

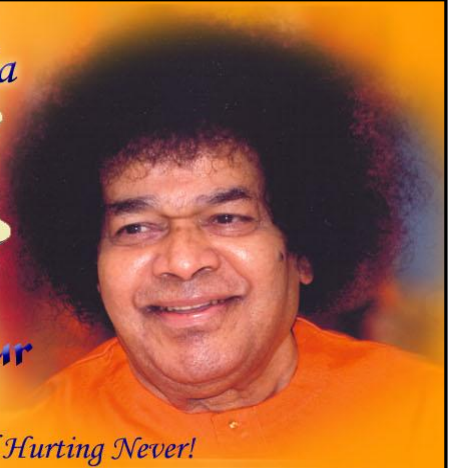
*Aum Sri Sai Ram*

*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!*



**Upcoming Events!**

**August 11<sup>th</sup> Saturday Walk For Values Walk: 12:30 PM to 3:30 PM**  
**Venue:** Richard J.Daley Center, 50 W. Washington St. Chicago, IL - 60602

**August 31<sup>st</sup> Friday - September 3<sup>rd</sup> Monday (Labor Day Weekend)**  
**22nd North Central Region Sai Conference and Retreat**  
**Venue:** JCYS Camp Henry Horner  
 26710 W. Nippersink Road, Ingleside, IL 60041  
**Theme:** Love All, Serve All



Love All , Serve All

Date	Calendar of Events
08/04 – Saturday	06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men's Shelter (on Lawrence Ave.) 06:00 pm – 08:00 pm: Dinner Service Project at Sarah's Circle Women's Shelter (on N. Sheridan Rd.)
08/05 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
08/11 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.) 12:30 pm – 03:30 pm: Walk For Values Walk at Richard J.Daley Center, 50 W. Washington St. Chicago
08/12 – Sunday	09:00 am – 01:00 pm: Sunday Center Program 10:00 am – 11:00 am: Bingo with Nursing Home Residents (on North Ave, Oak Park)
08/18 – Saturday	06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men's Shelter (on Lawrence Ave.) 07:00 pm – 10:00 pm: Dinner Service Project at Jesus People USA Men's Shelter (on Kenmore Ave.)
08/19 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
08/25 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.)
08/26 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
09/01 – Saturday	06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men's Shelter (on Lawrence Ave.) 06:00 pm – 08:00 pm: Dinner Service Project at Sarah's Circle Women's Shelter (on N. Sheridan Rd.)
09/02 – Sunday	09:00 am – 01:00 pm: <b>NO SUNDAY CENTER PROGRAM AT LONGFELLOW CENTER</b> 05:45 am – 10:00 pm: 22nd North Central Region Sai Conference and Retreat
09/08 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.)
09/09 – Sunday	09:00 am – 01:00 pm: Sunday Center Program 10:00 am – 11:00 am: Bingo with Nursing Home Residents (on North Ave, Oak Park)
	<b>Sunday Center Schedule:</b> 09:00 am – 09:30 am: Center Setup 09:30 am – 10:25 am: Study Circle 10:30 am – 11:30 am: Devotional Singing <b>Ongoing service projects on Sundays:</b> <ul style="list-style-type: none"> <li>Grocery collection for the needy families (Delivered at the end of every month)</li> <li>Sandwich preparation &amp; delivery for residents of Northside Housing Men's Shelter (Lawrence Ave.)</li> </ul>



## Swami's Quotes on Human Values



You should not cause hurt even by a word, a look or a gesture. Tolerance, fortitude, equanimity - these help you to be steady in ahimsa (absence of violence). Assess the work of whatever others do to you or say about you, and cultivate fortitude and the understanding to appreciate their behavior and pardon their faults. This capacity is as invaluable as truth, righteousness, wisdom, non-violence, renunciation, delight and compassion. It is all that one need possess for spiritual advancement. Living becomes a glorious experience only when it is sweetened by tolerance and love. Willingness to compromise with others' ways of living and cooperation in common tasks, these make living happy and fruitful. Certain modes of behavior have been laid down and proved beneficial by centuries of practice. These have to be observed with modifications to suit the conditions of today.

**- Sri Sathya Sai Baba, 17 February 1980**

Virtue is the panacea for both body and mind. The virtuous person can be both healthy and happy. How is virtue to be cultivated? How can it express itself in daily practice? Through service to living beings, through seva. Virtue must flow through the triple channel of love, mercy and detachment, in order to feed the roots of seva.

**- Sri Sathya Sai Baba, September 1980**

Purity of the heart has to be the goal of Saadhana.

**- Sri Sathya Sai Baba, 23 November 1980**

Human values can be listed as 50, 60, 70, and 80 in all. But they can be better grouped under the following three heads; pure thoughts, pure words, pure deed; thoughts, words and deed coordinated with one another.

**- Sri Sathya Sai Baba, 31 August 1981**

A lamp kept on mound illumines the area; if kept in a pit, it is as if it were not. A virtue that is practiced is a lamp that shines for all; good thoughts and good deeds have a way of influencing others. The gems of wisdom, the light of intuitive experience should not be kept away from fellow - men. They have to be shared, even at the cost of one's life. That was the lesson Jesus taught and symbolized.

**- Sri Sathya Sai Baba, 25 December 1982**

Of all the human values, three are most important. The foremost is love of God. Where there is love there is sacrifice. There arises purity of heart. There should be a fusion of love, sacrifice and purity. They are not mere human qualities. They constitute vital organs of a human being. They are as essential for a human being as the head, hands and legs for the body. Without these attributes, no one is a complete human being.

**- Sri Sathya Sai Baba, 18 January 1984**

The man filled with good qualities like Truth, Love, absence of jealousy, ego and hatred, can see God without searching for Him. He becomes a Dynani (a man of spiritual wisdom).

**- Sri Sathya Sai Baba, 6 September 1984**

The fundamental human values all emanate from Dharma, based on Truth. If human behavior has no such basis, it leads to disaster. The enumeration of human values as five - Truth, Righteousness, Peace, Love and Non-violence is not correct. They are all facets of the foundational humanness. They grow together; they are absence of Inner conflicts. How can one have peace when he revels in violence of speech and action?

**- Sri Sathya Sai Baba, 31 December 1984**

The values a man must cherish as his life-breath are: Truth, Righteousness, Peace, Love and Non violence. Of these five vital principles, Love is the foremost. It is Love that flows as the

as the under-current for the other four values. How does it flow this way? When Love is associated with our thoughts, it manifests itself as Truth. When Love is associated with feelings, it produces Peace. When Love animates actions, it results in Right Action. When Love is combined with understanding it becomes Non-violence. Therefore whenever you feel angry, think of love, develop thoughts of love in your heart. You will have peace.

**- Sri Sathya Sai Baba, 22 March 1985**

You must cultivate unity, cooperation and mutual trust. Love is the basis of all other human qualities like Truth, Righteousness and Peace. If the four qualities of Sathya, Dharma, Santhi and Prema are present in a person, he will manifest the divinity that is in him.

**- Sri Sathya Sai Baba, 26 May 1985**

Conflicts and factions, violence and upheavals are caused by the neglect of human values in daily life. Man becomes fit and functionally valid only when, along with scholarship and expert skills, he has imbibed these values. The person who is wedded to Truth and Love would need nothing more for peace and happiness. When Creation is witnessed through these values, it becomes holy scripture, an inspiring lesson and guide, Therefore I exhort you: Let Truth and Love be the goals for all your efforts and studies.

**- Sri Sathya Sai Baba, 5 December 1985**

More vital than the five pranas (Prana, Apaana and others), Sathya, Dharma, Santhi, Prema and Ahimsa are the vital life-breath for everyone. Of these the greatest is Prema (Love). Fill yourself with love. Love should express itself in service to society. You should look upon society this way. We exist for society and society exists for the good of all. Try to sanctify your life by doing service and spreading joy and comfort all around.

**- Sri Sathya Sai Baba, 11 December 1985**

Those who produce, those who guard and those who guide - the workers, the soldiers and the teachers - are like the three legs of a tripod. But as a mere structure with three legs the tripod cannot be useful and efficient. The people who are the concern and under the care of the three categories form the plank on top of the three. The seat has to be screwed tight to the legs - the screws being peace, love and truth and the process of screwing and tightening being the eager enthusiasm for progress, prosperity, security and unity. The sincere effort to accept and promote the human values - Truth, Right Conduct, Peace, Non-Violence and Love. These five values are an essential for a full and worthwhile life as the five vital airs or pranas mentioned in the scriptures.

**- Sri Sathya Sai Baba, 7 March 1986**

Human life is beset with ups and downs, joys and sorrows. These experiences are intended to serve as guideposts for man. Life would be stale if there were no trials and difficulties. It is these difficulties which bring out the human values in man. Only that which is got by hard effort will yield lasting benefit.

**- Sri Sathya Sai Baba, 2 September 1991**

There should be a harmonious blend of religion, philosophy and art for man to live healthily in the world. In this context religion means the religion of love. This is the only religion in the world. There is only one caste, the caste of humanity. One should cultivate human values for healthy living. this calls for harmony in thought, word and deed. When you cultivate this harmony you will be free from desires and fears.

**- Sri Sathya Sai Baba, 6 February 1993**

To exercise freedom in its true sense, man has to respect the five basic values. It is in that freedom he will find true bliss.

**- Sri Sathya Sai Baba, 15 January 1996.**

**- Excerpts from <http://www.saibaba.ws/quotes/humanvalues.htm>.**



## Educare Makes Our Innate Virtues Manifest



*Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarine feeling in this country is the feeling of love towards one's mother. Character is valued far higher than the very life itself. People have forgotten the basic principles of this great culture and are imitating Western culture. Alas! The Bharatiyas are not aware of the greatness of their cultural heritage just as a mighty elephant is not aware of its own strength. (Telugu Poem)*

An ordinary mahout is able to frighten a mighty elephant into submission since the elephant is not aware of its own strength. It sits when he asks it to sit and stands when ordered to do so. In the same way, man subjects himself to worldly delusions and undergoes all sorts of sufferings as he does not recognize his divinity and is not aware that he is the embodiment of the Atma.

### Money and Power cannot Give Peace and Happiness

Man is not able to bear even a small difficulty. He is afraid of even such small things as transfer from one place to another. He is filled with fear when his child suffers from some ailment. He is living in the grip of fear as he is not able to recognize his true strength. The fundamental cause of all this is education. Modern education is related to man's outer world; it can earn him money and fill his belly. It caters to his physical and ephemeral needs only. One may earn any amount of money, but one cannot derive mental peace from it. At the most, money provides materialistic comforts; it cannot give spiritual bliss. Therefore, we should never forget the principle of spirituality under any circumstances. Even if you lack material possessions, you can experience peace and happiness if you adhere to the principle of spirituality. Where is peace and happiness? Hari Bhajana Bina Sukha Santhi Nahi, only singing the glories of God can give you peace and happiness; it cannot be acquired by money or worldly power. Money, power and secular education fulfill your physical needs and enable you to lead a worldly life.

In spite of his education and intelligence, a foolish man will not know his true Self and a mean-minded person will not give up his evil qualities. (Telugu Poem)

Modern education leads only to argumentation, not to total wisdom. What is the use of acquiring education which cannot lead you to immortality? Acquire the knowledge that will make you immortal. (Telugu Poem)

What is the use of such an education and spending years and years to acquire it? What man requires is the human values of Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love and non-violence). These five values have great importance in the life of man. On the other hand, lust, anger, greed and attachment are animal qualities. Unfortunately, man today is developing only animal qualities, and not human qualities. That is the reason he lacks peace and happiness in spite of having a lot of wealth. Hence, educare needs to be given more importance than education. What does educare mean? It is to bring out the innate qualities of man. When we manifest these qualities, we experience great happiness.

### Human Values are Man's Real Wealth

Today there are innumerable colleges in the world. There are many professors and many great scholars with Ph.D. degrees. Even after acquiring such a high education, are they happy? There are so many highly educated persons in the world. Then, why does the world lack peace? What is the reason? It is so because the education they acquire aims at merely filling their belly. Therefore, we should acquire educare along with education. Education is worldly and external and educare is

is related to the inner being, i.e., the Atma. Where is the Atma? Atma is everywhere. It is present in the heart of all beings. Man is essentially divine. But he considers himself a mere mortal because he identifies himself with his physical body. All human qualities are present in man.

First human quality is Sathya. What is the form of Sathya? Can it be described? It cannot be seen. Similarly, we cannot see Santhi but it is there in the heart of man. In the same way, Dharma has no form; so also is love. Love is present in everyone but it cannot be seen. It can be experienced only when you impart it to others. Where there is love, there can be no hatred and hence no violence. That is Ahimsa (non-violence). All these qualities have no form, but they are the true attributes of a human being. These are the qualities which impart value to a human being. But people today have the mistaken notion that amassing a lot of wealth and filling their banks is a great human quality. They think that their education is meant only for this. This is not the goal of education. The five human values of Sathya, Dharma, Santhi, Prema and Ahimsa are man's real wealth. But man today wants to acquire everything else except these five. Consequently, he is developing animal qualities. Whenever these animal qualities emerge in you, you should remind yourself, "I am not an animal. I am a human being."

Truly, you are a human being and not an animal. But you can be called a human being only when you have human qualities in you. You may read any number of books, but if you lack human qualities, you cannot be called a human being. At the most, you may be called a scholar or an educated person but not a true human being. Those who imbibe and practice these qualities are human beings in the real sense of the term. One may be a great emperor, possessing enormous wealth and power. But wealth and power cannot protect one. Even if man acquires all worldly possessions, they cannot give him true happiness. True happiness can be derived from inner qualities and not from outer acquisitions.

You all know the story of Alexander who set out of his country to conquer the entire world. He came to India also after crossing the Indus river. On his return from India, he became very sick. He had many doctors but none could cure him. They told him that he was about to leave his mortal coil in a short while. There were thousands of soldiers under his command. But none could save him from death. Then Alexander told his ministers and army commanders that they should wrap his body in a white cloth after his death, keeping both his hands out and carry his funeral procession in the streets of his native town. When the people in the street enquired why the hands of the emperor had been kept out of the hearse, they should tell them that though the emperor had carved out a huge empire, had a big army and a number of doctors, nothing could save him from death, and he was departing from the world empty-handed. They should propagate this truth in the world, he told them. In the same manner, even a millionaire or a billionaire has to leave the world empty-handed. You cannot carry even a fistful of sand, not even a grain of dust.

### You and I are one

As you are endowed with a human body, you have to earn some money to nourish it. Worldly education is helpful only to the extent of nourishing your body, and not beyond that. You may read any number of books; you may even teach others what you have read. It cannot make our life ideal. Then, what is the type of education that man should acquire? That is educare. What does educare mean? Educare is that which makes our innate virtues manifest. You do not need to read any textbook to do so...

(To be continued...)

- From Bhagavan's Divine Discourse in Poornachandra Auditorium, Prasanthi Nilayam on 6th August 2008.





## A ray of hope and light



Once Wealth and Poverty approached a merchant and introduced themselves as Goddesses. The merchant offered his salutations to both of them and said: "May I know what brings you to my humble tenement?" The Goddess of Wealth said: "We want you to judge and tell us as to who is more beautiful between us two?"

The merchant was in a fix. He knew he was between the devil and the deep sea. If he were to declare wealth as more beautiful than poverty, poverty would curse him. If he were to declare poverty as more beautiful, than wealth, wealth would forsake him. However, he regained his composure and said: "I have great respect for you both. Would you please act according to my instructions? Then only I can judge properly." The Goddesses agreed. He said: "Mother wealth, would you please go to the entrance (gates) and walk into the house? Mother, poverty! Would you please walk from here towards the gates? I can have a good look at you both, from near and far." The two Goddesses did walk as the merchant wished them to. Then the merchant happily declared: "Mother wealth! You appear very beautiful when you enter the house. Mother poverty! You look very beautiful when you leave the house!" The Goddesses appreciated the wit and wisdom of the merchant. The Goddess of wealth happily stayed in his house while the Goddess of poverty cheerfully walked away.

When a serious problem confronts us, if we look within and think calmly, a ray of hope and light will beam forth and show us the way.

### 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 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
Thursday, August 23 <sup>rd</sup>	07:30 pm to 08:30 pm	Hoffman Estates	847-490-0860
Saturday, August 18 <sup>th</sup> – Padhuka Puja	10:30 am to 12:30 pm	Bolingbrook	630-819-9081

### For more information, please contact any of the Center Officers

Role	Name	Phone	e-mail
President:	Shankar Uppala	708-642-1400	uppalasrao@yahoo.com
Vice-President:	Anand Girap	630-730-4849	argsscmcvp@gmail.com
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Education Coordinator:	Sai Prasanna Ravichandran	860-558-0976	sairavichan@gmail.com
Service Coordinator:	Ravi Vemulapalli	732-322-7802	rkvemulapa@yahoo.com
Bookstore & Library Coordinator:	Rani Sanka	847-478-1475	ranisanka@yahoo.com
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