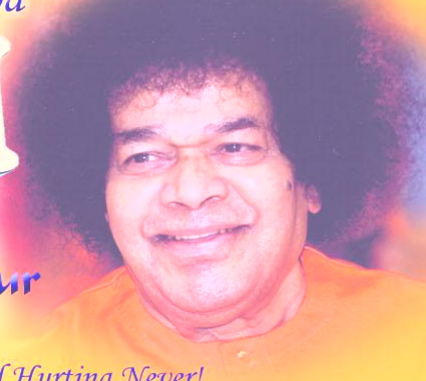


*Aum Sri Sai Ram*

*Programs 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!**

**May 13<sup>th</sup> Sunday Bhajans Celebrating Mothers Day: 10 AM to 1 PM**  
**Venue:** Longfellow Center, 610 S Ridgeland Av, Oak Park, IL 60304

**May 20<sup>th</sup> Sunday SSE Graduation: 10 AM to 1 PM**  
**Venue:** Longfellow Center, 610 S Ridgeland Av, Oak Park, IL 60304

**July 3<sup>rd</sup> Wednesday Guru Poornima: 7 PM to 9:30 PM**  
**Venue:** Itasca Park District, 350 East Irving Park Road, Itasca, IL 60143



Love All , Serve All

Date	Calendar of Events
05/12 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)
05/13 – Sunday	09:00 am – 01:00 pm: Sunday Center Program celebrating Mothers Day 10:00 am – 11:00 am: Bingo with Nursing Home Residents (on North Ave, Oak Park)
05/19 – 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.)
05/20 – Sunday	09:00 am – 01:00 pm: Sunday Center Program followed by SSE Graduation
05/26 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)
05/27 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
06/03 – 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.)
06/04 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
	<p><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</p> <p><b>Ongoing service projects on Sundays:</b></p> <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>



# Never Forget Your Parents



### Students - Boys and Girls!

VENKATARAMAN HAS SPOKEN to you regarding today's function in a befitting manner. He is a very learned man who worked in the Bhabha Atomic Research Centre, Mumbai. He has done research in some scientific areas earlier pursued by Sir C.V. Raman. He is the winner of many awards.

Now, what can I say about the mother of this body? Man has actually three bodies - physical, mental and spiritual. Therefore, you are not one person but three - the one you think you are, i.e., the body, the one others think you are, i.e., the mind, the one you really are, i.e., the Atma (spirit). But your true form is the Atma, not the body or the mind.

### Give Highest Respect to your Parents

In the circumstances that prevail today, there are very few who respect their mother. Your mother carried you in her womb for nine many difficulties and hardships. Forgetting such a mother is like forgetting God. This amounts to forgetting yourself. Mother is your first teacher. Your mother feeds and nourishes you. It is on the lap of your mother that you grow up and experience all types of happiness. None should forget the love that he receives from his mother. Your mother deserves your highest respect.

After the death of his mother, Sankaracharya performed her last rites in spite of being a renunciant. Many people criticized Sankaracharya, saying that he had committed an impropriety in spite of being a great scholar. Knowledge of scriptures is not that important, it is cultural refinement that has great value. Culture is that which brings about refinement. Hence, Sankaracharya told them, "Neither my mother is going to leave me, nor I am going to leave my mother. My mother and I are one forever. Bodies are different but the principle of the Atma is the same in both of us." Sankaracharya cremated the body of his mother in the compound of his house. Even today people of Kerala cremate their dead in their compound because they feel that when such a great person like Sankaracharya has done it, they should follow the same practice.

Physically your mother may not be with you, but your love for her should remain the same. Summer Course on Indian Culture and Spirituality was being conducted at Brindavan (Bangalore) in May 1972. At that time, Easwaramma, the mother of this body, had also come with Me. One day, after her breakfast, she had a cup of coffee. Suddenly, she shouted, "Swami, Swami, Swami." I said, "I am coming, I am coming, I am coming." Then she asked Me to come quickly and I came to her immediately. She caught hold of My hands and breathed her last.

So long as there is life in the body, we should take care of it. When the life goes out of the body, it has no value. Truly speaking, who is the mother? It is the life principle that is the mother, not the body. Body is like a water bubble, mind is like a mad monkey. What for should we keep the body? Immediately, I asked for the car to be brought and sent her body to Puttapparathi. I remained in Brindavan. For the Summer Course, the students had come not just from one college but from various colleges of India. They all thought that Swami would not come to the class that day. But exactly at 9 o' clock, I entered the classroom smilingly. The students were surprised to see Me there. They all started thinking, "What is this? Swami's mother has passed away and He has come to the classroom!" Mother does not go anywhere. The body that was being addressed as 'mother' had left. But the mother is with Me only. Hence, there was no need to be sad. Therefore, I told the students to be happy and not to feel sorry that the mother of this body had left her mortal coil.

At that time, V.K. Gokak was also there. He was also surprised, thinking, "What? Swami is talking like this!". After all, what is this

body? It exists when five elements are there in it. Body is like a bag containing five elements. When the five elements leave the body, it becomes an empty bag.

*The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment whatsoever and is the eternal witness. Truly speaking, the indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem)*

We should attach significance to Dehi (indweller) and not to Deha (physical body). Everyone forgets the body when he goes to sleep. When you can forget it in your sleep, why can't you forget it forever? Hence, one should not have undue attachment with the body. All mothers and children should develop these feelings of detachment.

### Worldly Relations are Temporary

So long as the mother is alive, we should respect her, love her and make her happy in every possible way. There is no need to be sad when she leaves the body. Even here in Puttapparathi, people said, "What is this? Swami has sent the body of Easwaramma, but He Himself has not come!" What for should I go with the body? Body is only a vesture. It is like a leather bag. When the five elements leave the body, the five senses also go with it. Then why should we grieve over the lifeless body? I arranged for whatever was supposed to be done at the worldly level. I remained at Brindavan and conducted the summer classes happily. In this world, all the physical relationships are of our own making. Otherwise, who is related to whom? This relationship of mother and son is only at the physical level. The mother came, performed the task she was destined to perform and then left. I have to perform My duty. Therefore, I engaged Myself in the performance of the task for which I have come.

When we see the phenomenon of birth and death in this world, we can understand that the body is transitory and ephemeral. Do not ignore the well-being of the body. But we should not have undue attachment with the body. The relationship between husband and wife is there only after the marriage. Wife comes in the middle of your life but mother is there with you right from your birth. It is sheer foolishness to forget your mother who is with you since your birth and get entirely immersed in the love of your wife who comes in the middle of your life. Other relations like sons, daughters, grandsons, sons-in-law, etc., are also formed in the middle of one's life. In fact, all worldly relations are temporary; they come and go like passing clouds. You have connection with these relations so long as you exist. Where is the connection when you yourself are not there? Hence, do not form any relationships on the basis of the body. However, perform all duties which you are required to perform at the physical and worldly level with earnestness. Your conduct should be good and your actions should also be good. Never forget your mother; treasure her form in your heart. We come from the heart of our mother and our mother should always be in our heart. Therefore, neither your mother ever leaves you nor you should leave her. Mother and children are united with each other for ever.

Wherever you may be, keep your heart suffused with the feelings of love for your mother. Once Narasimha Murthy came to Me and said, "My mother has passed away." I asked him, "Who has passed away - your mother or her body?" Then I told him, "Your mother is here. I am your mother (loud applause). It is the body that dies. Body is like a water bubble. Bodies come and go. Therefore, you should have no worry about the death of the body of your mother. I am here with you. Ask Me whatever you would have asked from your mother; I will give (loud applause).

- From Bhagavan's Easwaramma Day Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 6th May 2008. (To Be Continued..)



## Attain Enlightenment By Renouncing Desires



*All the names and forms are but the manifestations of the Supreme Being,  
Who is Existence-Knowledge-Bliss, Absolute and non-dual.  
He is the embodiment of sathyam, sivam, sundaram (truth, goodness, beauty).  
(Sanskrit Verse)*

### Embodiments of Love!

On this sacred day of Buddha Purnima, we talk about Buddha and purnima (full moon). But we seldom enquire into Buddha's teachings, his virtues, and the exemplary way in which he led his life.

King Siddhodhana and his wife Mayadevi performed many spiritual austerities such as japa (soft repetition of the name), tapa (austerities), vratas (vows), and yajnas (rituals) for years together with an aspiration to have a son. They also consulted many astrologers. Siddhodhana had no peace of mind, because the worry of not having an heir to the throne haunted him day and night. At last their prayers were answered when Mayadevi gave birth to a son at Lumina.

Unfortunately, Mayadevi died soon after giving birth to her son who was named Siddhartha. Gautama, the second wife of Siddhodhana, brought up the child with loving care like her own son. That is why he was also called Gautam. The astrologers predicted that Siddhartha would not rule the kingdom; he would leave the kingdom and become a renunciant. The prediction of astrologers was always ringing in Siddhodhana's ears and caused him anxiety as he watched his son grow. He took all precautions to see that his son did not step out of the palace and get into the company of others, lest he should be influenced by them. Thus, he protected his son from the influence of others for twenty long years.

Siddhartha's yearning for Ultimate Truth One day, the parents of a girl came to Siddhodhana and expressed their wish to give their daughter in marriage to his son Siddhartha. The name of the girl was Yashodhara. Siddhodhana accepted their proposal and performed the marriage of Siddhartha with Yashodhara. Owing to their loving insistence, Siddhartha continued to stay with his parents in the palace even after the marriage. One year after the marriage, he begot a son, who was named Rahul. Both the husband and wife spent their time happily with their son.

In spite of all the comforts of the palace and happy married life, Gautam's mind became restless when he saw people afflicted with old age, disease, and death after he ventured out of the palace one day. One night, there was a sudden transformation in his mind. While his wife was fast asleep, he got up at midnight, caressed his son, and left for the forest. He had to undergo numerous hardships and difficulties in the forest. But he faced all ordeals with forbearance and determination. His parents were immersed in sorrow, unable to bear the pangs of separation from their son. Though Siddhartha was also undergoing a lot of anguish, he marched on his path of attaining self-realization.

During the course of his journey, he met a holy man. The holy man told him that because of his anguish was actually within him, and it was his anguish that was coming in the way of his self-realization. So saying, he gave him a talisman for protection and asked him to wear it around his neck. (At this point of time, Bhagavan materialized that talisman and showed it to the congregation amidst a thunderous applause). This was the talisman given by the sage to Siddhartha. When Siddhartha put it around his neck, all his anguish disappeared instantaneously. Till the last moment of his earthly sojourn, Buddha had the talisman

around his neck. When he shed his mortal coil, the talisman disappeared.

Siddhartha started doing intense penance, which went on for a long time. He kept questioning himself, "Who am I? Am I the body? Am I the mind? Am I the buddhi (intellect)? Am I the chitta (mind-stuff)?" He came to the conclusion that he was none of these. Ultimately, he experienced the truth, "I am I."

### Recognize the unity of all Creation

The Vedas declare, Aham Brahmasmi (I am Brahman) and Tattwamasi (That Thou Art). Even these two Vedic declarations state two things: I and Brahman, That and Thou. True wisdom lies in seeing oneness. Advaita darshanam jnanam (Experience of non-dualism is true wisdom). It is a sign of ignorance to see duality ignoring the underlying unity. Duality is not the truth.

In this manner, Buddha enquired deeply and ultimately got the experience of "I am I." That is true realization. You may do penance for many years, you may do meditation and perform many yogic practices. But all these spiritual practices give only temporary satisfaction, not everlasting bliss. Some people talk about meditation. Even Buddha advocated the practice of meditation. What is that you have to meditate upon? What is meant by meditation? Does it mean concentrating upon a particular object? No, no. That is not meditation at all. To contemplate upon the principle of "I am I" is true meditation. No other sadhana (spiritual practice) can match this. As long as you have the dualistic feeling of "you and I", you cannot experience unity. Buddha recognized the principle of unity and based his life on this truth. Under the direction of many yogis, he had performed various kinds of meditation and penance, but ultimately he found them to be a mere waste of time because none of these could lead him to the ultimate experience of oneness. He regretted having wasted his time in such a manner. One should find fulfillment in life by making proper use of time. This is the primary duty of man.

### Embodiments of Love!

Many people perform different types of spiritual practices such as japa (soft repetition of the name) and dhyana (meditation) without recognising the principle of unity. The tongue utters the name of Rama, but there is void in the heart. This is just waste of time. Instead of wasting your time in such a manner, undertake social service, seeing God in everyone. That is true spiritual practice. Recognize the innate divinity of all beings.

In creation, there appear to be two entities, you and I. But you and I are in reality one. Vyashti (individual) is a part of samashti (society), and samashti is a part of srishti (creation), which emerges from Parameshti (God). This Parameshti is Parabrahma Tattwa (principle of Brahman). That is the fundamental basis of the entire creation.

Buddhi is of two types. The buddhi that sees diversity in unity is worldly intelligence. Man should develop adhyatmic buddhi (spiritual intelligence) in order to realize the underlying unity of all creation. It gives you the experience of the Atmic principle, which is the same in the entire creation. Buddha attained the vision of the Atma. After this experience, he went on teaching that there existed only one divine principle in the world.

Buddham Saranam Gachchhami,  
Sangham Saranam Gachchhami,  
Dhammam Saranam Gachchhami.

- Excerpt From Bhagavan's Divine Discourse Buddha Purnima, Brindavan 13 May 2006.





## He Asked For It



When Babruvahana, the son of Arjuna, took hold of the horse that was to be sacrificed ceremoniously at the As'vamedha to be celebrated by the Pândavas, he did not know that it was his father who had come to retrieve the horse from captivity. When he knew that Arjuna had come, he moved forward and fell at his feet. When his mother heard about his quiet submission, she got enraged at his cowardice. "Being a Kshatriya, how could you yield the horse you have laid hands on, without a fight? Let him, even if it be your father, win it on the battlefield", she said. So, the battle took place between father and son and, believe it or not, Arjuna fell dead when the arrows of Babruvahana struck him on the chest.

The son lamented his fate and wept aloud at the calamity that he had inflicted on his mother and on the world. Just then, Ulupî, a naga princess from the nether world appeared there and comforted Babruvahana and the rest, she narrated the true story of the event, which showed that Arjuna had himself prayed for such an end.

During Kurukshetra battle, Arjuna had let loose the Brahmâstra, the most mortal of all lethal weapons, at Bhîshma and that had led to his ultimate death. But, instead of joy at the death of the mighty general of the Kaurava forces, Arjuna was overwhelmed by remorse. Now that he had himself caused his death, Arjuna cursed himself for having done so. He wished: "Let me be killed by my own son as compensation for this ungrateful act of mine". Ulupî described this background story and soon, revived Arjuna back to life, with the mysterious powers she had accumulated in the nether world. Every incident that looks absurd or wonderful, inexplicable or impossible that is mentioned in the Purânas has a deeper meaning and significance.

## 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, May 12 <sup>th</sup> – Padhuka Puja	10:00 am to 12:00 pm	Bolingbrook	630-819-9081
Wednesday, May 23 <sup>rd</sup>	07:30 pm to 08:30 pm	Hoffman Estates	847-519-1631

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

Role	Name	Phone	e-mail
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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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