

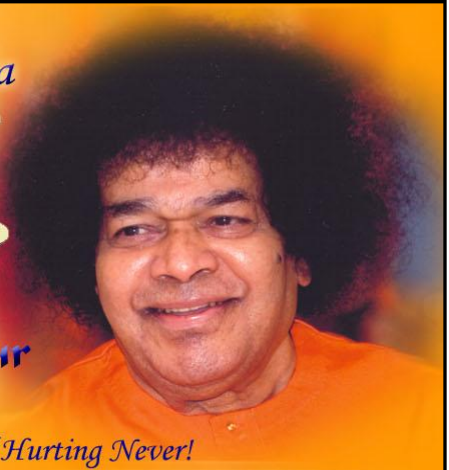
*Aum Sri Sai Ram*

*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!**

**November 10<sup>th</sup> Saturday and November 11<sup>th</sup> Sunday**

**Global Akhanda Bhajans** - 6.00 PM on Saturday to 6.00 PM on Sunday  
**Venue:** Manav Seva Mandir, 101 S Church St, Bensenville IL 60103

**November 23<sup>rd</sup> Friday 87<sup>th</sup> Birthday Celebration: 6:30 PM to 9:30 PM**

**Guest Speaker** – Brother Bharat Datt, Alumni of SSSIHL  
**Venue:** Garden Terrace Hall, 1000 Wellington Av., Elk Grove, IL 60007.

**November 24<sup>th</sup> Saturday 87<sup>th</sup> Birthday Celebration: 4 PM to 6 PM**

**Guest Speaker** – Brother Bharat Datt, Alumni of SSSIHL  
**Venue:** North Suburb Sai Center, 1801 Milwaukee Av., Glenview

**November 25<sup>th</sup> Sunday 87<sup>th</sup> Birthday Celebration: 9 AM to 1 PM**

**Guest Speaker** – Brother Bharat Datt, Alumni of SSSIHL  
**Venue:** Longfellow Center, 610 South Ridgeland Ave, Oak Park, IL 60304



Love All , Serve All

| Date             | Calendar of Events  |
|------------------|---|
| 11/10 – Saturday | 06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)<br>06:00 pm – 11:59 pm: Global Akhanda Bhajans for 24 (Manav Seva Mandir)  |
| 11/11 – Sunday   | 10:00 am – 11:00 am: Bingo with Residents of Berkley Nursing & Rehab Center in Oak Park<br>12:00 am – 06:00 pm: Global Akhanda Bhajans for 24 (Manav Seva Mandir)   |
| 11/17 – Saturday | 06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men’s Shelter (on Lawrence Ave.)<br>07:00 pm – 10:00 pm: Dinner Service Project at Jesus People USA Men’s Shelter (on Kenmore Ave.)  |
| 11/18 – Sunday   | 09:00 am – 01:00 pm: Sunday Center Program (Deepavali, Ladies Day, SSE Presentation)  |
| 11/23 – Friday   | 06:30 pm – 09:30 pm: 87th Birthday Celebration with Bharat Datt (Garden Terrace in Elk Grove)   |
| 11/24 – Saturday | 06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)  |
| 11/25 – Sunday   | 09:00 am – 01:00 pm: Continuation of 87th Birthday Celebration with Bharat Datt (Longfellow Center)   |
| 12/01 – Saturday | 06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men’s Shelter (on Lawrence Ave.)   |
| 12/02 – Sunday   | 06:00 pm – 08:00 pm: Dinner Service Project at Sarah’s Circle Women’s Shelter (on N. Sheridan Rd.)  |
| 12/02 – Sunday   | 09:00 am – 01:00 pm: Sunday Center Program  |
| 12/08 – Saturday | 06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)  |
| 12/09 – Sunday   | 09:00 am – 01:00 pm: Sunday Center Program  |
| 12/09 – Sunday   | 10:00 am – 11:00 am: Bingo with Residents of Berkley Nursing & Rehab Center in Oak Park   |
| 12/15 – Saturday | 06:00 pm – 09:30 pm: Dinner Service Project at Northside Housing Men’s Shelter (on Lawrence Ave.)   |
| 12/15 – Saturday | 07:00 pm – 10:00 pm: Dinner Service Project at Jesus People USA Men’s Shelter (on Kenmore Ave.)   |
| 12/16 – Sunday   | 09:00 am – 01:00 pm: Sunday Center Program  |
|                  | <p><b>Sunday Center Schedule:</b><br/>                     09:00 am – 09:30 am: Center Setup<br/>                     09:30 am – 10:25 am: Study Circle<br/>                     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> |



## Namasmarana Is The Greatest Sadhana In Kali Yuga



Continued from September 2012 issue of WATCH  
[http://r05i1002ct.saimedia.org/WATCH/2012/WATCH\\_Sept\\_2012\\_WV.pdf](http://r05i1002ct.saimedia.org/WATCH/2012/WATCH_Sept_2012_WV.pdf) .

*Due to the absence of fear of sin and love for God, humanness has declined in human beings. This is detrimental to universal peace. (Telugu Poem)*

One may be a simpleton without any intelligence or intellectual capabilities, but if one has fear of sin it is enough. You may have any amount of wealth, gold and worldly possessions but if you lack fear of sin, you can only be considered as an ignoramus. Once Prahlada told his father, "Why do you kill innocent people just as you hunt wild animals in the forest? You are indulging in acts of violence in order to expand your kingdom. What do you gain by killing so many people? This is not what you are supposed to do. How can one, who has become a slave to inner enemies, conquer his external foes? You have many great enemies within you. What are they? They are Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy). Having surrendered to these six inner enemies, you are killing innocents outside. It is a great sin." First and foremost, you should kill your inner enemies like Kama, Krodha, Dwesha, etc. only then can you develop fear of sin. What is the reason for the unrest prevailing in the country today? The reason is lack of fear of sin and love for god. There is unrest and agitation wherever you see, either in the forest or on the top of hills, either in the towns or in the villages. All of you know, if there is only one bangle in the hand, it does not make any noise. But as soon as you have another bangle, they will start making noise. Similarly, wherever two people come together, there is unrest and agitation. Due to the impact of Kali Age, forbearance, sympathy, friendship, compassion and kindness have become extinct. Everywhere there is only selfishness and self-interest.

Students today should take a pledge to work for the welfare of society and protection of the country at large. Then only their education can become worthwhile. You can attain peace only when you serve the country. You are born and brought up in society. The help and encouragement that you receive from society is responsible for your progress. Therefore, you should serve society and express your gratitude to it.

### Help Others to the Extent Possible

When you speak good words, you can win the trust of others. Emperor Bali said to his guru that there was no greater sin than going back on one's promise. He even disregarded the advice of his guru in order to adhere to truth. When Vamana asked Bali for three steps of land, his guru Sukracharya cautioned him, saying, "oh Bali! He is not an ordinary person, but lord Narayana himself. You will become a pauper if you give him the three steps of land that he has asked for." Bali replied, "Swami, when god himself has stretched his hand before me to beg, who am I to deny? I will certainly fulfill my promise. I don't care what my fate would be. It is my great good fortune that my hand is above his hand. Can there be any greater good fortune for me than this? I am prepared to do anything to attain this blessedness."

Your honor lies in keeping up your word. Youth is like a passing cloud which comes and goes. Neither it is there in the beginning nor will it last till the end. It comes and goes in the middle like running water under the feet. Keeping in view the future and welfare of society, develop unwavering vision and steady mind. Not only this, you should bring a good name to your parents. They work hard and bear all types of difficulties for your welfare and progress. Their only desire is that you should study well, come up in life and earn a good name. Therefore, you should make efforts to give them peace and happiness

### Students!

Whenever any thought arises in you, you should use your power of discrimination and enquire, whether it is good or bad, right or wrong. Only then should you act upon it. Do not act in haste. Haste makes waste, waste makes worry. So, do not be in a hurry. Take your time and enquire before doing anything. However, this does not mean that you should unnecessarily waste time. Time is god.

*There is nothing great in helping those who have helped you. He is a noble one who helps even those who have harmed him. (Telugu Poem)*

### Tips to Control Anger

Always have good feelings and good thoughts towards everyone. However, you should conduct yourself with great caution as per the demands of the time and situation. Learn to talk softly, sweetly in a pleasing manner. It is only for your own satisfaction and not for others. At times, you are overpowered by anger which creates great agitation in your mind. But you should make efforts to calm it down. Do not act immediately in a fit of anger.

*Oh noble one! There is no Yuga like Kali Yuga because one can attain liberation in this Yuga merely by chanting the Divine Name. (Sanskrit Verse)*

Chant the Divine Name and Attain Bliss There is nothing greater than the chanting of the Divine name in this Kali Age. This is the best medicine for all worldly ills. Dhyana, Yajna and Archana (meditation, sacrifice and worship) are prescribed as the primary means of liberation in Krita, Treta and Dwapara Yugas respectively. Namasmarana is the easiest path to liberation in this Kali Yuga. Therefore, people born in this Yuga are more fortunate than those that lived in the other three Yugas. But, unfortunately, people today are not able to follow such an easy path. You are unable to sit steadily even for a couple of minutes. Then what sort of penance can you perform? It is impossible. Therefore, take refuge in Namasmarana. There is no greater Sadhana than this.

Once sage Narada approached lord Narayana and prayed to him to explain the efficacy of Rama Nama. "Narada! Look, there is a parrot on the tree. Go and ask the parrot to chant Rama nama once," said Narayana. obeying his command, Narada went to the parrot and asked it to chant the name of Rama. The moment the parrot heard the Divine name of Rama, it dropped down dead from the tree. Narada went back to Narayana and said, "oh lord! As per Your command, when I asked the parrot to chant Rama nama, it breathed its last." Then Narayana said, "oh Narada! Do not worry about the death of the parrot. Just now, a cow has given birth to a calf. go and ask the calf to chant the name of Rama." Narada was afraid lest the calf should also meet the fate of the parrot. however, obeying the command of Narayana, he asked the calf to chant the Divine name of Rama. As soon as the newborn calf heard the name of Rama, it also dropped down dead. When Narada informed the matter to Narayana, he again commanded him to go to the palace of a king who was blessed with a son and ask the prince to chant the Divine name of Rama. Narada was fear-stricken, but Narayana insisted that Narada should obey his command. Narada went to the palace and asked the newly-born prince to chant Rama nama once. The prince saluted sage Narada and informed him that by the mere listening to Rama nama just once, he was transformed from a parrot to a calf and from a calf to a human being as a prince. he expressed his gratitude to sage Narada for initiating him into Rama nama. Thus, Divine name confers human birth, which is considered a rare gift.

(Bhagavan concluded his Discourse with the Bhajan, "Hare Rama Hare Rama Rama Rama Hare Hare")

- From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 12th July 1996. 2



## Experience Divinity Within In Total Silence



### *Embodiments of Love!*

You are very well aware of the present condition of the world. There is no scope for talking about God. Today Dhanam (money) is considered as Daivam (God). In such a situation, how can Dharma (righteousness) prevail in the world?

### **Principle of Love is Changeless**

#### *Embodiments of Love!*

There is no other path except that of love to attain God. Love is God, God is love. But people do not understand what love is. They consider attachment to all that is worldly and material as love. Out of their selfishness, they love worldly objects and materials. So, man's love today is tainted with selfishness. There is selfish motive behind whatever he does. How can then man have the vision of God who is the very embodiment of selfless love? Love is present in all beings, right from a Pamara (ignorant person) to a Paramahansa (realized person). How can one describe such a principle of love?

Ego and pomp have become rampant today. Desires have become limitless. Man's heart is filled with selfishness, and compassion has no place in it. That is the reason why he is unable to have the vision of the Atma and experience bliss. I always speak about the principle of love. I do not know anything other than love (loud applause). When divinity is uniformly present in all, how can you share your love with some and deny it to others? How can anyone say, "Love this and not that"? God has no specific form. But if you firmly resolve to see God and make sincere efforts, God will assume a form and manifest before you.

There is love in every one of you. What is the form of love? What is the nature of love? When we analyze carefully, we will realize that love is not limited to human beings alone but is present in all living beings. Every being is endowed with the quality of supreme divine love. One has to give up enmity and cultivate unity and purity in order to understand this truth. Love cannot be explained in words. How can you describe it? It can only be experienced and enjoyed. The experience of love confers bliss on us. Hence, we can say that bliss is the form of love.

#### *Embodiments of Love!*

Everything in this world is bound to change except the principle of love. Love is the only true and eternal path which will lead you to divinity. Divinity pervades each and every limb of the human body. It can be visualized only when we understand the principle of oneness. People attribute various names and forms to God. In fact, God should not be confined to a particular name and form. God is beyond all attributes and transcends all names and forms. Divinity is present in all in the form of love but each one experiences it in his own way. People imagine a particular form of divinity. They think divinity is limited to a specific name and form. That is why they are unable to experience it.

One whose heart is filled with love will see the manifestation of divinity everywhere. It is a mistake to think that Nature is different from God. People give various names to divinity based on their own experience. Jewels are many but gold is one. Likewise, names and forms are different but divinity is one. Where does gold come from? It comes from the earth. Similarly, God manifests in human body. Daivam Manusha Rupena (God incarnates in the form of a human being). Hence, consider everyone as divine. Sahasra Seersha Purusha Sahasraksha Sahasra Pad (The Cosmic Being has thousands of heads, eyes and feet). All heads, all eyes and all feet are His. Such transcendental divinity can be experienced only in absolute silence and in solitude. There lies hidden sacred divine power in

in the depth of total silence. The tongue is given to you not to indulge in vain gossip. That is why the ancient sages and seers practiced Mounam (silence). It is possible to experience God only in the depth of silence. However, we should understand the true meaning of silence. Silence does not mean merely refraining from speech. It is much higher than that and includes the mind also. The transcendental nature of divinity cannot be described in words. It is beyond the grasp of the mind.

### **Focus your Mind only on God**

Whatever you see in this world is the manifestation of truth. When divinity is all pervasive, how can there be untruth? But you are unable to realize all-pervasiveness of divinity. Turn your vision inward and observe absolute silence. Only then can you realize all-pervasive divinity. Mere intellectual exercise will not help you in this regard. Whatever you see, hear and experience is the manifestation of divinity. Only God exists everywhere. Such being the case, is it possible to attribute a particular name and form to Him? He is present in all forms. When we experience the principle of oneness, we will be immersed in bliss. Hence, we can say that bliss is His form.

Nityanandam, Parama Sukhadam,  
Kevalam Jnanamurtim, Dwandwateetam,  
Gagana Sadrisham, Tattwamasyadi  
Lakshyam, Ekam, Nityam, Vimalam,  
Achalam, Sarvadhee Sakshibhutam  
(God is the embodiment of eternal bliss, He is wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the Mahavakya Tattwamasi, the one eternal, pure, unchanging, the witness of all functions of the intellect).

#### *Embodiments of Love!*

When God is all-pervasive, where is the need to go in search of Him? You should make efforts to experience your innate divinity by observing total silence and turning your vision inward. You can experience divine bliss only in absolute silence. That is why it is said, "Silence is golden".

God is present in all forms. All names and forms are His. The Vedas state the same principle when they declare: "Sahasra Seersha Purusha..." Various types of jewels are made out of gold. Likewise, God has assumed all the names and forms that we find in the world. Hence, you should develop faith in the existence of God. If you make sincere efforts, you can certainly realize Him. Many spiritual aspirants in the past could have the divine vision by their intense Sadhana and by going into total silence. One has to annihilate the mind in order to have the vision of God. You cannot experience divinity until and unless you transcend the mind.

Today people conduct enquiry and research into various aspects of the world. But divinity cannot be experienced with such enquiry and research. Select a divine form of your choice and contemplate on it. When you focus your mind on the divine form, your mind gets transformed completely and becomes one with divinity. Today man's mind keeps wavering from moment to moment. Do not rely on such a wavering mind. Instead, rely on divinity which is steady and changeless. Once you fix your mind on a divine form of your choice, never change it. Close your eyes and contemplate on it. Only then can you experience divinity.

(To Be Continued/-).

- 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.





## You Cannot Paint the World Green



Before you experience the divine in every being in the universe and in every cell and atom, you have to experience it in yourself. Each act, words and thought must be charged with that awareness. There was a millionaire once who was bothered by two aches, one in his stomach and the other in his head! He was diagnosed and treated. He was examined and treated by a galaxy of medical experts; he consumed heavy loads of drugs, and underwent centuries of injections. But the aches persisted with greater vigor than ever before! At last, a Swami arrived at the scene of his agony. He spoke very kindly to him, and pronounced the fault to be in his eyes! Set right the eye, and the head on top and the stomach below, would both behave very sweetly! To improve the eye, concentrate on only one color. Concentrate on green, he suggested. Do not let your eyes fall on red or yellow, or any other color.

The millionaire got together a group of painters and purchased barrels of green color and directed that every object on which his eye was like to fall be painted thick green. Just as the ashtagraha calamity (the ominous astrological phenomenon of eight heavenly bodies reaching a straight line in space, which was sought to be avoided by superstitious persons through ceremonials of exorcism) resulted in a rich harvest for priests, the millionaire's malady resulted in a rich harvest for paint-craftsmen. When the Swami came back to him after about ten days, the craftsmen ran toward him with a bucket of green paint for he wore a red gown! He wondered why, and got the answer that their master dare not cast his eye on any color other than green, lest the aches may return. The Swami reprimanded the patient, and said that he had wasted lakhs of rupees as a result of his monumental stupidity. "If only you had purchased a pair of green spectacles, worth perhaps four rupees, you could have saved these walls and trees and pots and pans, and chairs and sofas and also a pretty large share of your fortune! You cannot paint the world green".

### 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, November 17 <sup>th</sup> – Padhuka Puja | 10:30 am to 12:30 pm | Bolingbrook            | 630-819-9081                |
| Friday, November 23 <sup>rd</sup> – Birthday       | 06:30 pm to 09:30 pm | Elk Grove Village      | 312-970-0857                |

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

| Role                             | Name                      | Phone        | e-mail                    |
|----------------------------------|---------------------------|--------------|---------------------------|
| President:                       | Shankar Uppala            | 708-642-1400 | uppalarao@yahoo.com       |
| Vice-President:                  | Anand Girap               | 630-730-4849 | argsscmcvp@gmail.com      |
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| Bookstore & Library Coordinator: | Rani Sanka                | 847-478-1475 | ranisanka@yahoo.com       |
| Study Circle Coordinator:        | Suriya Sastri             | 630-842-9214 | ssastri@hotmail.com       |
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