

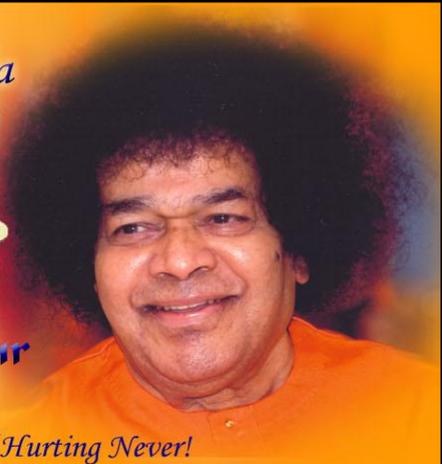
Aum Sri Sai Ram

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!

December 23rd Christmas Celebration: 9 AM to 1 PM
Extended Devotional Singing followed by Christmas Carols
Venue: Longfellow Center, 610 S Ridgeland Ave, Oak Park, IL 60304.

January 01st Tuesday New Year Celebrations: 10 AM to 1 PM
Guest Speaker – Professor Srinivas Rao Aduri
Venue: Ramada Inn, 780 North Ave., Glendale Heights, IL 60139

January 13th Sunday Sankranthi Celebrations: 9 AM to 1 PM
Extended Devotional Singing followed by Swami's Video
Venue: Longfellow Center, 610 S Ridgeland Av, Oak Park, IL 60304



Love All , Serve All

Date	Calendar of Events
12/22 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.) 02:00 pm – 04:00 pm: Meadow Brook Manor Nursing Home Visit with SSE Children
12/23 – Sunday	09:00 am – 01:00 pm: Christmas 2012 Celebrations
12/30 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
01/01 – Tuesday	10:00 am – 01:00 pm: New Year's Celebrations at Ramada Inn (Glendale Heights)
01/05 – 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.)
01/06 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
01/12 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.)
01/13 – Sunday	09:00 am – 01:00 pm: Sankranthi Celebrations (Longfellow Ave.) 10:00 am – 11:00 am: Bingo with Residents of Berkley Nursing & Rehab Center in Oak Park
01/19 – 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.)
01/20 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
01/26 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.)
01/27 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
02/02 – 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.)
02/03 – Sunday	09:00 am – 01:00 pm: Sunday Center Program

Sunday Center Schedule:

- 09:00 am – 09:30 am: Center Setup
- 09:30 am – 10:25 am: Study Circle
- 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 & delivery for residents of Northside Housing Men's Shelter (Lawrence Ave.)



Experience Divinity Within In Total Silence



Continued from November 2012 issue of WATCH
http://r05il002ct.saimedia.org/WATCH/2012/WATCH_Nov_2012_WV.pdf.

Understand the Principle of Unity

People use the word "divinity" without really knowing its meaning. The Vedas declare, Ekameva Adviteeyam Brahma (God is one without a second), Ekatma Brahma (Atma is Brahman). You may call Him by any name. He has thousands of heads, hands and eyes. Wherever you see, there is God only and no one else. The same primordial principle pervades everything. Contemplate on Him with single-minded devotion.

Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam (God is attributeless, pure, final abode, eternal, unsullied, enlightened, free and embodiment of sacredness).

Divinity is present within you. Unable to realize your innate divinity, you waste your time searching for God outside. Whatever you see and experience in the world is only the reaction, reflection and resound of your feelings. Do not get deluded by the reaction, reflection and resound. Turn your mind inward and contemplate on the reality within you. You will certainly be able to experience divinity. You should have divinity as your goal and nothing else. Divinity is one without a second, and is all pervasive. Understand the principle of oneness and install God in your heart. Without the principle of unity, there can be no multiplicity. If you do not understand unity, you cannot understand the multiplicity of Nature. Nature is the best preacher. Follow the ideals demonstrated by this preacher with Preeti (love). The more you develop love, the sooner you can see God. Body attachment is the cause of all differences. You will understand and experience unity in diversity only when you give up body attachment. Once you are free from body attachment, you can experience God in a moment. Whatever you see is the manifestation of God. The principle of unity in diversity is divinity. But you are unable to understand and appreciate this truth. In order to understand this truth, there should be total transformation in your feelings. As is the color of the glass, so is the color of the scene outside. Remove the color glasses of body attachment and see the reality.

Make your Mind Steady

Embodiments of Love!

Hold on to the principle of love firmly and you can achieve anything. When you fill your heart with love, you will be protected wherever you go. Love is the reality and everything else is only reaction, reflection and resound. In order to experience the reality, you have to cultivate steadiness of mind in the first instance. How can you make your mind steady? You have to contemplate on one name and one form. Be firm in your chosen path. Do not get deluded by what appears to the physical eyes. Open the eye of wisdom and see the reality.

Embodiments of Love!

Consider everyone as the embodiment of divinity. God is the mother and father of all. That is why, we pray: Twameva Mathascha Pitha Twameva, Twameva Bandhuscha Sakha Twameva, Twameva Vidya Dravinam Twameva (Oh God! You alone are our father and mother, friend and relation, wisdom and wealth). Have firm faith that God is your everything. Do not entertain any doubts in this regard. It is because of doubts that man's mind is in a confused state. Many people ask Me about the proper way of meditation. I always tell only one thing, "Meditation does not mean merely closing your eyes and imagining anything and everything. Choose one form, install it in your heart and see

that it is steady. Have total faith in one name and one form and contemplate on it incessantly. That is true meditation. If you follow this practice earnestly, you can experience divinity."

Embodiments of Love!

Make your mind steady and fix it on God. Mind is the cause of everything in this world. Mind by itself does not go anywhere. It is we who direct it and divert it in different ways according to our whims and fancies. We are responsible for its unsteadiness. When you keep your mind steady and focus it on God, you will find the brilliant and blissful form of God wherever you see. You are unable to see and experience God because you doubt His existence. First of all, develop unwavering faith in God. Your faith alone will protect you. Do not follow the vagaries of the mind. You should be the master of your mind and not its slave.

You must firmly resolve to hold on to the principle of unity and divinity. What is the purpose of human birth? Is it to spend your time in eating and drinking? No, no. You should make efforts to understand the underlying principle of unity of five elements, five senses of action, five senses of cognition and five life sheaths. If you make sincere efforts, you will certainly be able to experience the principle of unity. Among all the living beings, only man is endowed with the ability to understand and experience unity and divinity. In fact, the very purpose of human birth is to experience unity in diversity. Hence, make every effort to experience unity and sanctify your lives. It is possible only by following the path of love. There is nothing superior to love in this world.

Today I have awarded the gold medal for all-round excellence to a girl student from Anantapur Campus. She has been a diabetic right from her childhood. Her parents and doctors have been trying their best to control her diabetes but all in vain. However, she has unflinching faith in Swami. That is why she had no problem at all in spite of her blood sugar level being very high. She is not worried at all. In fact, when her parents get worried, she infuses courage in them, saying, "Don't worry. God is with me." In this manner, she has spent sixteen years. She has studied in Puttaparthi school and Anantapur college. Sometimes, her blood sugar level is very high. No medicine can control it. Her father becomes anxious. But she is protected by her steady faith. Swami told her firmly, "This disease cannot harm you. Have total faith in God. Do not pay heed to what others say." She forgets her Badha (suffering) remembering Swami's Bodha (teaching). She has followed Swami's words implicitly and has remained steady in her faith. That is why she has come up in life.

Having resolved, what ought to be resolved, hold on to it till you have succeeded. Having desired what ought to be desired, hold on to it till your desire is fulfilled. Having asked what ought to be asked, do not leave the hold till you get it. Having thought what ought to be thought, hold on to it till you have succeeded. With heart mellowed, the Lord must yield to your wishes or forgetting yourself, you should ask Him with all your heart. Persevere, be tenacious, and never give up, for it is the quality of a devotee never to retreat, abandoning his resolve. (Telugu Poem)

She is leading her life with such unflinching faith and determination. Sometimes, she becomes very weak because of anemia. Even in such a condition, she continues to do her work. That is true devotion. She is leading her life with total faith in Swami. She has stood first in her studies and has also achieved excellence in co-curricular activities. That is why she has been given the gold medal for all-round excellence..

- Excerpts From Bhagavan's Benedictory Address on the occasion of the 23rd Convocation of Sri Sathya Sai Institute of Higher Learning in Sai Kulwant Hall, Prasanthi Nilayam on 22nd November 2004.



The Pundit and the Milkmaid



There was a pundit who led a disciplined life, and always stuck to a prearranged timetable. He woke up from sleep in the early hours of the morning, recited Pranava (Om) and later, after ablutions, drank a cup of milk exactly at 7 a.m. every day. This meant, a lot also depended on how punctual his milk maid was. But sometimes the milkmaid would arrive late, for she lived on the other side of a river. The river flowed between where she lived and the pundit's hut. She had to catch a ferry to cross over the river with the milk. The ferryboat would sometimes either start a little early or a little late. So, on those days by the time she reached the Pundit's house it used to be very late.

One day, the Pundit admonished her. He said, "You are disrupting my disciplined life. Don't you know that I must have my cup of milk at 7 a.m. everyday? Why do you depend on that boat to take you across? Just repeat the name of Rama. The river will part and you will be able to walk across. Rama will see that you do not get drowned." The maid being very simple and unsophisticated had faith in the words of the Pundit. Next day, the maid repeated the name of Rama and just walked across the river!

The Pundit questioned her: "So, how did you manage to come on time today?" The milkmaid replied, "Sir, I repeated the name of Rama as you had instructed yesterday, and I could just walk across." The Pundit was now flabbergasted; he did not believe her account. He just drank the milk and said, "Let's now go to the bank of the river. Let me see you walk across the river." The maid stepped into the river repeating the name of Rama, and she could just walk across! The maid requested the Pundit to follow her. But the Pundit knew that he would not be able to do it, because he did not have faith in what he himself had said. In spite of his scholarship, he did not have faith in the power of the Name.

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
Saturday, January 19 th – Padhuka Puja	10:30 am to 12:30 pm	Bolingbrook	630-819-9081
Wednesday, January 23 rd – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-519-1631

For more information, please contact any of the Center Officers

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