

**NOT SALARIES BUT SERVICE – Page 2**  
*Divine Discourse*

**ATMAJYOTHI – An Entrance to Vedanta- Page 3**  
*Shri Lakshminarayan Aithal*

**ASTROLOGY AND SPIRITUALITY: Kuja Dosha– Page 6**  
*KVRK Bhargav*

**THE STAR– Page 8**  
*G. Lakshmi Iyer*

**A JOURNEY WITHIN– Page 11**  
*Sri Ram S.*

**LET US PRAY AND AWAIT HIS RETURN– Page 13**  
*Ranganatha Raju*

**SAI KRUSHNA MANDIR – CONSTRUCTION UPDATE -**  
**Page 16**

**CHILDREN’S CORNER- SCHOOL UPDATE- Page 18**

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnacharitabletrust.org](http://www.saikrushnacharitabletrust.org)

## Not Salaries But Service

An extract from a divine discourse by Bhagavan Sri Sathya Sai Baba on July 1, 1996

Page | 2

**E**MBODIMENTS of Love! The educational system today prepares students for pursuing worldly gains and comforts, but makes no attempt to cultivate in them the qualities of righteousness, love of peace and promotion of social welfare. Both students and educationists are mainly concerned about using education for getting jobs and earning large incomes. What kind of life do they lead in their earning, career? After a so-called hard day's work, they spend their evenings in clubs, imagining that they get peace and rest there. If they wanted real peace they should have it in their homes. In the clubs they spend their time playing cards and having "bottles." Is this commendable? Does this benefit persons calling themselves educated? Far from it. Not only do they ruin themselves this way, but also ruin their families. Instead of falling a prey to such pernicious habits, the educated should use their knowledge for the improvement of society and thereby redeem their lives. Addiction to drink makes a man ultimately a slave of the bottle.

### Man's debt to God

Man is the beneficiary of innumerable gratuitous gifts of God: wind, rain, sunlight and so on. What gratitude is man showing to God for all these, while he is paying a big price for every small benefit he derives from services like water supply and electric power? God is the provider of all that is

essential for life. What recompense is man making to God? On the contrary he goes on praying for more benefits. This insatiable desire is the cause of all man's evil qualities. The truly human qualities are calmness, forbearance and compassion. Man should lead a contented life. God has given to man a wonderfully beautiful world, with mountains, forests, rivers and the glorious moon. Above all, God has endowed man with a compassionate heart. But he is polluting it. What is it that man owes to God for all his gifts? The ancient sages called it *bali* (sacrificial offering). The term *bali* has been misunderstood as the offer of an animal as sacrifice. The right meaning of *bali* is tax.

Many such terms are often given wrong meanings in common usage. For instance, the term *Shikhandi* is interpreted as referring to a hermaphrodite (one who is neither a man nor a woman). The true meaning, however, is "one who wears a peacock feather." The term is applied to Krishna.

What is the *bali* (tax) to be paid to God? Only the expression of our gratitude by a heartfelt prayer. That prayer is an expression of one's joy and thankfulness. The hands should be lifted in prayer and the words should come out full-throated. It is unfortunate that even those who are gifted with good voices do not sing aloud in *bhajans*. Man has been endowed with a

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnachatrust.org](http://www.saikrushnachatrust.org)

tongue to sing the praise of God. If he fails to do so, he remains indebted to God.

The right attitude of the devotee should be one of total surrender. As one devotee declared: "I am offering to you the heart which you gave me. I have nothing I can call my own. All are yours. I offer to you what is yours. What else can I do?" This was the spirit in which Lakshmana served Raama. As long as this spirit of total surrender is not developed, man will have to be born again and again. One should offer one's heart to the Divine, and not be content with offerings like flowers, and fruits. You should offer your knowledge for the benefit of the people. You should set an example to your fellowmen. Cultivate the spirit of oneness of all mankind. It is to teach this message that the Sai advent has taken place. Sai has come to indicate the omnipresence of God. The *Avathaar* has come down to declare that God is present everywhere. This is as necessary as the need for some one to light

a lamp even if you have a lamp holder, oil and wick. The *Avathaar* comes not only to proclaim the eternal virtues but also to shower His love on all mankind. But each one will get the benefit according to the size of the vessel he holds.

What a single individual cannot accomplish, a well-knit group or society can achieve. Confer among yourselves in a meaningful way and arrive at some proposals for bettering your service programmes. I shall resolve any doubts that arise and advise you not only for *seva* here and now, but also for attaining peace and joy for ever. I shall converse with you and reward you with *aanandha* through My Blessings.

*Discourse in the Sai Kulwant Mandap on 1-7-1996.*

### **ATMAJYOTHI – The Eternal Light of SatChitAnanda**

**By Shri Lakshminarayan Aithal**

*(Shri Lakshminarayan Aithal has served for over 3 decades in Swami's institution and is the former Principal of the Sri Sathya Sai Loka Seva Institutions at Muddenahalli. Inspired by Swami's direct message to study the Upanishads, he first learnt Sanskrit and then studied the direct works of Adi Shankaracharya and Swami. Sincere perseverance led him to the reality of Aham Brahmasmi and He realized and experienced Swami's words: "I am God and so are you". He shares the import of the Upanishadic teachings with us in this series of articles.)*



(From the previous edition, we began a new series of articles in this section entitled Vedanta Praveshika: an Entrance to Vedanta. This is a guided discussion on the essence of Vedanta which shows us how to deliberate and reach the conclusion that we are actually Premaswaroopas and not the mind-body-intellect complex.)

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnachatrust.org](http://www.saikrushnachatrust.org)

1. I am not the body; nor organs of sense; nor the mind; nor the egotism; nor the group of vital airs; and nor the intellect. I am away from wife, children, field and money. I am the eternal witness, the inner Self, the Auspicious One alone.

#### EXPLANATION

Here, people identify themselves with non-self-objects; and such objects are rejected one by one.

#### I AM NEITHER BODY, NOR THE ORGANS OF SENSE

Some people identify themselves either with the body or the organs of sense. External objects like stone, mud, etc. Don't have life. The objects like stone, etc. do not move by themselves; and these objects don't have marks of life like exhaling, inhaling, blood circulation, etc. These inert objects don't see, nor do they listen. Hence, there is a difference between inert objects like stone, mud, wood, etc; and sentient ourselves. We are moving-living beings; and those inert objects are un-moving cold bodies. Thus, many people think. Some other people deliberate further: Stone, mud, etc. are lifeless objects; and we are living bodies; and lifeless objects are subjected to a few changes and they take a form of a

living body and organs of sense. Therefore, scientifically body, organs of sense and external objects are essentially alike. Still, we have the power of knowing the external objects and the power of using those objects for our purpose. That is why, we denote the external objects as 'this' or 'that'; and we identify with ourselves with the body and the organs of sense. This is the opinion of the second group of people.

But these two opinions are not correct. If I am the group of body and organs of sense; I-feeling should not appear in each limb of the body and the very same feeling should not appear in each of the organ of sense. But this I-feeling is experienced in each and every organ of body like-I walk, I touch, I smell, I see, etc.

Another explanation: A body has many limbs; there are also many organs of sense. If each and every organ is I; why don't we have the feelings of multiple I's or we-feeling? But the I-feeling is singular. This singular I-feeling is strongly rooted in us. Why is that so?

There is another obstacle to have the I-feeling in the parts of the body or in the organs of sense. The obstacle is

this: Many changes come to body and organs of sense. If we are body, etc; we should have had the experience that these changes occurred in me alone. But the experience is not so. 'Dimness has come to my eyes', 'My leg is lame; I am a lame man'- we often tell like this. If we were eyes and legs, when we say, 'My eye ', it should be a meaningless sentence like: 'My I '. In this connection, we can have another experience: We push external objects using our hands and legs. Easily, we can understand that these objects are different from us. Similarly, any part of the body can be cut and separated. Then, we don't feel that we have separated ourselves. Suppose, a doctor cuts an useless limb, we don't get the I-feeling in that removed part. Similarly, often we remove mucus, filth of the eye, saliva, sweat, hair, nail etc. From the body. We never get I-feeling in those removed parts, rather we feel disgusted. Similarly, we can determine in the case of organs of sense. We know the different organs of sense separately as, ' my eye ', ' my ear ', ' my nose '. If we deliberate further, eye, ear, nose- are not only organs, they function in these spots. As eye, ear, nose etc. are holes of organs; these organs and their functions like seeing, smelling- are separated from us. Not only that, if the sharpness of the organs like eye, ear, nose etc. are

decreased or lost, we don't believe that such changes occurred in us or we have changed ourselves. Therefore, it is established that the organs of sense are not the I-object within us.

In that manner, what is the conclusion? Body and organs of sense are many, and I am alone; and body and organs of sense obtain different changes, and then also I remain changeless. These body and organs of sense are known and I am the knower. Therefore, body and organs of sense are inert-objects similar to material objects like stone, mud, wood etc. I am not any one of them; I am a conscious object that knows them.

There may arise a doubt: If body and organs of sense are not conscious and if they are inert-objects like stone, mud, etc; what is to be told about the marks of consciousness seen in the body and organs of sense? The marks of consciousness like knowing objects, taking them, going away from them, etc. are seen in body and organs of sense; and these marks of consciousness are not found in inert objects like stone, mud, etc; whence these marks have come in body and organs of sense?

The relief for the doubt can be given thus: Actually, there are no marks of consciousness in the body and organs of sense. A railway engine runs, a magnet

attracts a piece of iron, a magnifying glass magnifies subtle objects; and by these marks none can tell that these are conscious objects. The movements and strength of body and organs of sense are not by themselves; and these are used by conscious entities. The body and organs belong to us, and we use them. Therefore, we are conscious beings; and body and organs of sense are inert objects. It is wrong to consider that organs of sense have consciousness. For, we know the organs of sense and these organs are objects that are known. As we see subtle objects through a

magnifying glass, we know the external objects through the means of organs of sense. Therefore, the organs of sense are inert objects, they are instruments and we are conscious beings and we know through these instruments.

Thus, it is concluded that I-object in us is not either the body or any organ of sense. Mainly, the known body and organs of sense are not the knowing-I; and this argument is strengthened.

This deliberation on how we are not mind, intellect or ego will be continued in the next few editions of Venugaanam.

## **DIFFERENT STROKES- ASTROLOGY AND SPIRITUALITY:**

### **KUJA DOSHA**

**By KVRK Bhargav**



*(Bhargav is a student of Swami who after completing his B.Tech in Textile Engineering graduated with an MBA from the the Sri Sathya Sai University in 2001. Ever since, he has had the great fortune of waiting for Swami's direct guidance. He has been blessed with many interactions with Swami and he pursues astrology as a hobby to understand how it complements and dovetails spirituality. He shares his insights on how the planets are not causes of fear; rather they all serve the common goal of prodding man towards his spiritual destiny of Self Realization)*

My friend , proud father of a cute angelic baby girl displayed lines of anxiety on his face. Rather surprised, I asked him the reason of his worry. He took a deep a breath and said with a lump in his throat, " I am overjoyed at the birth of a baby girl, but one astrologer told me

that she is *Mangalik*". "Immediately, the problems associated with the marriage of a Mangalik girl were crowding my thoughts", he added drooping his shoulders and pouting his lips.

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushncharitabletrust.org](http://www.saikrushncharitabletrust.org)

*Mangalik* is a word which comes as a nightmare to many parents in relation to the future of their children especially a girl child. You call a child *mangalik* considering the placement of Mars( *Mangala* or *Kuja*) in some particular houses of a horoscope. Let us first try to understand the characteristics of the Red planet Mars.

Mars is a planet of energy, impulsiveness, initiative and aggression. It imparts an individual the required energy to accomplish any given task successfully. Mars is a double edged sword; in the hands of a surgeon the energy helps in healing and in the hands of an anti social element leads to destruction.

Mars signifies the colour red, the colour of passion and belligerence. It signifies muscles and blood in human body which connote courage, valour and an indefatigable spirit. In its negative aspect it represents violence, bloodshed and wars. Winner of sixteen grand slam titles, Roger Federer has a strong Mars giving him never say die attitude and boundless energy to achieve personal success. A strong Mars made Subhash Chandra Bose work tirelessly for the freedom of our country, taking a military type struggle in a selfless manner. Strong positive Mars working at the mental level gave Mahatma Gandhi an iron will and strong determination to fight the British. It was the same Mars which exhibited negative energy in the case of Hitler and Mussolini resulting in the holocaust

where approximately six million innocent Jews were persecuted and massacred in the name of ethnic cleansing.

Let us study *Kuja dosha* in a little more detail. There are twelve houses in a horoscope; if Mars is placed in 1st, 2nd, 4th, 7th, 8th or 12th houses from three parameters of *Lagna*(one's personality), Moon(one's mind) or Venus( one's spouse) it causes *Kuja dosha*. Placement of Mars in first house of self, makes a person short tempered and irritable resulting in non-compatibility with partner. 2nd house is the house of family where Mars creates small tiffs and skirmishes. 4th house is the house of home and mental happiness. Mars placed here creates misunderstandings at home. 7th house is the house of spouse making one's spouse impulsive and intolerant. 8th house is a secretive house creating grudges and tendency of sulking in a partner. 12th house is the house of pleasures, where a bellicose planet like Mars creates disharmony.

Simple Mathematics reveals that the probability of finding a *mangalik* horoscope picked at random is 0.73 i.e. every three out



of four individuals will have *kuja dosha*. Isn't it a staggering number?

*Kuja dosha* creates disturbance when one of the partners

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

has this placement. So, the options of a trouble free marriage(sounds like an oxymoron!!!) are, both having this placement or both not having Mars in the above mentioned houses. Again simple mathematics reveals that the cases where *Kuja dosha* doesn't play a part in marriage disharmony is 62.5%.

In the remaining 37.5% if Mars is placed in its own houses of Aries, Scorpio or exalted( in Capricorn), it takes away the sting of its Mar's ill effects. If Mars is aspected by Jupiter in a horoscope it mitigates the ill effects of Mars as described by sage Parashara. Mars doesn't create a difficulty for individuals having Cancer or Leo ascendants or Moon in Cancer or Moon in Leo. Considering all these cases *mangalik dosha* affects the well being of a marriage in around 25% of the cases. In marriages, where one partner has *mangalik*

*dosha*, Pandits suggest some misunderstandings and departure of one partner earlier than the other. But they also state that in majority of cases, it won't be premature but in a natural course, assuaging the apprehensions of the concerned parents. Let us not hold poor Mars alone responsible

for all the marital problems. Marital compatibility has to be studied taking into consideration many other factors of a horoscope of which *kuja dosha* is one. Undue importance given to *mangalik dosha* in ascertaining marital compatibility is unfounded.

I can now allay the fears of my friend regarding his concern about his daughter's future and marriage.

## THE STAR

### By G.Lakshmi Iyer

G.Lakshmi Iyer is currently pursuing her M.Sc. Final Year in Food Technology from the Anantapur campus of the Sri Sathya Sai Institute of Higher Learning (SSSIHL). Prior to this she has done her B.Sc. in Chemistry from SSSIHL. She is an avid reader and a good writer. A very responsible and sincere girl, she keenly strives to practice Swami's message of love and service in all her endeavours. In this article she shares her experience of joining Swami's institutions and how the Master pulled the strings in her life.



The star-lit sky on dark,velvety nights would often shimmer above a little girl who sat at her window, with her chin cupped in her tiny

palms, gazing with out any goal at it, humming her favourite rhyme:"*Twinkle twinkle little star...*".How she wondered about how great

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)



the One would be! The One who made these twinkling stars and placed them up so far above? The little girl's wonder became yearning to become one of this twinkling wonders. When would she too shine bright like a diamond in the sky?

With this constant longing in her heart, the pages of her life flipped open one-by-one in front of her and she noticed that on every page was embossed a three lettered word SAI. As she grew up, she realized that in those three alphabets lay the essence of her life. Her appeal was heard and Benevolence showered profusely, and she became the diamond in the sky of Sai. She got her Caretaker and Companion, Master and Motivator, Mother and Mentor, all in one.

### **This little guiding light of mine:**

In 2008, the Master Choreographer decided to highlight Himself in the journey of my life, and he traced a golden path for me from a tiny town in Tamil nadu to the portals of His institution in Anantapur. His assuring hand was always there, holding and guiding me at every little step which I realized only after joining anantapur. Thereafter I basked under the canopy of his love and grace as His student till now. But, my Divine Friend is also a hard task master too. He has to test the worth of the instrument before granting it a purpose.

After completing my twelfth standard Board examination I had to fill a series of applications for my further study. As I was signing applications for different universities I came across one more application which was given to me by my aunt. It was an application form for Sri Sathya Sai University. I actually did not want to join there, as the university did not provide the course which I wanted to pursue. But for the sake of my aunt I had filled the application form. Thinking that I will not get selected in this institution as we were not ardent devotees of Bhagwan.

To my utter surprise after 20 days from the day when I had sent my application I got my hall ticket. It was really shocking and it was impossible because my application was half filled and many of the required columns were not filled because I didn't want to join that institution. Then I accompanied by my father went to Prashanti Nilayam to write my entrance exam. That was my first time to Prashanti Nilayam. It was only after reaching there, feeling the atmosphere of that place, taking swami's darshan etc, in the corner of my heart I got a willingness to study in this institution. I wrote my entrance. I was not at all prepared for it, with my basic knowledge I somehow managed to write it. I was very sure that I'm not going to get admission in this institution because of two reasons first was as we were not ardent devotees of swami and the second reason was I was not interested. Next day was the results of our entrance test.

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

I was very sure that my name will not be there in the list and felt that my other co students who accompanied me they will get surely selected. I told this to my dad, he too felt the same and he told me that hope the best everything is god's will. Next day morning as we came to know that results are published my dad ran to the Prashanti Nilayam campus to see the results. We both were sure that I will not get selected, but also had a little wish in the corner of the heart to get selected. As he went through the list he saw that the first name for second group interview was mine When my dad told me about this I was really confused and shocked, but was also happy.

Then came the time for my interview it was on the same day when the entrance test results were announced. I went to Kulwant hall sat for some time and got up in the middle of the bhajan session as I had to attend the interview. I was really feeling sad that I didn't get swami's darshan before going to interview. As me and my father we came out and started to move we heard that swami is going out. So we waited near the gopuram gate, as that was the way from where swami was about to go. Swami's car came; there was only a rope's distance between both of us and Swami's car. As the car came both of us bowed down and swami blessed us lifting both his hands up. Tears of joy flowed down from both of our eyes.

Then I went to attend my interview. I was really tensed as this was the first interview of my life. It was my turn and I went inside, I saw Principal mam, Warden mam and Vice chancellor sir sitting there I wished them sairam and good morning and I took my seat. Vice Chancellor sir went through my application and he was really surprised as to how I came till the interview room as my application was half filled and it should have been rejected. Then my interview went on smoothly only for some five minutes and I came out. After finishing my interview also I was not really sure of getting a seat because in interview also I answered some questions incorrectly.

As my father said everything is god's will, it is really true. With his own will I got selected for B.Sc MPC in his institution finished my B.Sc Chemistry (hons) from his institution and now currently pursuing my M.Sc Food Technology. Even a blade of grass cannot move without his will. It is the love and love alone of my Sai Maa which has made me shine as a diamond in the sky of SAI.

In the lotus feet of my loving Sai Maa I lay down this small wish.

Transfixed in your love, Oh! Sai Maa

Stars were shining down, When God gifted me a diamond crown, Made in His form, without a frown.

Oh Sai! You entered my life and I had no clue,  
How you spread happiness of every hue.

Held me like a baby, Am i worthy of you, may  
be?

Your twinkling eyes spoke everything,

My worries and blues faded and I started to  
sing.

The world pronounced me to be a failure, But  
u stretched your hand to me in lure.

They said I am of no use anyway, But you  
made me believe I am best in my own way.

You filled my life with beautiful thought,

How can I forget the lessons you taught.

The feel of you makes me drown in the depths  
of sea,

And Wish to drink in your nectarine touch like  
a bee. Please, let me be with you forever,

I promise to hold your hand and leave it  
never.

Sheer truth is my love that beseeches you,

My tears are the evidence that I love you!

You tucked me under your wing under an  
envious sky,

If I say I am your child, will you say that I lie?

You are my mother, father, and sister, and my  
everything,

Please make me worthy to be your  
instrument, playing as you sing.

There's just a single wish in my little heart,

**I am only yours, let us never part.**

## A JOURNEY WITHIN

**By Sri Ram S.**

Sri Ram. S is an MSc (Math) and MBA grad from Sri Sathya Sai Institute of Higher Learning. He was also the University Brass band leader, a mandir bhajan singer and one of the founders of the alumni Band Group known as Rhythmic Energy. Post studies he worked in the IT industry for over 6 years after which he moved on and is currently a practising Clinical Integrated Hypnotherapist working out of Bangalore. He has founded Sunshine Wellness Studio ([www.SunshineStudio.in](http://www.SunshineStudio.in)) that aims at using various modalities of hypnotherapy for healing.



Feel free to write in on your experiences and also if you have any further queries at [info@SunshineStudio.in](mailto:info@SunshineStudio.in)

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

*Mana eva manushyanaam karanam bandha mokshayoho!* We have heard these words from Bhagwan many times where He tells us that the mind is the key to man's bondage as well as liberation. When I heard these during His discourses, it was yet another pearl of wisdom spoken by the Lord. Well, that was it! At that time I was unaware that Swami had a very beautiful journey planned for me as I traversed through practical methods of utilizing this knowledge for my own and others' growth. I completed my MBA and went on to work in the conventional corporate world in a Program Management role. As years flew by I was certain that I was meant to be doing something closer to my heart. Life and experiences got me to learn a course in Hypnotherapy from CHII. I found the course to be an eye-opener that taught me to go deeper within and understand myself better. It was just a matter of time and Divine Will before I moved out of my regular job and took up hypnotherapy as my profession. Through this section, by Swami's grace, I shall share my experiences, theories, knowledge garnered and also simple techniques in making this journey within, a more joyous and enlightening one. In each article, we would take up one topic and where relevant or possible we would have a simple exercise or technique to go with.

This edition's topic is: WHERE DO I FIND THE ANSWERS I SEEK?

What some may call 'problems', others may view as 'opportunities'. Either way, we are all Divine Souls on a journey. We are here by choice and not chance. We choose our experiences, ups and downs, successes and failures, each leading and prodding our Soul forward in evolution. And yet, how often do we stand and look at life with a seeming disorientation and a million questions? Many of them seem to lead us to dead ends or dark spaces of uncertainty. And if we have chosen the path ourselves, why are we unaware of it? And more importantly, *where could we find the answers?!*

The answer is WITHIN! I am sure practically everyone has heard this multiple times. How many of us, however have FOUND the answers? This is what this series is all about. Watch this space for more as I share some clues and techniques I have learnt.

Exercise: Breath

I leave you with a simple breath exercise today. If the mind is the key to the answers, our breath is the key to our mind! Have you noticed how your breathing is rapid or shallow or fast when you are agitated? Have you noticed how calm and easy it is when you are at peace? This first technique teaches us how to relax and get to a calm state immediately (no matter how intense the situation or agitation may be).

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

1. Take in a deep breath for 9 seconds (you could start with lesser if you are not used to it; you could also use a count for defining the length or duration of inhalation).
2. Hold your breath for an equal duration (9 seconds as suggested)
2. Release or exhale in an equal duration of time (You could exhale through your mouth whenever you need to release a negative emotion or pain; exhale through your nose when you are looking to calm down and find answers).

3.

Repeat this breathing pattern and over time you will find that without concentrating on the count you are able to keep your breathing regulated and uniform. Simple isn't it? Life's lessons are always simple just as Swami used to teach us through the most easy ways. You could use this in a moment of stress or make this a habitual exercise each morning when you meditate.

Look out for the next sequel in this series on "**A Journey Within**" in Venugaanam.

#### LET US PRAY AND AWAIT HIS RETURN

##### By Ranganatha Raju

Rangantha Raju completed his MBA, MA. And BA Economics from the Sri Sathya Sai Institute of Higher Learning. An avid economist and academician, Raju has been the economics strategist guiding TVS Motors from success to glory. He has been an outstanding dramatist, actor and script writer since his student days. Raju is also a poet of high repute with Swami Himself granting him the title of Telugu Kavi. He has had numerous interactions and has also been guiding youth from Andhra Pradesh in their cultural programmes staged before Swami. In this article he eloquently expresses his heart's conviction.



My world stopped as I read the text message.....What would I say or even think...can that be true? Can Swami leave.....my body shuddered, tears rolled...but deep inside was a voice...a whisper..a belief

that nothing can go wrong with Swami..He is in total control!! How do I describe all those moments when we experienced the sweetness of His love in His presence...those smiles, those silent acknowledgements, those

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

nod...those pats, those words, those acts of insignificance.....each and every one of those carved a world for us, made us worthy of ourselves. In my first year when I joined the hostel I was a small boy. Scared, never been away from my parents. heavy heart as I slept that night he appeared in my dream with broad welcoming hands and with a smile beaming on His lips. He then held my hand, took me all around the huge hostel, each and every room, every corridor and every corner....even to the lavatory and showed me even how to flush the toilet. Then we appeared in front of His car (earlier I had heard about His magnificent car and wanted to look at it from close quarters). He let my hand free and I went around the car like a child admiring each of its curves. With a smile he asked, "did you like the car?" and I said excitedly "Yes Swami". Just then, I woke up. That evening all of us had assembled in front of our college auditorium to welcome Swami. He came in the same car. The driver was particular to drive it as slow as possible to allow students to have a closer look. As the car neared me, Swami looked up and said, "Did you like the car?"...the same smile and the same question as in the dream.... I stood motionless and the world that I built till then crumbled ... Gates to another world were opened....

As we grew up under His loving care ,each day we would notice His untiring love pouring out to His devotees...His selfless magnanimity , His

simplicity amidst His grandeur, His unconditional commitment of service to mankind. These ennobling qualities appeared incidental for beyond them was the resplendent divinity that drenched every presence with a beauty that can never be gauged by words. Even the most unnatural acts like creating things at mere will, healing the most dreaded of diseases with a mere word, and even reviving dead to life seemed natural. This resplendence we called and knew as Swami. Each day, my new world grew richer in experience and mature in perception.

We knew that He was GOD..Rather we thought we knew that He was God. We thought we believed his word, we thought we lived His ideals; we thought we learnt what He wanted us to learn. We thought we were building a richer world. But today as I ruminates I realize that I was completely wrong. As He opened the doors of a new world, we never entered it.....

We today choose to believe current circumstances more than divine assurances. We limited Swami to the confinements of a physical body and began bitter brooding over illusions. I remember Swami telling us once, "With a snap of my finger I can turn earth into sky and the sky in to earth. These hands do not know the meaning of the word **impossible**"

But what are the current circumstances that we are witnessing? Humans believed for the

known 12000 years of history that earth was flat, that it was the center of the universe and the Sun revolved around it. Were there not luminaries, wise men and scientists those days? Was there not logic, reason and research those days? Yet how could human understanding for thousands of years succumb to this misconception? Human mind is limited to the length and breadth of its imagination. Sadly, imagination itself is a byproduct of perception. For thousands of years we have been seeing that dead never return. We began to believe that this is the law of nature and firmly established: all that disappears through death never returns. Is it not something similar to the earth being flat?

In 2006 we had depicted a scene from Ramayana in HIS presence. Bharatha approaches Sri Rama and prays for his return from the forest to Ayodhya. Rama does not relent. Bharatha argues that as much as Sri Rama is bound by his Dharma to His father, He is also bound by Prema of his devotees. He then questions, "Is Dharma greater than love?." Rama opines that being a king of great wisdom Janaka's response should be sought. He also promises that he would abide by the outcome .i.e. if Janaka suggests that Love is greater than Dharma, Sri Rama would walk back to the kingdom. Being approached, Janaka thinks deeply and responds that all scriptures suggest that Love is greater than Dharma. The whole crowd erupts in joy and the royal entourage that accompanied

Bharatha starts preparation in ecstasy to take Sri Rama back to the kingdom. Sri Rama then looks at Bharatha and says, " Bharatha Love too has its Dharma. It is Dharma of the lover to abide by the wish of the beloved. I am your beloved. I **want** to go to forest. Should you not then abide by it?" Including Bharatha and Janaka, the whole crowd was left speechless. They knew that it is now impossible to get Rama back to the kingdom.

On seeing this drama, Swami was ecstatic. He called the boy who played the character of Bharatha and created a beautiful ring. Swami kept repeating numerous times, "It is not that Sri Rama ignored the prayers of His devotees. He came back to Ayodhya at the right time." We had performed dramas of much grandeur, better acting and thoughtful story lines. But his reaction was never so emotional. Back then it appeared strange, but now we know the reason.

This incident is extremely potent in its relevance. We too are in similar position of Great Bharata. He carried back sandals that leave human trails and we carry His memories. Similar to us, He was forced to look at the world in absentia of Sri Rama. But what Bharatha did was astounding. He refused to climb the throne, he refused to be adorned in regalities. He remained a mendicant lost in prayer for the return of His beloved. In fact Bharatha was lost in the thought of Rama so deeply that His physical features too turned

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnacheritabletrust.org](http://www.saikrushnacheritabletrust.org)

similar to Rama. I remember Swami saying that when Sri Rama returned, people of Ayodhya were confused as to who the real Rama was. During his **temporary physical absence** in Ayodhya Sri Rama must have killed countless demons but importantly He transformed Bharatha into Sri Rama! An uncivilized tribal woman called Shabhari waited for 96 long years, an egoistic violent bird called Jatayu wounded, bleeding and battered awaited with bated breath; illiterate eccentric

rural woman who knew nothing other than rearing cows called Radha waited with an agonized heart; sages of immense wisdom called Vasista and Rishyashringa waited for years. Neither the evolved sages nor the tribal women, not even animals and birds were left disappointed. Will we whom He called as His Breath and His cherished property be disappointed?... NEVER!!

**LET US PRAY AND AWAIT HIS RETURN.**

#### CONSTRUCTION UPDATE – SAI KRUSHNA MANDIR- Children’s Home

With the Divine Blessings and grace of our Beloved Swami, the children’s home – Sai Krishna Mandir – is to be inaugurated on 23<sup>rd</sup> November, 2012. As part of this, the SKM construction team is working to ensure that the architectural drawings, foundation and construction are all moving along expected timelines. We are now in the process of engaging a civil contractor for



the completion. After thorough analysis and considering the time and fund position, the SKM

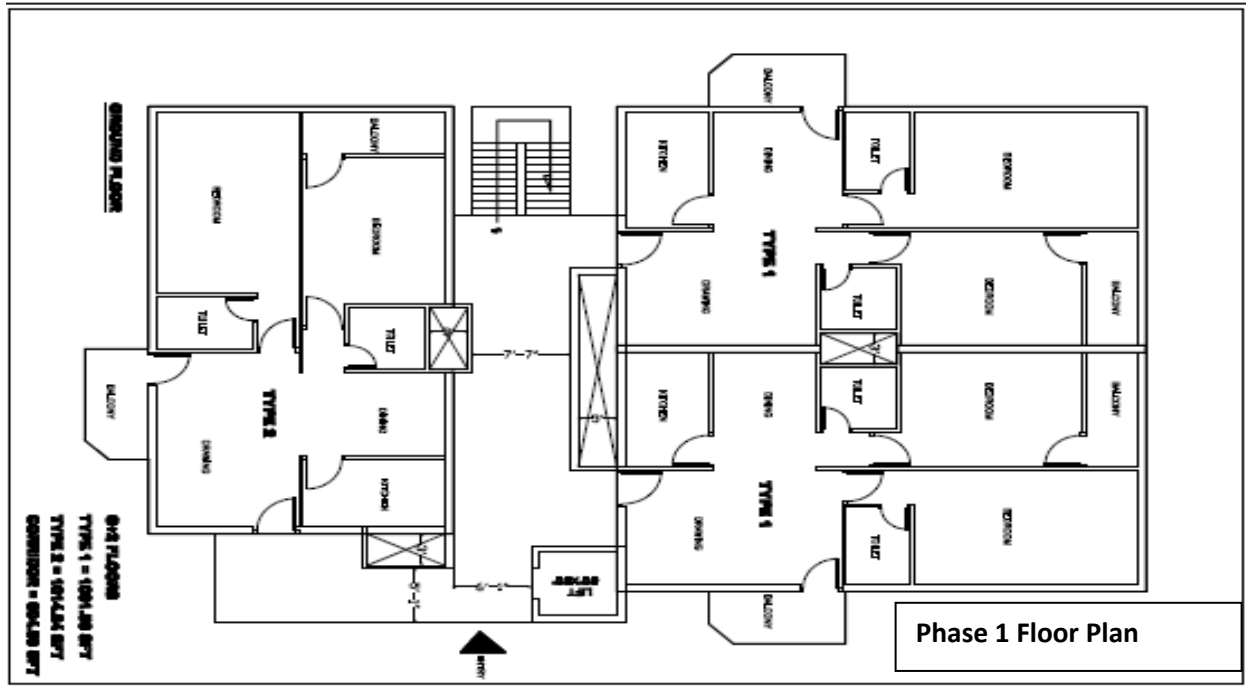
---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnachatrust.org](http://www.saikrushnachatrust.org)



construction team has decided to do the entire construction in two phases. Phase 1 of Sai Krushna Mandir children’s home will involve a G+2 type of residential accommodation for the



children and caretakers. It will have the ability to house up to 30 people. Phase 1 would be completed in time for inauguration on Swami’s birthday this year. Phase 2 would be the eventual children’s home with the facility to house 120 children and about 10 caretakers. Phase 2 shall begin immediately after Phase 1, and the construction of Phase 2 will be aimed to be completed in one go. This additional time will also help to get us to a better fund position to complete Phase 2. Starting Phase 2 right away would not be advisable in terms of the cost implications of potentially starting and having to stop for requirement of capital. Once Phase 2 is complete the children would all be accommodated there and the current Phase 1 would be converted to an auditorium for children cum support staff accommodation cum guest room. We are confident that, just as Swami’s bounteous blessings ensured the procurement of the land, Swami’s grace will crown our genuine intentions and He will continue to guide and bless the entire effort.

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

## CHILDREN'S CORNER: SCHOOL UPDATE

Page | 18

Our children in the Sharavathi Kannada Higher Primary School have successfully completed their examinations. The teachers have evaluated the papers and the results have been announced. The performance of the children has been much better this semester. The school is now closed for the summer vacations and the teachers and children are off for a well deserved break. In the month of May, the classrooms of the primary school will be given a new look with whitewashing of walls, painting of blackboards and making the classroom more fun and informative with posters/ exhibits etc. On their return, the children will also be given text books, note books, pencil boxes, geometry boxes, tables books and other items of stationery completely free of charge. The School Management Team is working to finish all of this before the school re-opens on 28<sup>th</sup> May, 2012.

We close this section with a small story for the children and wish them all a happy and enjoyable summer vacation. The story has been adapted from RadioSai and is a reminder that love and respect for parents is a direct way to please God.

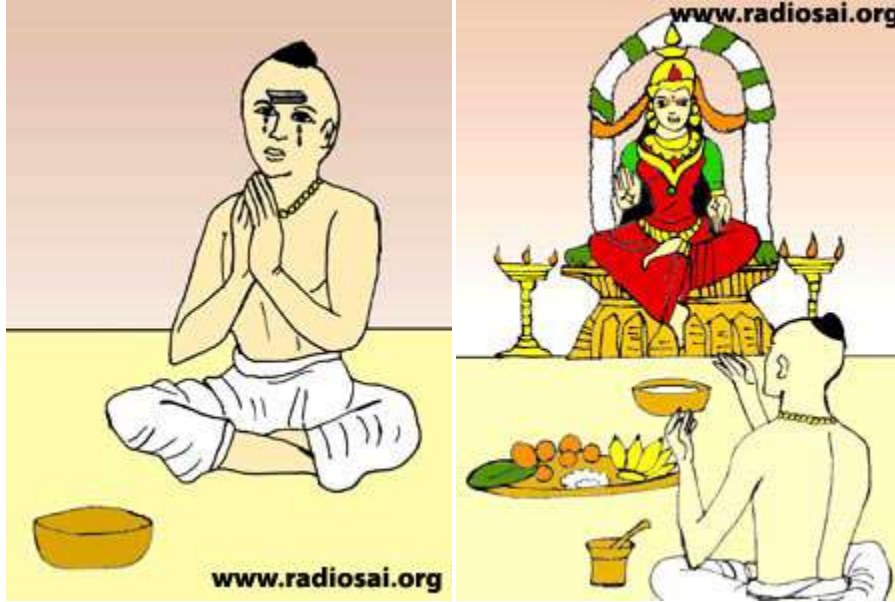
### REVERE PARENTS AND RECEIVE GOD'S GRACE

Once when Adi Sankara's parents were to leave the house for some work, his father instructed him thus, "My dear son, you know that I daily worship the Goddess in our house and later distribute the *naivedya* (offerings) to all the people. Similarly, when your mother and I are away, will you please make the offering to Goddess?" The obedient son that Sankara was he immediately agreed to fulfill his father's commands. And so after his parents left, he poured some milk into a cup and kept it before the idol of the Goddess and prayed to her "Mother! Please accept this milk which I am offering". But despite his fervent prayers, the Mother neither took the milk, nor did she appear. The young boy was understandably disappointed, but did not give up. He prayed again, "Mother! Mother! You accept the offerings that my father makes to your daily! What sins have these hands of mine committed that you are not accepting the offering which I am giving to you?"

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnachatrust.org](http://www.saikrushnachatrust.org)



He continued to pray to her earnestly from the innermost depths of his heart, so much so that he was even prepared to sacrifice his life! Sankara told himself, “My father asked me to offer this milk to the goddess but I am not able to do so because the goddess is not receiving the offering, which I made. It is better that I die”. He went out and brought a big stone to kill himself. But the compassionate Mother, the Mother of the Universe could not keep herself away for too long.

Moved by Sankara’s unsullied devotion and sincerity, she at once appeared before him and drank the milk that he had offered and then placed the empty cup before him. The boy was very glad that the Mother of the Universe came and drank the milk. But now there was nothing left in the cup.



He thought that his father would certainly ask for the *naiveidya* (consecrated offering) of the God when he returned. He feared that the father may think that he drank away all the milk and hence may become angry with him. And therefore he prayed to the Goddess again.

---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnucharitabletrust.org](http://www.saikrushnucharitabletrust.org)

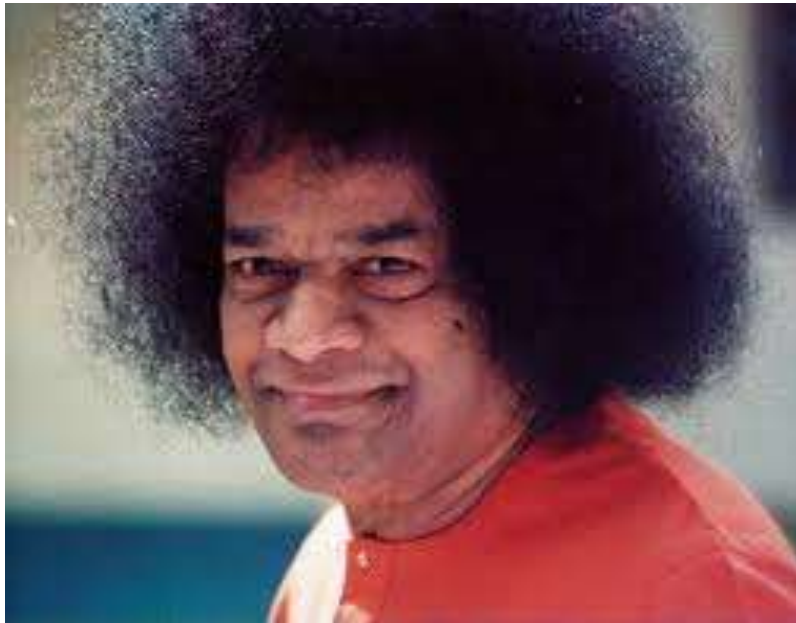
This time asking her, “O Mother, Please give me at least a drop of milk so that I may be able to give it to my father”. But the Goddess did not come. He again sincerely continued to pray; the Goddess was yet again moved by his love and faith and she appeared before him. But since she was not able to give the milk that she drank, she gave her own milk and filled the cup!

Page | 20

It is believed that because Sankara was blessed to taste the Divine milk, he could attain the highest pinnacle of knowledge and wisdom. But the main essence of the story lies in the son’s blind and complete devotion to fulfill his father’s wishes. Because Sankara tried hard to please his father, he was able to get the Goddess of the Universe to manifest Herself before him.

Loving our parents and showing respect for them is a direct way to earn the grace and blessings of our divine parent.

- **Baba**



---

You may contribute articles in Venugaanam sharing your ideas, thoughts, experiences and other information by writing to: [contactus@saikrushnamandir.org](mailto:contactus@saikrushnamandir.org)

[www.saikrushnacharitabletrust.org](http://www.saikrushnacharitabletrust.org)