



Series of
5
Elements

**JUL-AUG
2004
MUMBAI**

Bi Monthly Newsletter by the Sai-Youth of Mumbai

The swimmer has to push the water behind him so that he might proceed forward. So, too, while attempting to march forward, man has to push back from him the evil thoughts, habits, deeds and impulses that crowd into him.

FROM THE EDITOR'S DESK

The monsoons have set in Mumbai and the rains are providing the much sought after relief - after the scorching three



months of summer that all the Mumbaikars stoically bore. But while we are experiencing this Divine grace on us, we cannot ignore the fact that there are many areas in our country where the people have to walk miles to collect a potful of water and there are still other parts which are experiencing drought!!! Not just in rural India, but even in cities like Chennai, water is a perennial problem. How fortunate then are we to receive this Divine shower of grace! But do we count our blessings enough?

Water is the very source of life and vitality. If one sprinkles cool water on a person who has fainted, it revives the person's consciousness. The Prana shakti (vital energy) contained in the water is the cause for this. Baba says, "Water, which has four attributes, is devoid of the attribute of smell. So, it is lighter than the earth. Hence it has the capacity to flow and move. Today noble virtues like love and compassion have dried up in the human heart,

righteousness has declined among people. As the level of righteousness goes down, the water level also goes down! If

good qualities arise in men, the water level also rises. What is the reason for the failure of timely rains, the shortage of food crops? It is the decline of morals among the people which is the cause of natural calamities. The people must cherish sacred thoughts. Then the people's aspirations will be fulfilled."

"As is the fire, so is the smoke; as is the smoke, so is the cloud; as is the cloud, so is the rain; as is the rain, so is the crop; as is the crop, so is the food; as is the food, so is the man. It is most essential on the part of man to realise the significance of this cycle. The sun vaporises ocean wa-



ter. Though the water of the oceans is saline, the rain water that falls from the clouds tastes sweet. Similarly the saline water of bad conduct should be transformed into the clouds of truth by the sun of Buddhi (intellect). Then alone will the sweet water of Prema fall from the clouds of truth and virtue. This water of love will ultimately merge in the ocean of grace. Hence you should make an earnest effort to transform all that is unclean into clean - Baba

Source- Bhagawan's discourse on 15th May 2000



July 12, 1995 has become a historic date for the people of Anantpur district, when Bhagawan Baba inaugurated the massive Drinking

Water Scheme for the chronically drought stricken people of the area. The day became more sacred because it was Gurupoomima Day.

Bhagawan had during the Birthday celebrations in November 1994 graciously agreed to provide funds for drinking water supply schemes. On November 18, 1995, the Sri Sathya Sai Drinking Water Project, providing water to over 800 villages, was inaugurated at the hands of the then Prime Minister of India.

The project involved laying of 2500 Kms of large diameter pipelines, construction of balancing reservoirs, 7 summer storage tanks (covering areas from 30 to 100 acres), 125 ground level reservoirs, and drilling of bore wells. The infiltration wells in the Chitravathi balancing reservoir provide water for a number of villages in Muddigubba, Kadiri, Tadipathri, Dharmavaram and Puttaparthi areas.

Another massive water project which has been undertaken by Baba for the Chennai city shall be completed shortly.

The youth of Mumbai, being inspired by Swami's projects, have undertaken and completed 2 water projects so far in the villages of Dudhani and Kombal Tekdi.

Water Facts of Life

- There is the same amount of water on earth as there was when the earth was formed.
- Nearly 97% of the world's water is salty or otherwise undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs (all its agricultural, residential, manufacturing and personal needs)

- Water regulates the earth's temperature. It also carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, removes wastes and regulates the temperature of the human body.
- Water expands by 9% when it freezes. Frozen water (ice) is lighter than water, which is why ice floats in water.

- Water is part of a deeply interconnected system. What we pour on the ground ends up in our water, and what we spew into the sky ends up in our water.

- 75% of the human brain is water and 75% of a living tree is water.

- A person can live about a month without food, but only about a week without water.

"The health, the heart is important. The knowledge, the head is important. For the body, water is essential. All these three should be provided free. They should not be commercialised. All these come from God." - Baba

**Seva - A Flower
at His Feet**

Ashadi Ekadashi

Origin & Significance

Pandharpur the religious capital of Maharashtra has acquired importance on the world map due to the temple of Lord Vitthal-Rukmini.

Of the various sects amongst the Hindus, the most ancient is the Warkari sect. It comprises families of devotees of Lord Vitthal-Rukmini, over generations, especially from Maharashtra and Karnataka, which join the annual procession from Dehu-Alandi to Pandharpur. This procession is known as the Wari.

Dehu & Alandi on the banks of river Indrayani in Pune district, are the birth-place of Sant Tukaram and the place where Sant Gyaneshwar had taken 'samadhi' respectively.

The 'Pandharichi Wari', is the procession of devotees of Lord Vitthal, carrying with them the 'paduka' (wooden sandals) of Sant Gyaneshwar and Sant Tukaram, in a 'palki' (palanquin). The palki of Sant Tukaram leaves Dehu on 'Jyestha Vadya Saptami' and the palki of Sant Gyaneshwar leaves Alandi on 'Jyestha Vadya Ashtami'. In about 25 days the two reach Pandharpur on 'Ashadi Ekadashi' in a procession that culminates with the darshan of Lord Vitthal - Rukmini in Pandharpur on Ashadi Ekadashi day, which is the single largest and oldest spiritual procession in the world.

On Ashadi Ekadashi, the Warkaris walk in large groups to Pandharpur. The devotees are assured that they are being accompanied by Saint Dyaneshwara and Saint Tukaram Maharaj during the Wari.

The procession consists of palkis and 'Dindis' with groups of persons, before and after the palkis, called as 'Dindis'. The procession culminates with the darshan of Lord Vitthobha-Rukhmini on the day of Ashadi Ekadashi, when the disciplined prayers with the use of 'taal' and 'mridung' reaches a climax and the entire area reverberates with prayers.



Sai - Vithal

For the devotees of Bhagawan Sri Sathya Sai Baba, especially from Mumbai and Maharashtra, the festival of 'Ashadi Ekadashi' assumes an importance and significance. It gives them the opportunity of performing before Lord Vithal Himself.

A few years ago, every state was asked to choose a specific festival to be celebrated in Prashanti Nilayam. While West Bengal chose 'Dassera', Gujarat chose 'Bestu Varas', Maharashtra chose 'Ashadi Ekadashi'.

Ashadi Ekadashi is celebrated with 2 events, a Bai Vikas rally in the morning and a drama in the evening. While the rally is performed by children from Mumbai, the evening drama is performed by a particular district from Maharashtra.

The feature of these celebrations, ever since they started in 1997, have always been the unique themes of the rallies which while centering on Bhagawan's teachings



The drama -Sant Namdev

are presented beautifully through song, dance and drama. The dramas highlight the saints of Maharashtra who were mainly householders and yet were able to attain the highest state of bliss highlighting the message of Sai, 'Hands in Society, Heads in Forest'.

They have a profound impact not only on the audience, but also on the participants, many boys have joined the Sri Sathya Sai Institute of Higher Learning while the girls have become Bai Vikas Gunus or active workers of the Sri Sathya Sai Seva Organisation. Why, even Bhagawan awaits Ashadi Ekadashi!

The Ashadi Ekadashi celebrations also exemplify seamless team spirit and working at the highest level as the entire programme requires effective co-ordination between the participants, their

gunus, the musicians, the stage setters, artistes which usually run into the hundreds. This entire effort is based purely on the love that the participants have for Bhagawan and in turn the very darshan of Sai Vithal on the day of Ashadi Ekadashi gives supreme joy to everyone present which makes them eagerly wait for the next year.



'Divine Address' drama

Morning & Evening dramas at Prashanti Nilayam

- 1997- Rally and Sant Melava
- 1998 - Rally and Sant Eknath
- 1999-The Divine Car Rally and Sant Gyaneshwar
- 2000-www.Godexists.luv and Sant Tukaram
- 2001 - Die Mind, be a Diamond and Sant Kabir
- 2002 - Vande Mataram and Sant Sakhu
- 2003 - Divine Address and Sant Namdeo
- 2004- Supreme Verdict and Garib-ul-nawaz

"The sea is vast and unfathomable. However to know the taste of sea water, one need not drink the entire ocean. It is enough if one has a few drops. Similarly, the one who understands, assimilates and experiences the Lord in Human form, has understood, assimilated and experienced the Immutible, the Imperishable and the Formless Brahman as well." - Baba

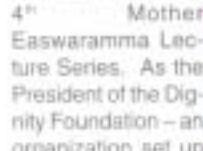
YES in Mumbai

☞ May 1 to 6 witnessed Mother Easwaramma week celebrations at the samithi level with nagarsankeertans by the Bal Vikas children, dramas, shloka and vedam chanting, narayan seva, vastradaan etc.

☞ Mother Easwaramma day was celebrated on May 6th. Dr. Smt. Sheilu Sreenivasan (Chairperson of the Dignity Foundation) and Smt. Ranjana Kumar (Chairperson - NABARD) delivered the 4th Easwaramma Memorial Lecture on "Role of Women in creating a Value Based Society". The lectures were preceded by the soulful rendition of "An Ode to Mother Easwaramma" by Smt. Swati Kagalkar - a renowned singer. She beautifully conveyed the entire story of Mother Easwaramma's life through her melodious rendition. She elucidated on every incident in Mother Easwaramma's life and the transition of a simple, pious and ordinary woman to the soul who became the Mother of all. The Ode to Mother Easwaramma was followed by some bhajans by Kum. Sapna Mukherjee (a devotee of Bhagawan from her childhood and the Vice President of Sahara India Parivar. Thereafter Dr. Smt. Sheilu Sreenivasan was the first speaker of the 4th Mother Easwaramma Lecture Series. As the President of the Dignity Foundation - an organization set up for the benefit of the senior citizens of our society, Dr. Sheilu Sreenivasan largely contained her talk on aging as a process which can be looked at with a lot of hope. She advised all the senior citizens who were assembled at the function to be active and pay back to society what society has in turn blessed them with over the years. She urged people to contribute to the welfare of society and lead one's life with dignity even in the sunset years of one's life. Smt. Ranjana Kumar who is the Chairperson of NABARD recommended that one should learn to be in a position to balance the two - one's family life and one's professional life. She stated that one cannot hope to lead the lives of a westerner



to Mother Easwaramma" by Smt. Swati Kagalkar - a renowned singer. She beautifully conveyed the entire story of Mother Easwaramma's life through her melodious rendition. She elucidated on every incident in Mother Easwaramma's life and the transition of a simple, pious and ordinary woman to the soul who became the Mother of all. The Ode to Mother Easwaramma was followed by some bhajans by Kum. Sapna Mukherjee (a devotee of Bhagawan from her childhood and the Vice President of Sahara India Parivar. Thereafter Dr. Smt. Sheilu Sreenivasan was the first speaker of the 4th Mother Easwaramma Lecture Series. As the President of the Dignity Foundation - an organization set up for the benefit of the senior citizens of our society, Dr. Sheilu Sreenivasan largely contained her talk on aging as a process which can be looked at with a lot of hope. She advised all the senior citizens who were assembled at the function to be active and pay back to society what society has in turn blessed them with over the years. She urged people to contribute to the welfare of society and lead one's life with dignity even in the sunset years of one's life. Smt. Ranjana Kumar who is the Chairperson of NABARD recommended that one should learn to be in a position to balance the two - one's family life and one's professional life. She stated that one cannot hope to lead the lives of a westerner



Dr. Smt. Sheilu Sreenivasan (Chairperson of the Dignity Foundation) and Smt. Ranjana Kumar (Chairperson - NABARD) delivered the 4th Easwaramma Memorial Lecture on "Role of Women in creating a Value Based Society". The lectures were preceded by the soulful rendition of "An Ode to Mother Easwaramma" by Smt. Swati Kagalkar - a renowned singer. She beautifully conveyed the entire story of Mother Easwaramma's life through her melodious rendition. She elucidated on every incident in Mother Easwaramma's life and the transition of a simple, pious and ordinary woman to the soul who became the Mother of all. The Ode to Mother Easwaramma was followed by some bhajans by Kum. Sapna Mukherjee (a devotee of Bhagawan from her childhood and the Vice President of Sahara India Parivar. Thereafter Dr. Smt. Sheilu Sreenivasan was the first speaker of the 4th Mother Easwaramma Lecture Series. As the President of the Dignity Foundation - an organization set up for the benefit of the senior citizens of our society, Dr. Sheilu Sreenivasan largely contained her talk on aging as a process which can be looked at with a lot of hope. She advised all the senior citizens who were assembled at the function to be active and pay back to society what society has in turn blessed them with over the years. She urged people to contribute to the welfare of society and lead one's life with dignity even in the sunset years of one's life. Smt. Ranjana Kumar who is the Chairperson of NABARD recommended that one should learn to be in a position to balance the two - one's family life and one's professional life. She stated that one cannot hope to lead the lives of a westerner



Dr. Smt. Sheilu Sreenivasan (Chairperson of the Dignity Foundation) and Smt. Ranjana Kumar (Chairperson - NABARD) delivered the 4th Easwaramma Memorial Lecture on "Role of Women in creating a Value Based Society". The lectures were preceded by the soulful rendition of "An Ode to Mother Easwaramma" by Smt. Swati Kagalkar - a renowned singer. She beautifully conveyed the entire story of Mother Easwaramma's life through her melodious rendition. She elucidated on every incident in Mother Easwaramma's life and the transition of a simple, pious and ordinary woman to the soul who became the Mother of all. The Ode to Mother Easwaramma was followed by some bhajans by Kum. Sapna Mukherjee (a devotee of Bhagawan from her childhood and the Vice President of Sahara India Parivar. Thereafter Dr. Smt. Sheilu Sreenivasan was the first speaker of the 4th Mother Easwaramma Lecture Series. As the President of the Dignity Foundation - an organization set up for the benefit of the senior citizens of our society, Dr. Sheilu Sreenivasan largely contained her talk on aging as a process which can be looked at with a lot of hope. She advised all the senior citizens who were assembled at the function to be active and pay back to society what society has in turn blessed them with over the years. She urged people to contribute to the welfare of society and lead one's life with dignity even in the sunset years of one's life. Smt. Ranjana Kumar who is the Chairperson of NABARD recommended that one should learn to be in a position to balance the two - one's family life and one's professional life. She stated that one cannot hope to lead the lives of a westerner

in India - in the western countries, the men may help in the kitchen but that is not the case in India - as the cultures of the two countries vary. She also said that working women can achieve a lot provided they have their family's support, as once a woman gets that support, she gets mental peace which leads to happiness. The programme concluded with the singing of the National Anthem and the offering of the Aarthi to Bhagawan.

☞ A Blood Donation, Hypertension and Diabetes awareness camp was organized by the youth-wing at the Churchgate station on May 7th and 8th from 10 a.m. to 7 p.m. 108 bottles of blood were collected at the blood donation camp. Over 500 patients were diagnosed for blood pressure and hypertension.

☞ Narayan Seva and Vastra Daan was performed in Mumbai at the institutions / Sai Colonies adopted by the samithis.

☞ May 9th witnessed mass-scale Narayan seva across the city of Mumbai (the preparation and distribution of food) under the Annapoorna scheme by the youth-wing. A public meeting was held at DK from 6 p.m. onwards on the theme "Universal Peace - A Reality - Sri Sathya Sai Avatar" Padmashree Dr. D. Y. Patil was the Chief Guest of the Function. Dr. Keki Mistry also addressed the gathering.

☞ May 12th witnessed DK's 36th anniversary celebrations with a musical programme entitled "Bhajans - A Royal Path to Inner Peace". The programme highlighted the difference between Keertanam and Sankeertanam. Melodiously sung devotional songs and bhajans were interspersed with commentary on Swami's teachings on the benefits of Naamsmaran and how Sankeertanam should be conducted.

☞ The 9th anniversary of Sai Prem was celebrated at Sai Prem, Vashi on May 13th with a daylong programme, including the launch of a new quarterly newsletter 'Sai Prem', the Living with Baba series, a drama by the Bal Vikas children and the musical programme entitled "Bhajans - A Royal Path to Inner Peace".



☞ A meeting for all the co-ordinators and volunteers of the Youth Awareness Programme ("YAP") was held at DK on May 23rd. Through the means of a presentation, the objective of the YAP, the programme for the year, the rules and the topics of the competitions were discussed. A preliminary meeting with the Principals of the 54 colleges adopted under the YAP was conducted in the first week of June.

☞ 3 youth of Mumbai participated as speakers at the Goa youth convention on 30th May. Dr. Jagruti Shah motivated the youth through her speech to participate in activities. The significance of bhajans and nagarsankeertan as an activity was highlighted by Shri Ramesh Krishnan with a live demonstration of bhajans. Kum. Aazmeen Kasad spoke on the activities conducted by the youth in Mumbai and made a presentation on the YAP which is being commenced from this year onwards at Goa and on the Kombaitekdi grama seva. Shri Ravi Gopal, the Zone VII Co-ordinator of Maharashtra, through his speech, motivated and urged the youth to carry on the Sai activities in full swing.

☞ Practices for the Ashadi Ekadashi programme were on in full swing throughout the month of June. Ashadi Ekadashi was celebrated at Prashanthi Nilayam by the youth wing and Bal Vikas children of Mumbai on the 29th of June. A musical drama entitled "The Supreme Verdict" was staged before Swami with His grace. The musical, staged as a court drama, showed the difference between the Nirguna and the Saguna form of worship of the Divine. The drama in the evening was staged by the children of Navi Mumbai, Thane and Goa.

☞ The Mumbai youth have been visiting the school at Chikale near Parvel (which is a residential school for the Adivasi children) from 2001. By the grace of Swami, the youth have done the following work at Chikale:- 1) Provide a closed drainage system to improve hygiene & sanitation; and 2) Provide a water source by striking water at 280 ft where others had not struck water even at 500 ft and providing a pump to lift and supply the water to the school. A provision has also been made for water harvesting which will raise and maintain water tables in the area.



Are you using more water than you thought? The average daily water use is between 2250 and 9000 litres per person per day. You'd be surprised at how much water you are using. You can save water by following some conservation tips.

✦ Inside your house, bathroom facilities claim nearly 75% of the water used. Take shorter showers.

✦ Verify that your home is leak free. Many homes have hidden water leaks.

✦ Check for toilet tank leaks by adding food coloring to the tank. If the toilet is leaking, color will appear in the toilet bowl within 30 minutes. Check the toilet for worn out, corroded or bent parts. Most replacement parts are inexpensive, readily available and easily installed. (Flush as soon as test is done, since food coloring may stain tank.)

✦ When washing dishes by hand, fill one sink or basin with soapy water. Quickly rinse under a slow-moving stream from the tap.

✦ Place a bucket in the shower to catch excess water and use this to water plants. The same technique can be used when washing dishes or vegetables in the sink.

✦ Don't let water run while shaving or washing your face. Brush your teeth first while waiting for water to get hot, then wash or shave after filling the basin.

THUS SPAKE BABA :

"The very moment you step on to the sadhana path, Grace will be upon you. The Grace rises in the Himalayan ranges, and reaches the sea after a long journey of more than a thousand miles. True, but, do not imagine, that it is only at the point where the waters merge into the sea that the sea is in touch with it. When there is contact in one place, there is contact all along the flow, all along the line, throughout the thousand miles, from the sea to the summit. The tingle and the thrill will be felt from the pool where it originates to the estuary where it meets the sea." - Baba

Follow the Maze

Help the little boy get to the tap to turn it off. A tap, left running while brushing your teeth, wastes 5 litres. Learn to use a glass of water while brushing your teeth, and, to save more water, put a plug in when you wash your hands or face, rinse dishes or wash vegetables.



"O Lord, may we QUENCH the thirst for love, NURTURE the seeds of truth, SAVE the ailing peace and SOFTEN barren hearts with Divine love..."



Sai Inference

GURU POORNIMA

Guru Poomima is the day on which you desire to worship the Guru and please Him by praise. But, that is not the real significance of this holy day. Man is engulfed with the mind. The mind can plunge him into bondage or lead him to freedom. When it helps him to attain liberation, it becomes the Guru. The mind has to shine in serene splendour without any trace of evil. It has to be fixed on the Supreme Being alone. When that victory is gained, that day is Guru Poomima, the full moon of the mind, for the moon is the deity presiding over the mind. - Baba



Source - Saradhana Saathi August 1988

Forthcoming Events

- ✦ The topic for the youth study circle for the month of Jul is 'We are what we eat' and Aug is 'Its easier than you think'
- ✦ The youth bhajan shall be held at Dharmakshetra ('DK') on 4th Jul and 1st Aug
- ✦ Guru Poomima shall be celebrated on 2nd Jul with bhajans at DK.
- ✦ The preliminary rounds of the various competitions conducted in the colleges of Mumbai under the Awareness Programme for the Youth shall be held in the month of July. The results of the preliminary rounds shall be declared by Aug 15th.

CONTACT INFORMATION

For your suggestions, feedback & contributions to the Newsletter please contact:- Shibu:- 56217459 or email at yes_sai@yahoo.co.in This issue can be emailed also, on request.



THE YES TEAM

Sisters:- Anamora K., Paja H., Amishi S.
Brothers:- Shivkumar V.

"Of what benefit is a heavy shower of rain, if you keep your bucket upside down? Can you collect any water? When you listen to discourses on religion, if your mind is not receptive, you derive no benefit therefrom" - Baba