

For more information, please contact any of the Center Officers

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