



Every Act of Lord has Significance



Krishna humbled Arjuna's pride during the war in an interesting manner. About the end of the war, one evening, Arjuna felt proud that Krishna was his charioteer and his 'servant'. He felt that as master, he should get down from the chariot after Krishna and not before Him. So, that day he insisted that Krishna should get down first. But, Krishna was adamant: Arjuna must come down first, He said. After wasting a long time, pleading and protesting and praying, Arjuna got down, very unwillingly, swallowing his pride. Krishna then came down, and, immediately the chariot went up in flames! Krishna explained the reason. The incendiary arrows and missiles that had struck on the chariot were powerless so long as He was on it; but, when His presence was no longer there, they set the chariot on fire. Thus, Krishna showed that every act and word of the Lord had significance and a purpose, which mortals cannot gauge. Egoism is a tough enemy and it requires constant vigilance to conquer it.

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, June 15 th – Padhuka Puja | 10:30 am to 12:30 pm | Bolingbrook | 630-819-9081 |
| Sunday, June 23 rd – Bhajans | 05:00 pm to 06:00 pm | Elk Grove | 847-352-1894 |

For more information, please contact any of the Center Officers

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|----------------------------------|---------------------------|--------------|------------------------------|
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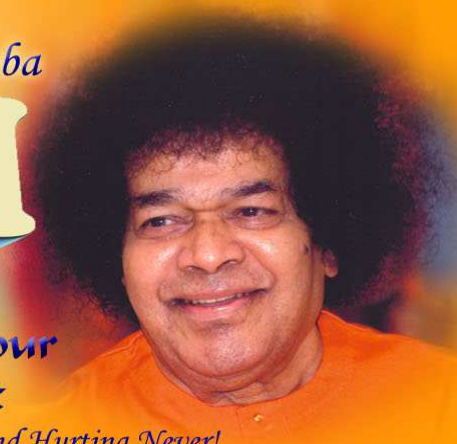
Aum Sri Sai Ram

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!

Sunday, June 16th, Mini-Retreat - Prof. G. Venkatraman as Guest Speaker

Retreat Theme: "Humanity at Cross Roads"

Time: 9:30 AM to 4:00 PM **Venue:** Ramada Inn
780 North Avenue, Glendale Heights, IL 60139

Saturday, June 29th, Bread Truck Project

Time: 7:00 AM to 9:00 AM Sandwich and Lunch Bag Preparation
9:00 AM to 11:00 AM Lunch Bag Delivery to Bread Truck

Venue: Details to Follow

Saturday, July 20th, and Sunday, July 21st, Guru Poornima Celebrations

Special Program with Dr. Mohan Kollengode as Guest Speaker

Saturday: 3:00 PM to 6:00 PM **Venue:** North Suburban Center
Sunday: 9:30 AM to 1:00 PM **Venue:** Details to Follow



Love All , Serve All

| Date | Calendar of Events |
|------------------|--|
| 06/08 – Saturday | 06:00 AM – 08:00 AM: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.) |
| 06/09 – Sunday | 10:00 AM – 11:00 AM: Bingo with Nursing Home Residents (on North Ave., Oak Park) |
| 06/15 – Saturday | 06:00 PM – 09:30 PM: Dinner Service Project at Northside Housing Men's Shelter (on Lawrence Ave.) 07:00 PM – 10:30 PM: Dinner Service Project at Jesus People USA Men's Shelter (on Kenmore Ave.) |
| 06/16 – Sunday | 08:00 AM – 04:00 PM: Mini-Retreat and Full-Day Satsang with Prof. G. Venkatraman No Center Activities at Long Fellow Center |
| 06/22 – Saturday | 06:00 AM – 08:00 AM: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.) |
| 06/29 – Saturday | 07:00 AM – 09:00 AM: Bread Truck Project – Sandwich Preparation (Location Details to Follow) 09:00 AM – 11:00 AM: Bread Truck Project – Delivery of Sandwiches (Location Details to Follow) |
| 07/06 – 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.) |
| | <p>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</p> <p>Ongoing service projects on Sundays:</p> <ul style="list-style-type: none"> • 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.) |



Prasanthi Vahini



Man must always have calm thoughts. Then only can his mind have equanimity. It is just a question of the discipline of the mind, difficult in the beginning, but once mastered, capable of conquering all troubles and worries. An unruffled mind is very necessary for every aspirant who is marching forward. It is one of his beneficial qualities. Such a mind gives real strength and happiness. Strive to gain it, though you may fail even in seven attempts. You are sure to succeed in the eighth if you refuse to be despirited. The story of Bruce who drew inspiration from a spider, and won the honours of victory at the eighth attempt, is worth remembering.

What is it that gave him the victory? Santhi, the unruffled mind. He did not yield to despair, cowardice or helplessness. He was calm throughout, and he secured success. Even if calamity befalls, the sadhaka should not lose heart. The mind must ever be pure, untarnished and calm, full of courage. No weeping for the past, no faltering in the performance of the task at hand, that is the mark of a sadhaka. Be prepared to have gladly any obstacle in the path. Only such can realise the goal. Elation at profit, joy and cheer; dejection at loss and misery, these are the natural characteristics common to all mortals. What then, is the excellence of the sadhaka? He should not forget the principle: Be vigilant and suffer the inevitable, gladly. When difficulties and losses overwhelm you, do not lose heart and precipitate some action; but meditate calmly on how they ever came to be. Try to discover some simple means of overcoming them or avoiding them, in an atmosphere of santhi.

When the blow is directed to the head, see that the turban alone gets it, this is the mark of keen intelligence. Santhi is essential for this sharpness of intellect. Haste and worry will confuse the intelligence. Santhi develops all the beneficial characteristics of man. Even farsightedness grows through santhi. Through that, obstacles and dangers can be anticipated and averted.

Sadhakas have to pay attention to some subtle points here. He has some special problems, viz., his failings, mistakes, drawbacks, etc. The *Ichchasaakthi*, or the Will to Feel can be so purified and strengthened that these failings will never more be recollected. If thoughts run after the failings and begin to dwell on how they came about, when they came about, etc., you are prone to commit a few more. Once they have been recognised as failings, why worry about their birth and ancestry? Allow your mind to dwell on good things, instead. Of what profit is it to spend time on things that are no longer necessary? Do not think of them any more. The sadhaka will find this attitude useful.

If the sadhaka is unsuccessful in following one discipline, he has to seek and know the cause of his defeat. This analysis is necessary. He must then see that, in the second stage, the trait is not repeated. He should try his best to guard himself against it. In such matters one must be quick and active, like the squirrel. Agility and vigilance must be combined with sharpness of intelligence, too. All this can be earned only through santhi. Steady and undeviating earnestness is very important for avoiding conflicts in the mind and for overcoming them. One has to be calm and unruffled. Courage, wise counsel and steadiness, these will make the Will, the *Ichchasaakthi* (the will to feel), strong and sturdy. Lustre in the face, splendour in the eye, a determined look, a noble voice, large hearted charity of feeling, unwavering goodness, these are the signposts of a developing and

progressing Will-Force. A mind without agitations, a joyous and unblemished outlook, these are the marks of a person in whom santhi has taken root.

The bhaktha can well pray for and ask from the Lord, the gift of such a santhi, and also the *Sadgunas* (virtues, good qualities) necessary for its growth. Why, the sadhaka has as his capital for earning any of his goals, only this one thing, prayer. Some people may have some doubts related to this. Of what avail is prayer? Will the Lord gratify all that we ask for in our prayers? He can give us only what, according to Him, we need, or what we deserve. Is it not? Will the Lord like to give us all that we ask for, in our prayers to Him? Under such circumstances, what is the use of prayer? Of course all these doubts can be resolved. If the bhaktha has dedicated his all, body, mind and existence, to the Lord, He will Himself look after everything, for He will always be with him. Under such conditions there is no need for prayer. But have you so dedicated yourself and surrendered everything to the Lord? No. When losses occur, or calamities come, or plans go astray, the bhaktha blames the Lord. Some, on the other hand, pray to Him to save them. Avoiding both these, as well as the reliance on others, if complete faith is placed on the Lord at all times, why should He deny you His Grace? Why should He desist from helping you? Men do not rely fully and unswervingly on the Lord. Therefore, though you have to be the agent and the instrument doing everything, keep on praying with devotion and faith. Faith is the product of santhi, not of haste and hurry. For the acquisition of the Grace of the Lord and the resulting Awareness of the Reality, the quality of santhi is the prime need.

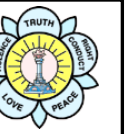
Every sadhaka is aware how Droupadi deserved the Grace of the Lord, through her *dharma* and her santhi. Though her husbands were mighty heroes, and far-famed monarchs, she sought refuge in Lord Krishna, feeling that all others are of no use. But Prahlada did not seek refuge, under similar circumstances. He had surrendered *all* at birth to the Lord. He knew that the Lord was ever by his side and that he was ever by the side of the Lord. So he had no need to call out to Him, for protection. Prahlada was unaware of anything except the Lord. He could not distinguish between one function of the Lord and another. So, how could he pray for protection, he who did not know that, He was punished? For all such God-intoxicated and dedicated souls, prayer is unnecessary. But until that stage is reached, prayer in an attitude of santhi is essential for sadhakas.

Prayer of this type will promote equanimity, or samarasa. The Lord can be prayed to by means of kirthana (concentrated contemplation of the glory of God), japa (repetition of the name of the Lord), dhyaana (meditation) or bhajana (spiritual songs). In every one of these, the chief item is the Divine Name. That is why Krishna spoke in the Gita of Japa Yajna. When japa is done, it is better to recite aloud, and make it bhajana. This will inspire the gathering. If bhajana is sung in a sweet voice, people will be drawn towards the Lord. Gradually, it will develop into the Love for God, and His Grace will follow in due course. One should patiently wait for that Grace.

Even for being blessed by the Lord's Grace, one must have santhi and await patiently. Serenity alone succeeds in bringing about the result of sadhana. Add this lesson to the practices you are engaged in, night and day and to the Santhi Mantra - "*Asatho maa sadgamaya; thamaso maa jyothir gamaya; mriyoor maa amritham gamaya*"



Purity – The Path of the Buddha



Embodiments of Love!

True wisdom consists in the awareness of the rarity of the individual and the *Samashti* (collective whole). How can a man who is not aware of his humanness recognize the Divinity within him? Hence the first requisite is the recognition by everyone of his human essence. Basing on this truth, Buddha declared that everyone should cultivate at the outset *Samyak Dhrishti* (a pure vision). It is only when a person has pure vision that he/she can get rid of impurities in the body, speech and mind. It is this purity that can protect one from invasion of impurities through the eyes and the ears. Hence the first requirement for every man is *Samyak Dhrishti*.

The second quality that is needed is *Samyak Sankalpa* (pure thoughts). Only the person who has developed purity in vision can have purity in thoughts. The third requirement for every individual, along with purity in vision and thought, is *Samyak Karma* (pure deeds). Through pure deeds man is able to recognise his human essence. Man is not merely an embodied being. By his capacity for developing good vision, entertaining good thoughts and performing good deeds, he has the power to transform humanness into Divinity.

A fourth requirement for every individual is *Samyak Shruthi* (listening to sacred words). When one listens to unsacred words he can have only unsacred thoughts. The fifth quality prescribed by Buddha is *Samyak Jeevanam* (living a pure life). What is meant by "living"? It is not leading a worldly life attached to worldly pursuits. True living means making one's life meaningful by ideal actions. Man's life must be governed by idealism in action.

Real *Sadhana* is to Remove all Impurities from Mind. Next, Buddha declared that everyone should aim at *Samyak Sadhana* (Achievement of the highest good.). *Sadhana* means elimination of the evil tendencies in man and acquiring good and sacred qualities. True *sadhana* is the eradication of all evil in a man. Study of sacred texts, meditation and penance do not constitute the whole of *sadhana* (spiritual exercise). To remove all the impurities in the mind is real *Sadhana*.

After this comes what Buddha called – *Samya Samaadhi* or *Nirvana* (Pure Realisation or Liberation). What is meant by *Samadhi*? It means treating pleasure and pain, gain and loss alike. *Sama - dhi* (equal mindedness) is "*Samadhi*". To look upon light and darkness, pleasure and pain, profit and loss, fame and censure, with an equal mind is *Samadhi*.

Buddha termed this equal mindedness as *Nirvana*. It is the recognition of the sacredness of the qualities of all the senses in man that constitutes real humanness. At the very outset, one has to keep the tongue pure. This was referred to as *Samyak Vaak* (purity in speech). The tongue has to be sanctified by refraining from falsehood, slander and abusive speech...

Happiness is not to be found in any of the things of the world. Everything is fleeting. Man is wasting his life in the pursuit of petty ephemeral pleasures. Nirvaana is the only Truth; it is the sense of oneness with all life. To turn the mind towards that which is permanent is Nirvaana.

It is not enough to read the lives of *avatars* and messiahs. Their teachings should be put into practice as much as possible. People must gradually outgrow their material attachments and develop Divine Love. Shuddhodhana tried to protect his son (Buddha) from all external worldly influences by keeping him in the palace and not even sending him to school. What happened ultimately? Buddha decided to renounce everything in quest of the Truth about human existence and he declared *Ahimsa* (non-harming) as the supreme good.

Three Qualities Essential for Every Individual

What is it that people need today? These are three things: A heart, pure and white, like the moon; speech that is soft and sweet like butter; and a face that is loving and kind. These are lacking in the world today. The entire atmosphere is frightening. There is harshness in speech. The heart should be pure and soft like butter. Today, on the contrary, people are hardhearted. Fill your hearts with compassion. Let your speech be sweet and truthful. You will then be truly human.

We are celebrating today Buddha Poornima or Buddha Jayanthi. What does *Poornima* (full moon) signify? It signifies wholeness. When the mind is filled with love, it achieves fullness. As long as the mind is filled with darkness (evil thoughts) there is no meaning in celebrating Buddha Poornima. Get rid of this darkness. Without the light of love in the heart, what use is there in having illuminations outside? Light the lamp of the Divine in your minds. Banish hatred and envy from your hearts. Man is the victim of two evil planets: attachment and hatred. To escape from their grip, the only way is to cultivate love.

"Buddha is not a personal name. A Buddha is one who is spiritually enlightened, mentally awakened and who has realised the Supreme Truth. He is one who practises unity of thought, word and action. His heart is ever full of compassion and love. He is unaffected by the vicissitudes of life." - Baba.

People have strange ideas about liberation, imagining that it involves going to heaven and having eternal existence there. That is not the meaning of liberation; it truly means achieving selfless love that is constant, unabating, and total. This is the state that one must seek to attain; it is only when this state is reached that one is truly liberated. In the name of liberation, seekers are trying out all sorts of spiritual paths. All such exercises can at best confer temporary satisfaction. The path of Pure Love alone can truly get you there and confer permanent Bliss. The same divine principle of love is present in all of you. When you take to the path of love, you will become Buddha yourself. The underlying message of Buddha Poornima is that the mind should shine with total purity like full moon; it should unite with its source i.e., the *Atma* which is pure and effulgent. There is no darkness on the full moon night. On this auspicious day of Buddha Poornima, we should attain full purity of the mind.