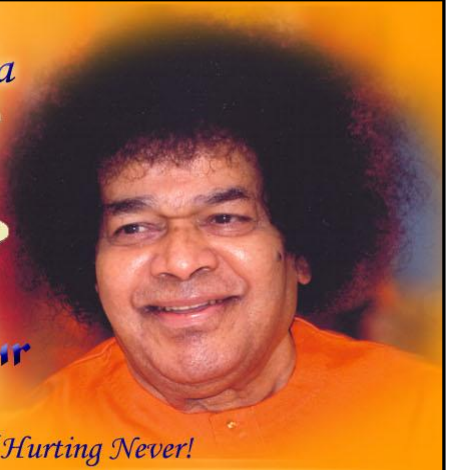


Aum Sri Sai Ram

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 7th, Bhajan Vikas SSE Workshop by Sai Sister Sumithra R
Bhajan Coaching and Training Session for SSE Children
Time: 11:30 AM – 12:30 PM **Venue:** Long Fellow Center, Oak Park, IL

Saturday, June 13th, Bread Truck Project
Time: 7:00 AM – 9:00 AM: Sandwich and Lunch Bag Preparation
Venue: 652 Cutter Ln, Elk Grove Village, IL
Time: 9:00 AM – 12:00 PM: Sandwich and Lunch Bag Delivery to Bread Truck
Venue: Port Ministries, 5017 S. Hermitage Avenue Chicago, IL 60609

Sunday, June 14th, Special Devotional Music Program
Devotional Singing by Sai Brother Ravin Raj from Singapore
Time: 9:00 AM – 1:00 PM **Venue:** Longfellow Center, Oak Park, IL



Love All , Serve All

Date	Calendar of Events
06/06 – Saturday	05:00 PM – 08:00 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 Road)
06/13 – Saturday (YA Service)	06:00 AM – 08:00 AM: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)
06/14 – Sunday	10:00AM – 11:00AM: Bingo with Nursing Home Residents (on North Ave., Oak Park)
06/20 – Saturday	05:00 PM – 08:00 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.)
06/27 – Saturday	06:00 AM – 08:00 AM: Breakfast Service at Northside Housing Men’s Shelter (on Lawrence Ave.)
07/04 – Saturday	05:00 PM – 08:00 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 Road)
	<p>Sunday Center Schedule: 09:00 AM – 09:30 AM: Center Setup 09:30 AM – 10:25 AM: Study Circle (Current Topic –“What is Love?” - Study Guide of Collection of Swami's Quotes from His Discourses) 10:30 AM – 11:30 AM: Devotional Singing</p> <p>Ongoing service projects on Sundays:</p> <ul style="list-style-type: none"> • Grocery collection and food items delivery for Mother’s House (North Avenue, Oak Park) • Sandwich preparation & delivery for residents of Northside Housing Men’s Shelter (Lawrence Ave.)



The human being is like a seed. Just as the seed sprouts into a sapling and grows continuously into a tree, the human has to grow and attain fulfilment. This requires mastering two fields of knowledge. First is the knowledge of the world that is to say, knowledge concerning the manifested universe and the second is knowledge of the other world. The first confers means for the living (*jivana-upadhi*) and the second confers the goal of life (*jivana-paramavadhi*).

The means for living are the things that can satisfy one's day-to-day needs. One has to acquire them and store them, or acquire the capacity to get them when required. The knowledge of the goal of life involves inquiry into problems like: "For what end should one live?" "Who is the Creator of all that we become aware of?" "What exactly am I, this distinct individual I?" This enquiry ultimately reveals the goal. The scriptures of all religions and the many moral codes derived from them are concerned with problems that transcend the limits of this world like: "Why are we here?" "What do we really have to do to deserve this chance of life?" "What are we to become?"

Living a regulated and disciplined life

What is the most beneficial way for man to live in this world? The answer: live a regulated and disciplined life. Real education must train one to observe these limits and restrictions. We take great pains and suffer privations to master worldly knowledge. We follow some regimen with strict care in order to develop the physique. Whatever our objective, we obey an appropriate code of discipline

The gains of disciplined thought and conduct initially enable one to be aware of regions beyond the reach of the senses. Later, one can journey beyond the reach of one's mind, and beyond even the outermost walls of what is reachable by all powers enclosed in the human body. Finally, one realizes and experiences the truth of Truth, namely, one is the One that is immanent in all, that is, in the entire cosmos. One is filled with bliss when fixed in this faith and in this awareness

This process is the acquisition of real education, the culmination of the best educational process. During the process, real education also instructs incidentally about the ideal configuration of society, the most desirable affiliations between people, the most beneficial relations between peoples, races, nations, and communities, and the best mode and manner for day-to-day life. Real education implants these in the heart, as deep as is necessary for human progress.

Of all professions, the teacher's profession has to adhere to the ideal of truth. When teachers stray from truth, society meets with disaster. Thousands of tender children, unacquainted with the ways of the world, pass through their hands. The impact of their teachings and their personality will be great and lasting. Therefore, the teacher has to be free from bad habits.

Children automatically adopt the habits and manners of elders — this is an ever-present danger. When evil influence is directed toward the thousands who receive the impact, society gets polluted. And, in time, the social evil also contaminates the teacher in some other way. The teacher is laughed at and humiliated one day by his own pupils.

So, the teacher must equip himself with virtues. The king is honored only inside his kingdom. He is adored only within its borders. But a virtuous man is honored and adored in all countries. A person may have outstanding physical beauty, may have the sparkle of robust youth, may boast of a high noble lineage, and may be a famed scholar. But if the person lacks the virtues that spiritual discipline can ensure, the person is to be reckoned only as a beautiful flower, with no fragrance

Following one's Dharma

When quite young, Mohandas Karamchand Gandhi witnessed along with his mother a drama on "Sravana and his devotion to his parents", and he resolved that he must also become like Sravana. He witnessed a play on Harischandra, and it impressed him so deeply that he resolved to become as heroically devoted to virtue as Harischandra himself. These transformed him so much that he became a great soul (mahatma). Gandhi had a teacher who taught him wrong paths. But Gandhi did not adopt his advice. As a consequence, he was able to bring freedom to the country.

Advice for Pupils

In the ancient hermitages, after a pupil had finished the studies, the pupil would get exalted advice and command from his master

Consider mother as God; consider father as God; consider preceptor as God. Speak the truth; act righteously; do not adopt other way. Stop all acts that are unrighteous. Engage only in such activities that would promote in your progress

The advice given to the pupils is, every bit of it, highly powerful. By his devoted service to his mother and father, Dharmavyadha won eternal fame. Through consistent adherence to truth, Rama and Harischandra made themselves immortal. By means of right conduct, mere men rose to the position of great sages (mahapurushas). Buddha desisted from harm to living beings. He spoke of nonviolence (ahimsa) as the highest morality. So, he was revered as a world teacher.

The real penance in life is to observe disciplines and restrictions as prescribed above. The mind is the foremost of the three inner instruments in man (thri-karanas). We must protect the mind so that attachment, passion, and excitement do not enter. These extremes are natural to the mind. The waves that rise in fury in it are the six inner foes of man: lust, anger, greed, attachment, pride, and envy. The first two bring the remaining four in their trail. To release ourselves from the first two and thus proceed on the spiritual path, we have to practice spiritual discipline. We learn these practices through spiritual learning.

- Excerpts from Vidya Vahini



GIVE UP DUALITY TO EXPERIENCE UNITY AND DIVINITY



Embodiments of Love!

God is love and love is God. When you hold on to this principle of love and develop love to love relationship, you will attain the state of non-dualism. The day on which all the devotees gather and sing the glory of God melodiously; the day on which the sufferings of the poor are lovingly removed and all people live like brothers and sisters; the day on which groups of Dasas (servants of God) who constantly contemplate on God are served a sumptuous feast; the day on which noble souls visit us and narrate the stories of God lovingly; enjoy that day as the real day. All other days are mere death anniversaries

Mira experienced her oneness with Krishna through her non-dual love for Him. If one wishes to tread the path of devotion, one should hold on to the principle of love firmly. Ordinary mortals do not have such firm determination, but a true devotee will never deviate from the path of love under any circumstances. No other path except love can take you to God. Develop love more and more. Love is with you, in you, around you. Love is changeless wherever you are; love is your sole refuge

Non-duality Signifies True Devotion

Let all your activities be suffused with love. Modern youth fail to understand the true meaning of love. Love cannot exist if there is a feeling of duality. Ekatma Prema (non-dual love) is true love. Give and take relationship does not reflect the true spirit of love. One should keep giving and giving without expecting anything in return. That is true love. It is the sign of selfish love to desert someone in times of his difficulties. When you give up Swartha (selfishness) and strive for Parartha (welfare of others), only then can you have Yathartha Prema (true love). You should know the difference between Padartha (matter) and Yathartha (reality). Yathartha transcends Padartha. Sarvam Khalvidam Brahma (verily all this is Brahman). Consider everything as divine and treat the dualities of life such as pain and pleasure, loss and gain with equanimity. One should remain unaffected by happiness and sorrow, gain and loss, victory and defeat. Never be carried away by the vagaries of the mind. When you go by the mind, you see only matter since the mind is related to matter. Have no concern with matter. If you associate yourself with the mind, you cannot achieve non-duality.

You can develop true love and devotion only when you give up duality. Understand that the same principle of love exists in you and others. It is essential for every devotee to understand this principle of unity. One who observes duality cannot be called a true devotee. Non-duality signifies true devotion. Share your love with others without any expectation. Love everybody for the sake of love. When you extend your love to others, you can attain the state of non-dualism. The worldly love that you indulge in from morning to evening is not true love at all. True love is that which is focused on one form, one path and one goal. It is a great mistake to divide love and divert it to many directions. Love is God. God is love. Live in love. Only then can you realize the principle of oneness and attain fulfilment in life. You may choose any name you like, but you should chant it with love.

Develop One-pointed Love for God

Love is most sacred, sweet and non-dual. It is a great mistake to divide love and associate it with multiplicity. Your love should remain steady in pleasure and pain. Where there is love and devotion, there is no scope for differences. All differences are the making of your mind. Develop the feeling of oneness that you and I are one. Never think that you and I are different. When you give up the feeling of duality, you will attain unity and divinity. That is the sign of true devotion.

The principle of oneness cannot be explained in words; it has to be experienced through love. But you do not understand the true meaning of love because you interpret it in the physical and worldly sense. Consequently, your love is never steady. It keeps changing every now and then. True love has no connection with the physical body. It should not be tainted with body attachment. The body is made up of matter. All that is related to matter will never give you peace and happiness. Hence, transcend the matter and see the reality. Develop Ekatma Bhava (feeling of oneness). All are one, be alike to everyone. It is a big mistake to attribute worldly feelings to love. There is no scope for dualism in love.

Your names and forms are different but the principle of love is the same in all of you. That is why I address you as the "embodiments of love". Love is always one, it should not be divided. Consider God as one and love Him wholeheartedly. Such one-pointed love towards God can be termed as true devotion. Devotees like Jayadeva, Gauranga and Eknath developed such divine love and sanctified their lives. Likewise, Mira and Sakkubai had unwavering love and devotion towards God. They did not worship various names and forms. They followed one path. They installed one name and one form in their heart and contemplated on their chosen deity incessantly. Those who are dual-minded and change their path every now and then are bound to ruin their lives. Hence, never be dual-minded. You may worship any name and form of God, you will reach the same goal. Never forget the goal

Mira's Non-dual Love for Krishna

Names and forms appear to be different, but the reality behind all these is one and the same. However, people are unable to look deep within themselves and experience this oneness. The power of love is unparalleled. There is no power greater than this. Love cannot be understood by experiments and investigations. It can be understood only through love and nothing else. Mira's husband Rana could not tolerate her singing in the Mandir all the time. He commanded her to go out of the Mandir. This came as a great shock to Mira. She thought to herself, "Is Krishna inside the Mandir and not outside? When Krishna is present everywhere, how can Rana take me away from Him?" After understanding this reality, she left her home and set out for Mathura. Mathura is not merely the name of a town. In fact, the heart suffused with Madhura Bhava (sweetness) is Mathura. She sang, - Oh mind! Go to the banks of the Ganga and Yamuna; the water of Ganga and Yamuna is pure; it will make the body cool and serene. Here Ganga and Yamuna symbolically mean left and right subtle channels in the spine. The center of the eyebrows stands for Mathura. This is the real meaning of the song

- Excerpts from Swami's Valedictory Discourse June 2005



Worldly Pleasures Are Like a Serpent's Grip



Once a person came to Swami about thirty years ago and prayed that he should meet his examination with success and secure a high first class. Swami told him that there will have to be effort and the result will be according to God's will. Swami blessed him and sent him away. He did secure a high first class and came to Swami again after passing his examination and asked for his blessings so that he may get a job. He did get a job within a month. He again went to Swami after a few months and said he got a job that he was happy, and he also said he wanted to marry a girl in his own office. Swami told him that if it is agreeable to his father and mother, he may do so but they may not like it. He was not inclined to listen to Swami. He said that even if it meant transgressing the wishes of his parents, he was determined to marry that girl. He in fact suggested that he would even give up his life, if this marriage was not possible. Swami told him that he must convince his parents before entering into such an alliance. Due to lot of pressure from him, his parents agreed to the marriage. The marriage was over and after a year, both of them went to Swami again and said they wanted a son. After the birth of a son his expenses multiplied, his wife gave up the job, and he went to Swami desiring a promotion. By his good luck, he got a promotion. Although he was somewhat foolish in regard to worldly matters, he had great faith in regard to matters relating to Swami. By Swami's blessings he got a promotion. They had four children and he went to Swami again after five years and said that he was fed up with the family, said that he could not bear the burden of the family and that he was looking for relief from all the mess. He asked Swami for a small job in the ashram itself and said that his family has now got a hold over him like a big serpent. **Swami asked him if the serpent caught him on its own or whether he let the serpent come to him and catch him**

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 20 th – Padhuka Puja	10:30 am to 12:30 pm	Bolingbrook	630-819-9081
Tuesday, June 23 rd – Bhajans	07:30 pm to 08:30 pm	Glenview	773-510-5936

For more information, please contact any of the Center Officers

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