



YES

Series of
5
Elements

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Bi Monthly Newsletter by the Sai-Youth of Mumbai

It is only when we decrease our own burden that the burden of the Earth will diminish

FROM THE EDITOR'S DESK

What is God's form? It is difficult to describe God. None can portray the full splendour of Divinity. Baba says, "The powerful earth is a limb of God. The organs of perception and cognition constitute the limbs of the human body; the body is a limb of the society; the society in turn is a limb of mankind; mankind is a limb of the earth and finally the earth is a limb of God."

Our ancestors worshipped earth as Bhumatha (Mother Earth). Why did they worship the earth? Since the crops harvested from the earth, sustained their lives, they worshipped it.

From time immemorial, the Earth has been bearing upon itself the immense burden of all matters and beings. How can we decrease the burden on Mother Earth? To ascertain the answer to the question, we have to first determine what is the burden that we bear? Baba guides us by saying, "Our desires are our burden." It is said, "Less luggage, more comfort, makes travel a pleasure." Hence we should make a sincere effort to decrease the burden of our desires.

Nature is governed by the principles of reflection, reaction and resound. Likewise human beings, who are the children of Mother Nature are governed by the same principles. It is said that, "Human life will find fulfillment only when the ecological balance is maintained." Balance in human life and balance in Nature, both are equally important. Today the world is losing its ecological balance, as man, out of utter selfishness, is robbing the mother Earth of her resources like coal, petroleum, iron, etc. As a result, we find earthquakes, floods and such other devastating natural calamities. The Earth which was once



laden with beautiful flora and fauna is now depleted of all her beauty; and today we are concerned with the consequences of our own actions – global warming, water scarcity etc. The food that we eat, the water that we drink, the air that we breathe are all polluted. In fact all the five elements which are of utmost importance for us are polluted. It is, therefore, our foremost duty to cleanse the world of the pollution.

But how can we do that? At the physical level, we should first start with the self - keep our body and mind clean. Cleanliness is Godliness. Practice a ceiling on our desires. Re-cycle and re-use as far as possible. Not only that, at the spiritual level, we should also purify our actions and feelings, speak sweetly and softly to everybody. The culture of Bharat teaches "Sathyam Vada, Dharmam Chara" (speak the truth and adhere to righteousness). Love everybody because God is present in all. The Vedas teach "Easwara S a r v a Bhutanam" (God dwells in all beings). God has another name – 'Viswa'. It means that the entire universe is His form!! Let us love and respect this much neglected form of His from today and make this earth a better place for all of us.



"The Earth, characterised by all the five attributes of sound, smell, touch, taste and form is made up of all the five elements. It rotates on its axis and revolves around the sun. Though it rotates and revolves around with great speed, the oceans, rivers, mountains, forests and countless other things that the earth carries upon its surface do not move. People marvel at this unique phenomenon. Though the earth is full of great power, it is subservient to the Will of God. It is the will of God that maintains the balance of the earth and sees that things do not fall apart." - Baba
Source- Bhagawan's discourse on 15th May 2000

"Man's misadventures have created several problems for the entire mankind. He has polluted the five elements causing havoc on the earth. If man acts in the righteous way, there will be no pollution at all." - Baba

Seva - A Flower at His Feet

'Zero Garbage'

In the past issues this article has always focussed on major seva activities that are being undertaken by the Mumbai youth. However, this time it is seva with a difference as it is an activity 'to be' undertaken and it is a seva to our **Mother Earth.** More often than not we equate a seva activity with either helping other human beings or improving ourselves. But how often have we given serious thought to help preserve the environment and actually feel committed to do something about it?



There are many ways that by which we can start this process:-

- ❖ Plant Trees
- ❖ Save /& Recycle Paper
- ❖ Minimise the use of plastic in the form of cups, bags etc
- ❖ Conserve water and energy

There are many such activities that each one of us does. Presented below is a simple, practical & effective way of addressing the most urgent need of the hour-maintaining zero garbage levels.

Mother earth is already on the slippery slope to ecological disaster. With the depletion of vital nutrients in our soil level and the over production of crops, the ability of the soil to regenerate and heal itself lessens each year. Also the tons of garbage a city generates is putting tremendous pressure on the environment. We can't just think about it any longer, we must act now!

What are we doing wrong? On a personal level, with our busy lives we have eliminated a very basic but necessary step. We throw our vegetable and fruit peelings and other food waste away instead of recycling, composting or vermicomposting it. When we throw food waste down the garbage disposal or send it to a landfill, it disrupts nature's life cycle process of things being born, living, dying and being reborn again. When we bypass this natural life cycle recycling process, we deplete nutrients from the soil and deprive nature of the ability to regenerate and rehabilitate itself.

One can bio-degrade garbage in two

ways – (1) with Earthworms and (2) without earthworms. The method of bio-degrading garbage with earthworms is called 'Vermiculture'; while the method of doing it without earthworms is called 'Composting'.

In composting beneficial organisms are added to the soil. These microorganisms and soil fauna help break down organic materials and convert nutrients into a more available food form for plants.

Since vermiculture is more of a group activity and needs specialised help we present below a simple, easy, clean way of composting your garbage which can be done at an individual level.

There are various organisations that specialise in recycling methods. A special bucket along with the soil can be purchased from them. This bucket acts as the garbage can. Keep it on a stand a few inches from the floor. Place a shallow old plastic plate below the bucket. Start putting your daily vegetable waste into the bucket. Start with only vegetable waste cut into small size. Spread contents evenly. Ensure no waste water is thrown in. If the contents are too dry then a little water can be sprinkled.

The natural process of biodegradation starts. Mix & spread contents with a wooden stick twice a week. Also



sprinkle the decomposing agent from time to time. When the decomposing process has set in after about a month start adding fruit, vegetable peels, boiled waste of

tea & coffee and anything that is biodegradable. Do not overload the daily input. Do not add any paper or metal waste. Once the process of decomposition starts your daily additions starts getting converted to manure in less time. Results are evident although a little patience is required. A dark colour and a soft texture of the contents of the bucket tells you that your manure is ready for the plants.

Such environment friendly activities are being done in the Sai organisation though on an individual level. One Sai

devotee Mrs. Prabha Patwardhan has single handedly convinced all the people living on L. D. Ruparel Marg to segregate garbage. The wet garbage procured from there is used in all the pots lined up at L. D. Ruparel Marg. In Zone I (Fort – Mahim), a sincere and conscious effort is being made to use only bio - degradable products in Sai functions (i.e. stainless steel plates and spoons, paper cups etc.).

In the Chaitanya Jyoti Museum at Prasanthi Nilayam the flowers are grown on vermiculture. Not only that all the garbage that is generated in the North Indian canteen is being converted to compost by vermiculture and this soil finds its way back again into the various gardens being maintained inside Prasanthi Nilayam.

For more details on starting the 'ZeroGarbage' project please contact
Shri Gururaj Bhatt: 28383473
Smt Nina Sawhnwey: 24930422
& for purchasing the buckets call
Parisar Vikas Org: 25297198



A Sweet Pill

Paying attention to details is a unique aspect of Baba. He often takes pleasure & care in enquiring about the food prepared for the students in the hostel.

On a particular day the hostel chef was very happy because he had served big & attractive mangoes to students instead of the routine sweet. He was praying feverently that Swami should enquire about the day's menu. All knowing that He is, He did ask about the menu & the special sweet. The mess-in-charge replied jubilantly that he had given mangoes to the students. Swami immediately asked about the cost and when He came to know that they were costly he severely admonished the chef for purchasing the mangoes when sweets could be made in the hostel for lesser cost. The chef tried to be smart and told Swami that the mangoes were very big. Swami listened & quipped "If the mango is so large in size, the seed inside would be equally big, so you need not boast about giving big mangoes." Thus Swami tell us to be alert & pay maximum attention to details so that we may not go wrong in bigger matters.

-Taken from Sai Nandana

YES in Mumbai

❖ On the 10th of Jan, a unique exhibition cum sale of handicrafts made by the members of the adopted Sai Colonies of Mumbai "Hands That Serve" was organised at the Dayavanti Hall,



Khar from 4 to 8 p.m. The devotees and others turned up in large numbers. The entire atmosphere was surcharged with a unique energy as bhajans were sung by the devotees of the various samithis throughout the evening. The Mahilas who have worked through the year and made the products went home, not just richer in the purse, but also with the feeling that they had witnessed Swami's "Help Ever" adage in toto!!

❖ On 18th Jan, a meeting of all office bearers (incl. Youth in-charges) was called by the District President at DK to unfold the action plan for the year 2004. Shri Indulal Shah and Smt. Sarlaben Shah presided over the meeting.

❖ A Bal Vikas Refresher Course was conducted at Sai Prem on the 24th and 25th of Jan from 1 to 5 pm.



Green House cultivation of tissue culture at Sevashetra

❖ Ganapathi Sthapana was performed at Seva Kshetra, Aksha on Jan 25. The program concluded with delicious lunch prasadam for all the devotees which was prepared with immense love by the villagers of Aksha village – many of whom donated their land to the Organisation for the project. The first course began at the Seva Kshetra premises on Thursday, Jan 29th.

❖ 26th Jan witnessed Republic Day Celebrations at DK with Flag hoisting.

❖ The Principals of the EHV schools were invited for a workshop at DK on Jan 30 from 2 pm onwards. A member of the youth-wing commenced the proceedings with a brief presentation on the "History of the EHV Programme from its inception to the present day".

❖ The preparations for the mass Narayan Seva commenced on Jan 30 with the youth and some elders cleaning and packaging 2500 packets of Tamarind Rice. The packets of food were served to the poor across Mumbai on Jan 31.



The Villagers at Prasanthi Nilayam

❖ The Kombal Tekdi villagers were blessed with a visit to Puttaparthi from Feb 6 to Feb 11. All the villagers were in high spirits and were very thankful to the youth for making it possible for them to see God. Swami graced them by permitting the group a "Special Sitting" on all the days and on the final day - 10th morning, Swami sat for about 30 minutes during the morning Darshan, and was continuously looking at the group. Many villagers now have expressed their desire to do Prasanthi Seva also.

❖ A new Sai Centre was inaugurated on Feb 8th at Raut Lane, Opp. "Hare Rama Hare Krishna Math", Juhu.

❖ MahaShivarathri was celebrated zonally with a 12 hour Akhand Bhajan which commenced at 6 p.m. on Feb 18 and ended at 6 a.m. on Feb 19. Short circuit televisions beamed the Live coverage of Swami from Puttaparthi which was aired by Sanskar Channel from 5 pm to 8 pm for the first time.

Bowled by Swami!

We all know that cricket, India's favourite game is as much a psychological game as a physical game. But do we know that it is also a spiritual game. The following observations made by Swami to a group of cricket enthusiasts bring out insights into the beautiful mystery of the spiritual meaning of the popular game of Cricket.

Swami says "Whenever you hear Me say 'Life is aGame, Play it' you must take cricket as an example. The three stumps that you are trying to protect and preserve are the three aspects of your personality, your Physical, Psychological and Spiritual Selves. The batsmen is the individual soul expressing himself in different ways with his bat(his mind) in his control. If he does not know how to use the bat, he does little to protect, and his own mind destroys him.

What are the balls he faces every time? Each and every ball is an experience, a situation that is presented to him in the game of life. A chance is given to him to see how he handles the experience. A ball at lightning speed is similar to an experience that takes place suddenly. How does a batsmen react to it? Does he calmly avoid the ball if it is safe to, or does he go on to defend or does he become desperate and commit a mistake? The batsmen does not what kind of ball is bowled to him. His only weapon to handle these situations is the bat(his mind) which is under his control. So a good batsmen is one who has good control over his mind. Whatever the situation he does not **react**, he only **responds**. -from Sai News Australia

Sai Inference

RAM NAVAMI

In Kaliyuga, there are a number of persons chanting Rama's name. But chanting alone is not enough. Whatever name you recite, you must also be active in the service of the form associated with the name.

Rama is immanent in the entire cosmos. Rama is present everywhere. Hence, you have to love all and serve all. By rendering service to one's fellow beings, by offering help to the helpless and by performing sacred acts of dedicated service, one becomes eligible for Rama's grace.

Source – Sanathana Sarathi May 1999

From YES today to YES tomorrow

Our earth

In each one's existence on this earth
In every single moment after his birth

Man must work for *all* that he's worth
If he desires a life:that
has no dearth

The earth is ailing: it is
now or *never*
We need to save it:or it
is lost forever

We *have* to try,in earnest endeavour
By being o so sincere:not just
clever!

So let us all spend some time today
This is truly our *only* chance to
repay

The earth for *whatever* we are today
Its the time indeed to start right
away

ONLY the youth of today can change
the face of tomorrow. We alone can
preserve this heritage for the
generations that are yet to come...

So then, what are we waiting for? Let
us take our first step today;**NOW!**

And always remember! Every
individual can make a difference!
Each one can contribute to this lofty
goal in their own unique way...

So get going! Put on your thinking
caps! Lets call this movement
"Operation Sai Bhoomi". Don't let
these **summer** holidays become
some mere holidays...

Hey, you little tots! Grow a plant in
your home! Use coconut shells, old
glass bottles,discarded utensils ...just
about anything! Be as creative and
indigenous as you can...

And you bright young scholars! Make
some thought provoking
posters...have a poster competition in
your society and arrange an
interesting exhibition!

As for the energetic collegians!
Arrange a society cleanliness drive;
or even target a garden or a section
of a beach near your house on a cool
evening.

Talk to office-bearers or even
government officials; obtain adequate
number of dust-bins in the locality;
arrange for regular garbage collection
facilities; transform waste land to

gardens...Or simply stage a drama;
have debate sessions or even put up a
unique musical programme which
stresses on saving our earth; our
bhoomi...

Just spread the good word; just make
a small difference. A flower offered to
the lotus feet of our dear Swami: who
means the earth to us!!

Divine Naturally !!

Mother Earth in all her beauty and
splendour is the symbol of love and
unity, with every atom of her creation
infused with togetherness into a
festival of life. Every atom is
important, an indispensable link in the
chain of life. See this yourself. Start
from any picture given below and draw
a line from it to the next logical link in
the chain. U will eventually find a link
for each. E.g if u start from the sun,
you can take it either to the sea, or a
tree. If tree, u can further extend the
line to a bird, leaf or fruit and so on
and so forth. No action we do on this
planet, is so small that it does not
matter. Every thought, and every deed
affects the life of thousands of other
creatures in this medley of life, we call
our home—our Earth. Bhagawan Baba
is an eternal teacher. He teaches,
guards, and guides all of us every
moment. We only need to tune
ourselves to receive the teachings
from Him.



Forthcoming Events

❖ The Youth study circle topic for the
month of Mar is 'In what way can I
make society ideal?' and for Apr is
'The teachings you read or listen to
can never help you if you do not put
them into practice.'

❖ The youth bhajan shall be conducted
on Mar 7 at DK by the Chembur &
Ghatkopar samithis.

❖ Active workers of Mumbai shall be
blessed with the opportunity of
performing Prashanthi Seva from Mar
7 to 15.

❖ Ugadi / Gudi Padva / Jamshedi
Navroz shall be celebrated on March
21 with a Zonal Nagarsankeertan (in
some zones) and Bhajans by the Fort
Samithi at DK.

❖ Mar 30 shall witness Rama Navami
celebrations with Bhajans at DK by the
Walkeshwar samithi.

❖ Mahavir Jayanthy shall be celebrated
with bhajans by the Worli samithi at DK
on April 3rd.

❖ The youth bhajan shall be conducted
on Apr 4 at DK by the Andher-
Jogeshwari-Worli-Walkeshwar-Fort &
Shivaji Park samithi.

❖ Good Friday shall be
observed with bhajans on Apr
9 at DK by the Shivaji Park –
Mahim samithi.



❖ A Mahila Sadhana Camp has been
organized at DK on Apr 11 from 3 to 5
pm. The youth are also invited to attend
the same.

❖ Ashadi Ekadashi programme
preparations and practices shall be
ongoing from Apr.

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This issue and the previous issues
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