



**MAY-JUNE
2004
MUMBAI**



YES



Series of
3
Elements

Bi Monthly Newsletter by the Sai-Youth of Mumbai

Do not contaminate the air by voices of acrimony, scandal, insult or slander.
Keep silent when you feel like expressing such ideas; that itself is a service to you and to others.

FROM THE EDITOR'S DESK

Over the past two issues, we have seen the importance of the two elements – Fire and Earth. The third element that is equally or perhaps even more important is 'Air'. Students studying science will confirm that Fire cannot burn



in the absence of oxygen (which is a part of air). Water is made up of two parts of hydrogen and one part of oxygen. So water also has a correlation with air. It is said that man breathes 21,600 times and consumes 438 cubic feet of air everyday. The higher we climb as we trek a mountain or hill, or the higher the altitude of the place we visit, we feel our breathing is becoming hard and heavy. That is because the oxygen / air becomes thinner at a higher level.

Air is lighter than fire as it has only two attributes of sound and touch. This is the reason why it wafts about everywhere and is more pervasive than fire.

When one hits a table, the hand starts paining. Which means the force that one has exercised on something has in turn effected the person. When we go near a mountain and make some sound, immediately we can hear the resound / echo. Thus we can see that Nature is governed by the principles of reflection, resound and reaction. Likewise, man who is the son of Mother Nature is governed by these

principles. But we are not paying heed to the warnings given to us by nature. We continue to pollute the air with chemicals, other noxious pollutants and at the lower level, by our thoughts and words.

Baba says, "We should sanctify our self and the atmosphere around by chanting the divine name. What is the purpose of doing bhajans and nagar sankeertan? Chanting of the divine name purifies the atmosphere by sending sacred vibrations into it. These vibrations set off by the chanting of the divine name destroy evil and impure feelings ingrained in us." Let us chant the divine name which will set off sacred vibrations which shall be absorbed by us and transform our very nature!

"Prana (vital breath) is a constituent of air. Life cannot exist without air. Your breathing process is marked by the principle of Soham. 'So' is the process of inhalation whereas 'Ham' is the process of exhalation. You inhale oxygen and exhale carbon dioxide. This conveys the message that you should acquire good qualities and give up bad tendencies. The process of eating and excreting conveys the identical message. You should accept the phala (fruit) and reject the Mala (excreta). You ought to take in what is good and throw out what is bad. Trees also teach the lesson that you should always do good to others. They take carbon dioxide from the environment and give out oxygen which sustains life on earth." - Baba

Source- Bhagawan's discourse on 15th May 2000

Sai Inference

NAAMASMARAN & NAGARSANKEERTAN

Today, the air is polluted. Even the sound vibrations in the ether, air, fire, water and earth are polluted. How are they to be purified? Everyone should purify and sanctify the atmosphere by chanting the name of the Lord (Naamasmaran). Every sound emanating from man enters into the radio waves in the atmosphere and gets permanently recorded. If the sound waves in the world today are polluted, it is because of the cause of the unsacred words uttered by people. By chanting the name of the Lord, the sound waves in the atmosphere must be sanctified. Thereby, these waves can bring about a great transformation. The world, it is said, can be destroyed by an atomic bomb. Sacred sound waves can achieve greater things for the world. They can create a new world.

Naamasmaran can be elaborated also into Nagarasankeertan. This has both individual and social consequences. When you inhale foul air, your health suffers. The air is polluted by unwholesome vibrations when people shout hateful, lustful slogans or even talk, without love and reverence. In order to purify the atmosphere, vibrations that are holy, healthy, happy have to be circulated, even before the citizens come out into the open with the break of day. When a group of good men and women move from one end of a street to other with Love, it clears the air and renders it pure for all to breathe. It also calls people living in the houses on both sides to begin their daily round of duties, with the Sweet Name of God in their ears and the charming Form of God in their hearts. Source - Divine Discourse on November 22, 1970 and August 15, 1993.

"Man is forced today to breathe the air polluted by sounds that denote violence, hatred, cruelty and wickedness. Therefore he is just losing the high attainments that are in store for him. The vibrations of the namasankeertans (heartfelt recitation and Lord's name) can cleanse the atmosphere and render it pure, calm and ennobling." - Baba

Seva - A Flower at His Feet

SRI SATHYA SAI AWARENESS PROGRAMME FOR THE YOUTH

The youth are a precious asset for any nation. Why are the youth considered as a precious asset? Is it because the youth are energetic? Is it because the youth are able in body and thus can undertake more physical activities than the elders? Is it because the youth are unexposed to wickedness and politics and therefore look at life positively with dreams and ambitions? Is it because the youth are willing to forge ahead, irrespective of the hurdles, with their vision firmly fixed on their goals? Is it because the youth have new ideas and are willing to experiment with change?



As a student in school, an individual is subject to the disciplined life of the school, protected and is the recipient of human values. The number of students per class is relatively low and therefore, each child in school receives the attention of the teachers, is observed and corrected, if the need arises.

However when the same child enters college, the child is suddenly exposed to unlimited freedom. This freedom, is welcomed by the child like a reined horse which is suddenly set free. While change is always to be welcomed, the child is often required to exercise an enormous amount of discrimination - whether to attend lectures or not to - whether to use the freedom given in the right way or in the wrong - whether to use the time after lectures constructively or to let it while away - whether to do what the others in college are doing or to do something different - whether to go by what the conscience guides or what the rest of the student community is doing - whether to adopt a particular style of dressing, consuming alcohol, smoking, drugs or to abstain from the same! Many times, the options available to the child are so tempting, that the child gets led away on to the wrong path, succumbing to peer pressure or starts becoming confused, unsure; which leads to a lack of self-confidence.

The emphasis of the present education system on academics alone and not on

overall personality development has resulted in disabling the youth from achieving an all-rounded personality and realising his inherent strengths.

Swami often says, "Youth is the stage in life when the slightest turn towards the wrong will spell disaster. This is the golden period in your life-span and if you spoil this fine opportunity in careless living, your future will be ruined."

Swami also reminds us that not only Him, but each of us is God - only He is aware and we are not aware of it. It was decided therefore to aptly name this programme the "Sri Sathya Sai Awareness Programme for the Youth". The Sri Sathya Sai Awareness Programme for the Youth or the Youth Awareness Programme as it is briefly referred to was conceived of in the year 1991 / 92 to make the youth aware of their inherent divinity, of who they actually are, to realise their own capabilities, their place in and duty towards society, primarily through the means of competitions. The themes of the various competitions would be centered on human values and national integration.

Initially, inter-collegiate essay writing, elocution and quiz competitions were conducted in over 75 colleges of Mumbai. The preliminary round of the competitions were conducted at the college premises and the finalists were invited to Dharmakshetra - the venue for the final round - which was a 2 day youth camp.

The youth camp was an over-night camp, during which the final rounds of the competitions would be conducted, the students would be given themes related to values and would perform role plays, sing devotional and value-based songs, do meditation in the morning, learn yoga and carry out situation analysis. Prizes were awarded to the final round winners at the end of the 2nd day. The finalists were taken for an educational tour to Puttaparthi.

The objective behind each competition:



Put Down Your Views (Essay) Competition

Baba emphasises that good thoughts are extremely important in character building for the

youth. This competition is organised with a view to start the right thinking process in the mind of the students. The aim is to create a deeper awareness of the eternal human values.

Express Yourself (Elocution) Competition

Baba stresses the need for all to practice the unity of Thought, Word and Deed.

This competition aims at encouraging the students to research into topics pertaining to human values and national integration and further to organise the thoughts logically to be presented publicly, with self-confidence and conviction, before the audience comprising the teachers and students. The benefits of the good thoughts translated into good words are felt by the audience and the speaker.



Poster Making competition

Art is the means of exhibiting the inner thoughts of man. It is said that Art reflects the Heart inside. This competition is conducted to encourage students with talent and to enable the students with an artistic bent of mind to participate in the programme. In a span of three hours the students work magic with their brushes on themes such as 'Bharat - the land of culture, Nature-the handwriting of God, There is only one religion the religion of Love, Service to mankind is service to God, Hands that help are holier than lips that pray, Watch your words, actions, thoughts, character and heart, Waste not Want not - Water, Time & Food.'

Seminars

In order to enable the youth to realise the importance of the human life and the true essence of education, Seminars were conducted in the various colleges on the theme 'Management of thought, breath and time'. Through the means of an interactive seminar students are made aware of the fact that if one's thought, breath and time (which is something that is available uniformly to all mankind without discrimination) is managed optimally, then the quality of life of an individual will be of the highest cadre.

The Sri Sathya Sai Human Values Festival of Music, Dance and Drama

The festival which was organised under this programme on 7th of December, 2002 at the Lala Lajpatrai College auditorium was a re-sounding success and was witnessed by over 600 citizens of Mumbai – noteworthy of whom were Pandit Shiv Kumar Sharma, Shri Lalit Sen, Shri Jackie Shroff, Shri Shashilal Nair, Kum. Richa Sharma, Smt. Neerja Pandit, Dr. Shirahatti and several Principals, Vice Principals and lecturers of the colleges all over Mumbai.

Over the years the programme, although fundamentally remaining the same, has evolved. The competitions organised under this Programme, are conducted in colleges all over Mumbai and Navi Mumbai. While the preliminary round of the competitions is conducted in the colleges, the final round is held at Dharmakshetra. The prizes and merit certificates are awarded to the winners at the Finale function. At the Finale function, exhibitions of the best posters are put up, seminars are organised on themes such as "Personality Development", "Curriculum for a Powerful Living" etc., dramas on "National Integration" are put up, audio-visual presentations on Baba's life, message and works are made. Youth icons are invited to give a talk and later present the winners with the prizes.

Commencing with this academic year, the programme has been sub-divided into 2 phases : **Phase I – the competitions** and **Phase II – involving the students of the colleges in Seva activities**. The students will be invited to take part in grama seva and any service activity in the institutions (Sai colonies and other institutions) where seva is being carried out by the Organisation!

Fundamentally the character of any nation is reflected in its youth. In light of the above, it is imperative as a precedent to the development of the country that the development of the youth be engaged in. Let us, who have been fortunate to be guided by the Divine Himself, participate in this activity and make more youth aware of their inherent Divinity – thereby being instruments in making India really shine!



Supreme Physician

Here are some tips from Bhagawan Sri Sathya Sai Baba on keeping healthy.

Everything within limits:-

Let us say we are having our dinner. Though you have eaten enough, you are still tempted to continue. From within comes the information that you have eaten sufficiently. A kind of satisfaction and a sense of peace and well-being results. How this signal your body will tell you enough. Whenever a car applies the rear end brake, you see a red light come on as a warning signal. Similarly in life, you have several natural signals. Your conscience also warns you when you step wrong. When you exceed your limits, it tells you to calm down and back off from the situation. Hence do not wait for signals from outside.



Anger:-

When you are overtaken by uncontrollable anger, your lips start quivering. Your entire body trembles with rage. That is the signal that your anger has exceeded its limits. What must you do then? Do not stick on to the same spot and argue it out. Leave the place at once. Drink a cup of cold water. If the anger is intense, take out a mirror and look at your reflection in it. Your face will be distorted with anger and the reflection will make you feel disgusted with yourself. This will automatically calm you down. For still severe cases of anger, a brisk walk is recommended. This will definitely bring your anger down. **When extreme anger results, the essence of food partaken for three months is wasted.** To cool the hot blood it takes a further three months. Hence, avoid getting angry, for remember that anger is one letter short of DANGER!



Blood Pressure:-

When you are immersed in a task, your mind is so focussed that you will get only enthusiasm and not anxiety! When you have interest in the work at hand, you will not feel the pressure. You will not even know what you are doing. You must get totally involved in any work that you do. Then you will not encounter the stumbling blocks like blood pressure, haste and tiredness. Hence know that you will feel anxiety only when you are not interested in the work. When you have interest in work you will not even desire rest! -Excerpts from a discourse at the Sri Sathya Sai Institute of Higher Learning - 07/1996



YES in Mumbai

♦ Active workers of Mumbai were blessed with the opportunity of performing Prashanthi Seva from Mar 7 to 15

♦ Ugadi / Gudi Padva / Jamshedi Navroz was celebrated on March 21 with a Zonal Nagarsankeertan by Zone I of Mumbai.

♦ A Mahila sadhana camp was organized at DK on Apr 11 from 3 to 5 pm. The theme of the sadhana camp was "Stree Shakti". The youth commenced the sadhana camp with a rendition to "Sharda Ma.". Thereafter the audience was required to correctly guess the seven qualities of a woman which was presented through "Dumb-charades". Lastly, the audience was divided into 7 groups & a group discussion ensued on each of the qualities which was summarised by the group leaders.

♦ On Apr 25th, a bhajan sadhana camp was organised at DK for Bhajan trainers and singers. Aspects of how to conduct bhajans as per Swami's guidelines, the importance of raag and taal were discussed. There was a lot of participation in the Q&A round which resulted in clarifications being provided on subjects such as vibhuti to be the only prasadam at Public centres, persons arriving late / after the Omkaar not to be allowed to lead bhajans, etc.



Forthcoming Events

❖ The Youth study circle topic for the month of May is 'Who is an ideal youth?' & for Jun is 'Those who deserve love least, need it the most.'

❖ The youth bhajan for the month of May shall be held on 2nd May & for Jun on 6th Jun at Dharmakshetra ("DK").

❖ May 1 to 6 will witness Mother Easwaramma week celebrations at the samithi level with nagarsankertans by the Bal Vikas children, dramas, shloka & vedam chanting, narayan seva, vastradaan etc.

❖ Buddha Poomima shall be celebrated at DK with bhajans by the Bandra samithi on May 4th.

❖ Mother Easwaramma day shall be celebrated on May 6th from 6 - 8 p.m. at the P. L. Deshpande Maharashtra Kala Academy (Ravindra Natya Mandir). Smt. Swati Kagalgar shall render an "Ode to Mother Easwaramma", which shall be followed by Bhajans by Kum. Sapna Mukherjee. Dr. Smt. Sheilu Sreenivasan (Chairperson of the Dignity Foundation) and Smt. Ranjana Kumar (Chairperson - NABARD) shall deliver the 4th Easwaramma Memorial Lecture on "Role of Women in creating a Value Based Society".

❖ A Blood Donation, Hypertension and Diabetes awareness camp shall be organized by the youth-wing at the Churchgate station on May 7th and 8th from 10 a.m. to 7 p.m. Medical camps shall also be organized in all the Zones of Mumbai on May 7th.

❖ May 9th shall witness 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 shall be held at DK from 6 p.m. onwards on the theme "Universal Peace - A Reality - Sri Sathya Sai Avatar" Padmashree Dr. D. Y. Patil shall be the Chief Guest of the Function.

❖ All devotees of Maharashtra shall maintain silence & contemplate on the 9 point code of conduct from 8 - 8.30 pm on 11th May.

❖ May 12th shall witness DK's 36th anniversary celebrations with a musical programme entitled "Bhajans - A Royal Path to Inner Peace" from 5.30 pm onwards.

❖ The 9th anniversary of Sai Prem shall be 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, a musical programme entitled "Bhajans - A Royal Path to Inner Peace".

❖ A meeting for all the co-ordinators & volunteers of the Youth Awareness Programme ("YAP") shall be held at DK on May 23rd from 4 p.m. onwards.

❖ The YAP shall take off for the academic year 2004 - 05 with a preliminary meeting with the Principals of the 50 colleges adopted under the YAP in the first week of June. The preliminary round of the competitions - Put Down Your Views (Essay), Express Yourself (Elocution) & Poster competitions shall be conducted in the colleges in the months of June and July.

❖ Ashadi Ekadashi shall be celebrated at Prashanthi Nilayam by the youth wing & Bal Vikas children of Mumbai on the 29th of June. A musical drama shall be staged with Swami's Divine grace at Prashanthi Nilayam before the Divine presence.

Divine Naturally !!

Air, the giver of life - sustaining oxygen and the combination of deathly gases, is just like life is it not? A lot of unpleasantness and distress but supplied in abundance with strength and wisdom, enough to keep us alive, happy and alert. Well lets see how much gas we have in the parachute of life to keep us sailing, so that we may safely land home.

Given below are a series of situations, whether pleasant or not depends on what you choose them to be. For each picture write all the good things you can think of about the situation the picture depicts. Also note down the dis-satisfiers and make a conscious decision on at least 3 of those aspects to change them towards the better. So here's wishing you a whiff of luck, the breeze of wisdom and the gentle brush of love and patience to see your tornados, prepare for the cyclones and glide to the home of happiness and fulfillment.



From YES today to YES tomorrow

Air indeed is our very life,
A common treasure we all share,
It is God's own gentle touch,
that brings Him to us, everywhere.

Air teaches us balance,
To manage the good & bad life brings,
For inspite of the deadly gases,
It remains a lively mix.
What do we give in return?
We are the ones who cause the
cyclones and tornados
For all we give is pollution

Lets pray to our Swami,
Air is Thy form:
O Lord! Let me not pollute it!
Let me be like the refreshing breeze
and not the dusty, destructive
storm...

Let me serve without wanting to be
either seen or heard;
Let me be a part of Your Energy,
A part of Your Mission...
Your instrument...

Published by the Sri Sathya Sai Books and Publications Trust, Maharashtra.

CONTACT INFORMATION

For your suggestions, feedback & contributions to the Newsletter please contact:-

Shibu:- 56217459 or email at
yes_sai@yahoo.co.in

This issue may be
viewed at:-www.dharmakshetra.org

THE YES TEAM

Sisters:- Aazmeen K., Puja H., Amishi S.
Brothers:- Shivkumar V.