

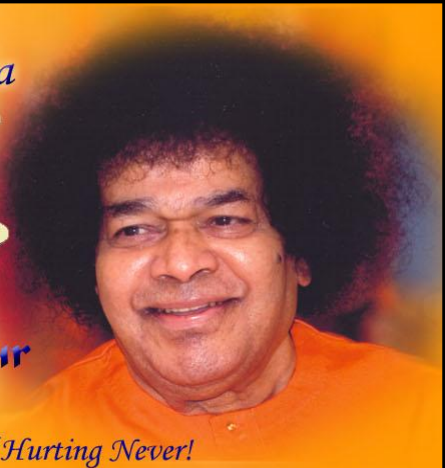
*Aum Sri Sai Ram*

*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 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:** Omnipresent SAI – Universality through Thought, Word, and Deed

**September 29<sup>th</sup> Saturday Bread Truck Project**  
**Preparation Time:** 6 AM to 9 AM  
**Delivery Time:** 9 AM to 3 PM  
**Venue:** Please call 312-970-0857 for location and directions



Love All , Serve All

Date	Calendar of Events
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)
09/15 – 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.)
09/16 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
09/22 – Saturday	06:00 am – 08:00 am: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)
09/23 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
09/29 – Saturday	06:00 am – 09:00 am: Bread Truck Project. Please call 312-970-0857 for location and directions 09:00 am – 03:00 pm: Bread Truck Delivery
09/30 – Sunday	09:00 am – 01:00 pm: Sunday Center Program
10/06 – 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.)
10/07 – 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>



## Namasmarana Is The Greatest Sadhana In Kali Yuga



*Oh noble one! Just as a powerful army is the life of a fort, honor is the life of a woman and signature is the life of a promissory note, truth is the life of speech. (Telugu Poem)*

### **Safeguard humanness with purity, patience and perseverance**

Forgetting this principle amounts to forgetting humanness itself.

Students!

When you have to speak something, speak according to the requirement of time and circumstances. speak with humility in such a way that you do not hurt others. never utter harsh words. Moreover, you should not tell something untrue just to please someone. Whether others like it or not, adhere to truth in letter and spirit. speak with conviction. only then will you be respected in society. Uphold the respect of individual, society, nation and human race at large. speech is the basis for all this. consider speech as your life-breath.

### **Truth is the Ornament of Speech**

Do you know what for tongue is given to you? is it to indulge in vain gossip? no, no, tongue is given to you to speak truth. Truth is the ornament of speech as charity is the ornament of hand. good conduct is the life-breath of man. But man uses his faculty of speech in an arbitrary way, utters falsehood and thereby loses respect in society. What is the true ornament of man? Truth is the ornament of man. The scriptures say, Sathyam Bruyath, Priyam Bruyath, Na Bruyath Sathyamapriyam (speak truth, speak pleasantly and do not speak unpalatable truth), Sathyam Vada, Dharmam Chara (speak truth, practice righteousness). These two principles are the cornerstones of Indian culture. You should purify your hearts and refine yourselves by following these two principles.

Peace is the ornament of noble souls. Truth is the ornament of man. Bliss is the ornament of god. Man can attain supreme happiness only in the contemplation of god. Worldly and physical happiness is momentary. it is not true happiness. Under the influence of pride of wealth and power, man takes to several evil ways. But wealth and power are just like passing clouds. Whether it is physical power or mental power or power of wealth, everything is temporary.

*One may have physical prowess and the power of intelligence, But one will come to grief if one lacks divine grace, Karna was a great warrior but what was his fate? Never forget this truth. (Telugu Poem)*

Karna had physical power, power of intellect and power of weapons. in fact, he was endowed with all powers. he was much superior to Arjuna in all these respects. Arjuna also did not possess the quality of generosity that Karna had. Karna would never go back on his word. Though he was endowed with all virtues and spirit of sacrifice, he became one of the four wicked Kauravas (Duryodhana, Dussasana, Sakuni and Karna) as he could not go back on the promise given by him to wicked Duryodhana. Tell me your company, I shall tell you what you are. Wicked qualities enter you when you associate yourself with wicked people. similarly, when you are in good company, you imbibe good qualities. Coal shines like fire when it comes in contact with it. As is your company, so you become. As is the flour, so is the Chapati. As is the food, so is the belch.

### **Desire and Greed Cause Man's Downfall Students!**

The wound caused by a fall heals with time but the wound caused by harsh words can never be healed. Consider truth as your life-breath. When you speak to your parents, friends and elders, you should make sure that your speech is suffused with truth

Hanuman was the minister of Sugriva. He came to meet Rama and Lakshmana on the instructions of Sugriva. Rama was very much pleased with the soft and sweet manner of hanuman's speech. he said to Lakshmana, "Dear brother, he is endowed with peace, virtues and valor. His peace is reflected in his speech. his virtues are evident in the respectful manner he is conducting himself. his valor is obvious in the way he has come down from the top of the mountain Rishyamuka in the twinkling of an eye." Man's good or bad qualities are revealed in his speech.

You all know, there is widespread prevalence of wickedness and injustice in the world today. All this is due to the influence of Kali Age. Man today is bogged down by desire and greed. he has unlimited desires. There is nothing wrong in desiring things which are necessary for daily life. We need certain things in order to maintain the dignity and honor of our family. it is our duty to safeguard the honor and welfare of society. The honor of society is the honor of the country. First comes individual, then society and thereafter nation. Therefore, students should first develop individual character. This imparts value and respect to an individual. Thereafter, you should uphold the honor of your family. in ancient times, people used to give great importance to the honor of the family in matrimonial alliances. But today nobody bothers about the character of the individual or the honor of the family. it is natural for man to have noble desires keeping in mind individual character, honor of the family and welfare of society.

Secondly, man today is obsessed with greed. it is not possible to say how many people have lost their lives because of their greed. Wherever we see today, virtues and friendship are not being valued; only money has become most important for man. so many people accumulate enormous wealth. But where does all their wealth go? What are they doing with it? Do they spend it for any good cause or charitable purpose? Do they use it for providing education and health facilities to the poor? nothing at all. Were there not so many kings who accumulated wealth and earned great name and fame? Where are they now? They did not take with them even a fistful of sand when they departed from this world. however, there is nothing wrong in earning money to meet our essential needs in our day-to-day life. You think the education that you acquire is meant only to earn money.

*You may boast of amassing great wealth but you cannot attain even an iota of peace with it.*

*You may boast of high education but it cannot help you to attain even a little peace in this world. (Telugu Poem)*

This is the 'greatness' of modern education! it only promotes vain argumentation, which gives rise to enmity but not peace. Therefore, it is not good to indulge in argumentation.

There are three P's that man has to develop to safeguard his humanness - Purity, Patience and Perseverance. These are the three essential human values. When you have purity, you will attain Sathya and Dharma and experience bliss by practicing them. When you have patience, you will have righteous conduct and observe non-violence. When you have perseverance, you will attain all the human values. When there is love and righteousness in you, you will never resort to violence. one who has truth and peace will never feel agitated in any situation. even if you have only one of these four human values, namely, Sathya, Dharma, Santhi and Prema, you will certainly observe nonviolence. There is no need to make any special effort to develop non-violence. it is enough if you have at least one of these four human qualities.

**(To Be Continued...)**

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



## Educare Makes Our Innate Virtues Manifest



Continued from September 2012 issue of WATCH

[http://r05il002ct.saimedia.org/WATCH/2012/WATCH\\_August\\_2012\\_WV.pdf](http://r05il002ct.saimedia.org/WATCH/2012/WATCH_August_2012_WV.pdf) .

We should have such teachers who are capable of imparting not only worldly education but can also guide us on the path of educare. This is the type of education that is provided to the students who join our university, where education is combined with educare. You all know that the first Vice Chancellor of our university was V.K. Gokak. I knew him even before our university was established. He always contemplated on the name of Swami and learnt many things from me. Both he and his wife had single-minded devotion for Swami. Whenever I visited their house, they used to take me first to their Puja room. Gokak was a very pure-hearted and noble person. Such a noble person became the first Vice Chancellor of our university. Our boys today are enjoying the fruits of all the hard work done by him. He implicitly carried out the command of Swami in letter and spirit. His eldest son Anil Gokak also became the Vice Chancellor of our university. He imparted many noble teachings to the students. Whenever he had any doubt, he used to come to Swami and Swami would clear his doubt. Anil Gokak is the worthy son of his great father. Today he has completed his three years term as Vice Chancellor and is relinquishing the charge of his post. At the physical level, he may be leaving the university but mentally he will always be here. Both he and his wife are ardent devotees of Swami. We think that we are giving them farewell and sending them away. But, in fact, neither we are sending them away nor they are going away from us. Wherever they may go, the sweet memories of our university will always remain imprinted on their heart. Their thoughts are always focused on Swami and Swami is with them forever (loud applause). In this sense, they are always present here and not away from us. You may think that we are giving them a send-off today. No, not at all. Here we have only welcome, welcome, welcome and no send-off! Therefore, I have told them that they should come here from time to time, wherever they may go. Their entire family is united in devotion to Swami from the very beginning. Wherever they are, Swami is firmly installed in their heart. Physically, they may be away from me, but mentally they are always united with me. He is mine and I am his. I have told him, "You and I are one" (loud applause). Not only Anil Gokak, but all of you are not separate from me.

### Develop Faith in your Divinity

You think you are all separate individuals. Individually, you may be separate, but collectively all of you are in me. That is why the Vedas say, Easwara Sarva Bhutanam (God is the indweller of all beings). Isavasyam Idam Jagat (the entire world is permeated by God). Right from a small ant, all are the embodiments of divinity. Therefore, there is nothing in this world which is not divine.

*The creation emerges from truth and merges into truth,  
Is there a place in the cosmos where truth does not exist?  
Visualize this pure and unsullied truth.  
(Telugu Poem)*

Everything is God. It is He who punishes and protects. Never think that others are punishing you. Whatever small or big task you undertake, it is all directed by the Divine Will. Hence, you should consider even those who harm you as your own. All are one, be alike to everyone. Physical bodies and feelings may vary but the same principle of Atma is present in all. Atma is indivisible. Like the sun, Atma is the same everywhere whether it is America, India, Japan, Germany or Pakistan. Now it is daytime here, but in America it is night at this time. Does it mean that sun is only here and not in America? No. The sun is here and there also. Only it cannot be seen at all places simultaneously due to the rotation of earth. Wherever you see, there is only one sun and one God.

God is everywhere. You need not search for God. He is within you. You should have faith that God is in you, with you, around you, above you and below you. Those having such firm faith will find God wherever they see. When you chant the name of Rama or Krishna, keeping their form in your mind, you will certainly have their vision. When you chant Gayatri Mantra, it will confer on you all that you need. In fact, chanting of only Om is enough. It can meet all your requirements. Never have the feeling that God is away from you. How can you live if God is away from you? Therefore, think that you are always one with God. God is also known as Ardhanareeswara (androgynous). It means the union of Prakriti (Nature) and Purusha (Supreme Being). Man is subjected to all sorts of troubles because he is more attached to Prakriti. Therefore, man should not consider Nature as mere Nature, but as the manifestation of God. In this way, he should develop the feelings of oneness with Nature. You should not think that God is separate from devotees. Never think, "He is God and I am His servant." You are not a mere devotee, and God is not separate from you. He is God and you are also God. You should always have the faith, "I am God, I am God, and I am God."

Names are given just for the sake of identification; they are not your true identity. Truly speaking, you are bound to give up your name and form one day or the other. But the Atma is eternal. Therefore, you should experience the oneness of the Atma. Once you give up the feeling of 'I and mine', you become God yourself. You say, "This is my body." Then, who are you? You can say, 'my body' only when you are separate from it. Therefore, you are not the body, you are not the mind. Your body, mind and senses are the gift of God to you to realize the unity of creation. God is the controller of the entire creation. He is, in fact, the underlying unity of all creation. When you fill one thousand pots with water, you will find the reflection of the sun in each of them. But this does not mean that there are thousands of suns. When you throw away the water, you do not see any reflection of the sun. Likewise, if you give up the feeling of 'I and mine', you can get rid of ego, and thereby realize the oneness of God. God is one, goal is one. Therefore, you should always think that everything is God. Whatever good or bad, profit or loss happens, consider it as the Will of God.

Our students are also very good. Some students of outside colleges are problematic. There can be no comparison between them and our students (loud applause). Our students do not join their company. This does not mean that they hate anybody. No, they have no hatred towards anyone. They conduct themselves with love, obeying Swami's command. Wherever they go, our students always maintain their uniqueness. Spirituality is like the head. All the limbs function under the command of the head. This is My message to you today. There should be unity of thought, word and deed. You should speak what you think and do what you say. When you observe the unity of thought, word and deed, you will become the embodiments of Divine Trinity (Brahma, Vishnu, and Maheswara). In fact, this is true humanness. Human quality lies in the unity of all the three. Unity does not mean a number of people forming a group. Unity of thought, word and deed is the real unity. That is true educare. We need not read any textbook to achieve this. Your heart is the textbook which you should follow. Only then will you become good boys and good people. Good people are God people. Do not think that you are merely a student. You are a student from the physical point of view. But at the spiritual level, you are God.

Today Anil Gokak is leaving our university. But he will surely come back. Wherever they are, they are Mine and I am theirs. This is our intimate relationship. Be good and welcome the new Vice Chancellor Vishwanath Pandit with all love, respect and happiness.

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



## Krishna is the visualization of the Âtmâ



The Krishna whose advent you should celebrate, is not the cowherd boy who charmed the village folk with His flute, but, the Krishna, the indefinable, inscrutable, divine principle that is born in the navel of the body (Mathurâ) as the product of the energy (Devakî), that is then transported to the mouth (Gokulam) and fostered by the tongue (Yas'odâ) as its source of sweetness. Krishna is the visualization of the âtmâ that the repetition of the name grants; the vision that was gained by Yas'odâ. You must foster that Krishna on your tongue; when he dances on it the poison of the tongue will be rejected completely, without harming any one, as happened when as a child He danced on the hoods of the serpent Kâliya.

Yas'odâ traces Krishna to the place He hides in, by the footprints He leaves, when He has broken the curd-pot, which she was churning. This is a symbolic story to illustrate how the Lord breaks our identification with the body and leads us on to Himself, by signs and signals that He provides all-round us. These signs are ever present in the nature around each one of us, in the beauty of the rising sun, the ecstasy of the rainbow, the melody of the birds, the lotus- spangled surface of lakes, the silence of snow-crowned peaks - in fact, since god is rasa, sweetness, ecstasy, all nature, which is but Himself in action, is sweet and ecstatic. With or without form, it is ananda. Welcome it into the heart as Râma - He who is joy and grants joy, or as Krishna - He who draws you by means of the joy He imparts - and, live all your moments with it, offering your dhyana, your puja, your japa. That will open the doors of jñâna and of liberation. This is the mark of the wise, while those who are otherwise wander in the wilderness, filling their moments with meaningless trifles, toys and gew-gaws.

### 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
Sunday, September 23 <sup>rd</sup>	06:00 pm to 07:00 pm	Vernon Hills	847-680-3211
Saturday, September 15 <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
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