

# YES

Series of 5
Elements

MAR-APR 2004 MUMBAT 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

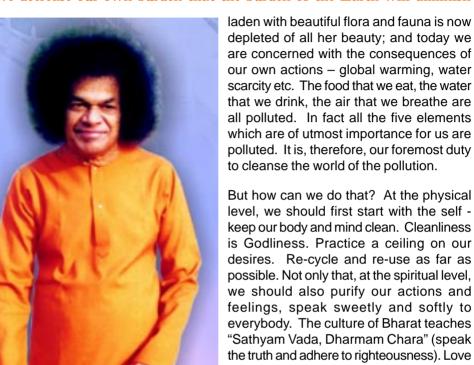
What is God's form? It is difficult to describe God. None can portray the full splendour of Divinity. Baba says, "The powerful earth is a limb of God. The organs of perception and cognition constitute the limbs of the human body; the body is a limb of the society; the society in turn is a limb of mankind;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



everybody
God is present
Vedas teach
S a r v a
Bhutanam"
dwells in all
God has

in all. The "Easwara

( G o d beings). 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

# 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 vouth. However, this time it is seva with a difference as it is an activity 'to be'

undertaken our to More often equate with either

and it is a seva Mother Earth. than not we seva activity 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 earthworms is called 'Vermiculture': earthworms is called 'Composting'.

In composting beneficial organisms are soil. added to the 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 Paying attention to details is a unique can be sprinkled.

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



sprinkle 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 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 while the method of doing it without 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 it way back again into the various gardens being maintained inside Prasanthi Nilayam.

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



#### A Sweet Pill

aspect of Baba. He often takes pleasure & care in enquiring about the food prepared for the students in the hostel.

the 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

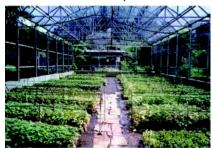
#### YES in Mumbai

❖ On the 10<sup>th</sup> 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 24<sup>th</sup> and 25<sup>th</sup> of Jan from 1 to 5 pm.



# Green House cultivation of tissue culture at Sevakshetra

❖Ganapathi Sthapana was performed at Seva Kshetra, Aksa on Jan 25. The program concluded with delicious lunch prasadam for all the devotees which was prepared with immense love by the villagers of Aksa 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 29<sup>th</sup>.

- ❖26<sup>th</sup> 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 10<sup>th</sup> 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 8<sup>th</sup> 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 exthree stumps that ing to protect and are the three asample. The you are trypreserve pects 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.

# 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 now or We need to

ailing: it is *never* 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!

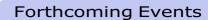
As for the energetic collegians! Arrange a society cleanliness drive; or even target a garden or a section of a beach near your house on a cool evening.

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.



- \*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 Jayanthi shall be celebrated with bhajans by the Worli samithi at DK on April 3<sup>rd</sup>.
- 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.



#### **CONTACT INFORMATION**

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

Shibu:- 31011952 or mail at yes\_sai@yahoo.co.in This issue and the previous issues may be viewed at:- www.sairam.ar.cx

#### THE YES TEAM

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