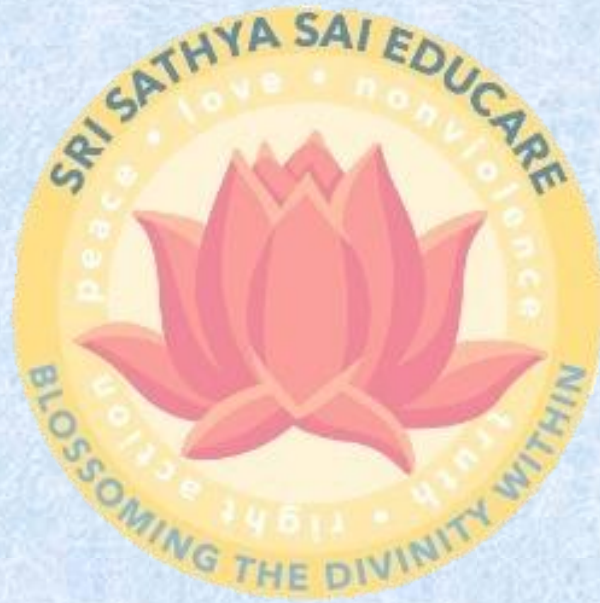




May 2022



Our humble pranams at the lotus feet of our beloved
Bhagawan.

This is the very first edition of our SSSE Online Central
time zone magazine
SAI SMARANAM - 2022



*Art by – Skandha Krishnan
Inspired by photo of Swami and
Mother Easwamma on Radio Sai*

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Loving Sairam's to all. My humble pranams at the lotus feet of our Beloved Bhagawan. This year has sped by and it has brought forth a lot of exciting beginnings.

Dear Parents,

Swami said ***“Education must train the children to love and to cooperate, to be brave in the cause of truth, to be helpful, to be sympathetic and to be grateful “***

The world around us is fast and growing at an unreal pace. It is not only easy but almost inevitable that we lose the connection with our own self. While we all raise a generation to succeed in careers, we may lose perspective for them to live a fulfilling life.

The spiritual education is pure love Swami has given to us, the parents of the future. Even as our children grow to be strong successful individuals contributing to the society, we should also nurture a generation of peacemakers, healers, and restorers.

As a parent, I am forever grateful to Bhagawan to help me parent my children as His instruments for the future. As a Guru, I am excited to share this journey with you all families and now as a coordinator I am energized to get us moving together for our children to be instruments of goodness and right action in the community.

Let us together build a generation of true lovers, healers, restorers, and peacemakers that Swami can use as His able instruments for a compassionate world with no borders.

Dear Children,

Swami said ***“Walk this earth with your heads held high. Your spirits soaring, Your hearts open to love And believe in yourself and God within You, Then all will go well “***

Swami's affection for children is no secret. He adored children and believed that they were future ambassadors of peace and righteousness in the world. We can only become capable of great things when we make ourselves ready for taking on that responsibility. Spirituality makes you ready to be an overall developed human as Swami desired, capable of realizing the God in you and within others.

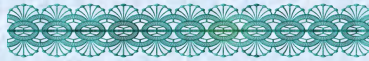
Let us discover the Divinity in all together!

Jai Sairam.

Pavithra Krishnan

Online Central SSSE Coordinator

Mother



Offering my love to my most beloved Bhagwan.

Namagiri Amma, a simple woman from the most obscure small village that would be hard to locate on a map, was 'chosen' by Swami to be His mother. Swami says "Easwamma is the Chosen One. I chose her to be my mother." The relationship they shared is one for the ages and it can be read in Prof.Kasturi's Easwamma, The Chosen Mother. Mother Easwamma's evolution from seeing Swami as her dearest Satya to accepting the fact He is a treasure of humanity is a journey each mother must become familiar with. It is a lesson in love, attachment and loving detachment. She adored her Satya and understood and adjusted herself for Him. The Easwamma Women's Trust is a monumental activity undertaken today to epitomize her passion for women's welfare. The educational institutions, water supply projects and the healthcare offered in Puttaparthi are all the result of her requests to her dear Sathya. To such motherhood Swami dedicated May 6th. It is not a day to just celebrate her. It is a day for each of us to be grateful for our existence on the planet and for our breath. It is a day to show gratitude to the mother that brought us into this world and to the mother that nurtures us to be who we are. He says *"Everyone should consider it his foremost duty today to revere the mother as divine and serve her, **regardless of country or circumstance**. If a man cannot respect and serve the mother, who has borne him for nine months, brought him forth into the world and reared him over the years, whom else is he likely to respect? Maternal love is akin to that of the Creator who projects and protects this infinite cosmos in countless ways....One's mother is greater than heaven itself. Sri Rama Himself declared that one's mother and Motherland are greater than even heaven....It is the mother that holds the child with her hand and teaches it how to walk. It is the mother that feeds the child and teaches it how to eat. It is again the mother that teaches the child how to utter meaningful sounds and speak. Thus, the mother is one's foremost teacher."*(Sathya Sai, 14th Oct 1988).

So, if there is one teaching of Sai we could all practice, it is this: love and respect your mother every single day of your life. Express your gratitude in the best way possible, by a hug, through your words, touching her feet to seek blessings everyday (something Swami urges children to do in His 6 May 2003 Discourse.) or a text message. This would make Sai immensely happy.

Let us begin one daily habit of expressing our love and gratitude to our mother. Through this Swami teaches us the most important thing- love, family, tenderness and culture is all we have got in our lives and that is what will sustain us. It is necessary to foster that to keep us human and make our lives sanctified.

Prayers to our divine mother Sai for showing us the way to these higher and yet simpler truths. Happy Easwamma Day and Happy Mother's Day to each of you. May it be filled with love and sunshine.

With love and gratitude,

Sumana Murali
National SSSE Coordinator

The Two Hospitals

Sai Ram! I wanted to tell you the story about two different hospitals. In 1956, Easwamma came to Swami and asked Him to build a hospital because there were no hospitals in that area. Swami loved and respected Easwamma dearly, so He agreed to build a hospital in Puttaparthi. This hospital helped a lot of villagers in the area receive proper medical care.

35 years later, Swami had the idea to build a super-speciality hospital in Puttaparthi. He built it to help families get complicated surgeries (like brain surgery, heart surgery, etc.) for free. This hospital also helped a lot of villagers, as well as many people around the world.

By hearing stories about Swami's life, I have learned about what is right and what is wrong to do. The way I practice service at home is by unloading the dishwasher, helping with laundry, and helping others in general.

S = Swami
E = Everyone
R = Respect
V = Vikram
I = Intelligence
C = Caring
E = Excellent

by Vikram Kharod
Group 1

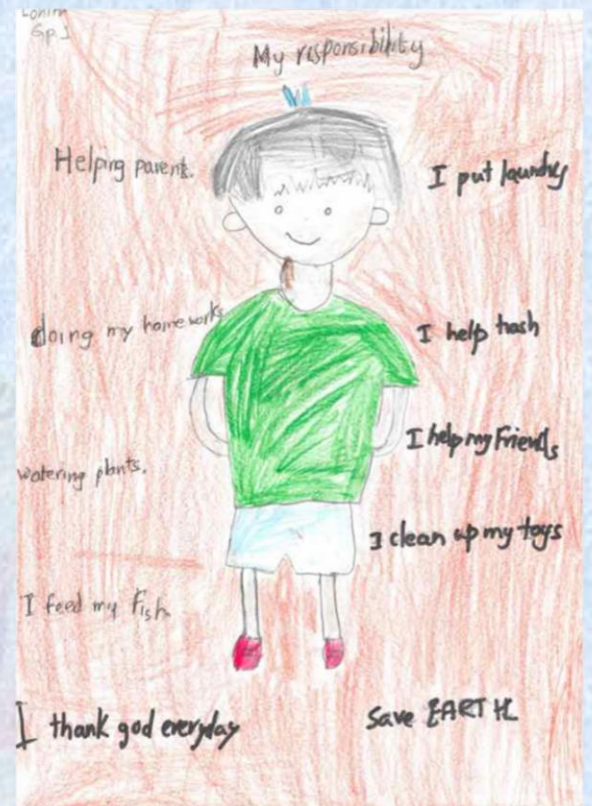


Before undertaking any action, enquire whether it is good or bad, right or wrong. Do not act in haste. Haste makes waste, waste makes worry. So, do not be in a hurry. - Sri Sathya Sai speaks ,Volume 33

Learning “Responsibility” from Swami

Sathya Sai Baba was a responsible kid, he helped his family in routine chores. He shopped for his Dad. He fetched water from well. He helped his sister in cooking and cleaned the dishes. He would help in cleaning as well. He prepared rasam for sick people and after taking the rasam their fever would leave. He had to walk to school in Bukkapattnam which is far from his house. During lunch time, he ran to home to serve food for his grandfather, and he returned to school. He never cared about his physical strain. He was always prepared to do any ordeal. I would like to grow like him. Sairam.

By Lohith Mohan
Group 1



If you waste your time enjoying the pleasures of life during your youth, wasting the power of your body and your sense organs, then if you want to reach your goal of merging with the Lord in your old age, you may not get that chance. There is no meaning whatsoever in serving delicious food to the demons, and then, when they have consumed everything worthwhile, offering the leftovers to God. Do you think that will please God?

- Quote of Swami from Sai Baba Gita

The Wise Child

Swami was named Satyanarayana Raju but was lovingly called Raju. During his childhood, several children of his age used to gather around him, singing and dancing, spending their time happily with their favorite friend.

He taught many good things to his friends like, never speak lies to cover up your faults, fearing punishment from your parents. The power of truth is far superior to even that of an atom bomb. Truth alone will protect you. But truth alone must always be spoken politely and softly.

I am trying to be more honest after listening to this story, whatever situation I face, I always tell my parents what happened, and I speak to them more truthfully and respectfully.

By Kavin Seyon Premanand

Group 1



Photo : Digitally modified
from Radio Sai media center

You should always speak truth. Truth is the real name of God.

- Sri Sathya Sai speaks ,Volume 37

Nature is beautiful



It is heartbreaking to see plants being affected by the weather. Because of lots of things around the world, plants and animals are having a harder time. This is why we can do things like recycle and compost. Recycling helps eliminate some of the plastic that hurts the environment. Composting helps break down things that otherwise could have been pollution.

Ceiling on Desires:

Another thing we can do is ceiling on our desires and only use what we need to conserve food, money, time, and energy. Some ways I like to conserve food are saving leftovers for later instead of throwing them out. For money, we can only buy what we need, and not go on giant shopping sprees. A way to save time is to have a schedule, or at least know how much time to spend on different things. For energy, we can turn off lights and unplug appliances when they are not in use.

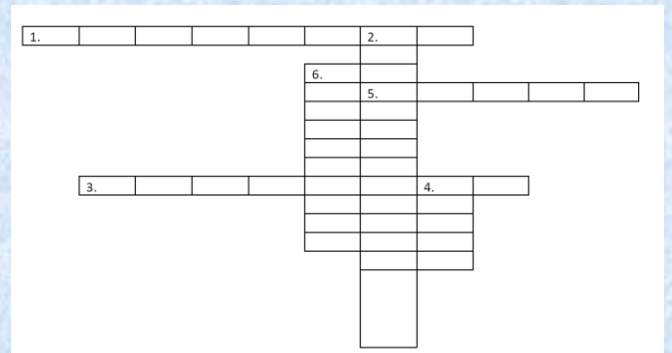
By Gauri Kharod
Group 2

Today the world is losing its ecological balance, as man out of utter selfishness, is robbing Mother earth of her resources like coal, petroleum, iron, etc. As a result, we find earthquakes, floods, and such other devastating natural calamities. Human life will find fulfillment only when ecological balance is maintained. - Sathya Sai Speaks, Vol. 33

Scrambled Words:



Crossword puzzle:



ACROSS:

1. Concerned more with the needs and wishes of others than with one's own
3. The state of being same in any situation
5. Complete trust or confidence in someone or something

DOWN:

2. A feeling of trust in one's abilities, qualities, and judgement
4. Firm belief in the ability or strength of someone or something.
6. The training of people to obey rules or a code of behavior.

Answer Key:

Across – 1. SELFLESS, 3. EQUALITY, 5. FAITH

Down – 2. SELFCONFIDENCE, 4. TRUST, 6. DISCIPLINE

By Sai Tanav Nune
Group 2

A TALE ABOUT SITA

Once there was a little girl called Sita who lived in a small village in a small hut. Her family was very poor, but they were hard workers. Sita was very lucky to go to school. But the school is miles away and she has to walk alone by herself, as her dad worked as a woodcutter and her mom took care of baby brother at home. Since Sita was very passionate about learning, she decided to go by herself.

On the first day of school Sita started from home, looked around and saw no one. She ran back inside the house and got a Diya (candle). It was slightly windy so Diya went off after a few minutes.

Sita entered the woods part now. She carefully watched her step while walking around because there were very big and bumpy roots of the tree that could trip you easily. Sita was scared, what if a- “Screech, Screech.” What was that? “Chop, Chop!” She kept walking after a little more and found a few vines. She swatted them to the side and looked. It was Sita’s dad! Then dad reminded her about the directions to the school. Sita thanked her dad and carried on.

After a few twists and turns, Sita was getting scared if this is the correct route and if she would reach on time. Sita believed in herself and gave herself some positive affirmations. Suddenly, she remembered her grandma lived on this side! So she ran over and saw her grandma working in the garden and grandma gave her directions. Sita thanked grandma quickly.

Sita arrived at school at the right time! Sita had also realized that when you put focus and believe in yourself, you will definitely achieve your goal. And after that she never missed going to school.

Moral: Always believe in yourself and try your best, God will help you to achieve your goals! And use self affirmations when you’re under pressure. I can do this, I am Strong!

*By Saanvi Sriram
Group 2*

One who develops that self confidence can find a place for themselves permanently in the history of the world. – Divine discourse 21 Feb 2009

"My dear Son, Do not get affected by Praise or blame, Develop Self-confidence Have firm faith in god, Then everything will be good for you" — Nancy Hanks Lincoln



Art By Tejaswini Karanam
Group 2

Be compassionate, Don't hate

One day Sai Baba was returning from school . Some of his friends started troubling him. They were troubling him because they were jealous of his good habits. They ripped his shirt and dragged him by his legs, But he stayed calm.



By Sai Shukti Katakota
Group 1

Education must remove hatred between the pilgrims on the various roads to God. There is only one God, one Goal, one Law, one Truth, one Religion and one Reason. – Divine discourse Nov 2008

Class of learnings

Swami says Healthy Body and Healthy Mind. The first thing we learned was how to keep ourselves fit. We learned eating more fruits and vegetables and less junk will help us be healthy. This plan of eating healthy food impacted a lot by keeping me fit and strong for the sports that I play. We also learned from swami's quotes and speeches. One of the quotes that I really loved was "Love all serve all". I liked these quotes a lot because it teaches me that it is important to show love to all and you should serve people in need. We also learned the meaning of Gayatri mantra. The thing that I learned that helped me the most was taking notes for every class. It's not like I have never taken notes before. But we learned that taking notes in any class or assignment you are learning about will help you a lot -an example is if you forgot about something you learned in class and you took notes you could read it and remember, but if you did not you wouldn't have learned the thing or remember the thing you wanted to learn. I am looking forward to the next session of SSSE classes. I would love to be part of it and imbibe Swami's message in real life.

- By Sai Saatvik Katakota
Group 3

The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened. - Sri Sathya Sai Speaks, Vol 14 (1978 - 80)


Love the Love – Journey with God

“The path to God lies through love. With love you can go anywhere.”


SSS 31.27: August 25, 1998

In human life, love is uniform, it is the undercurrent. Where there is love, there are no differences. We started off the year with a lacuna, but there is no lacuna when it comes to Swami’s work. We soon came to understand that it was just some time given to us to look within, to seek from within and to realize what is within. The Online SSSE children, may be a few, but gave us, the Gurus, the energy to renew our tryst with God. The pandemic had been unrelenting the last 2 years and the children were as lost as we were. We did not give up in despair. One thing remained steadfast, there was one common factor, the thread that bound us all, the Love for Swami. We had a challenge or so we thought, we had never seen some of these kids, how would we connect with them, much less learn with them? As time passed, we realized that all of us are made of the same material, one and the same, we were all drawn by the same magnetic power of Love. One thing I have realized in this journey is that when we live in love and love the love around us, everything appears crystal clear, vibrant with life. All differences vanish, only love can be born from good deeds and when there is unity in our thoughts, words and actions, love manifests and begets love. As long as one gives up any bit of desire, any bit of selfishness, any bit of pride and self-interest, Love will manifest and raise the human to the level of the Divine. Let us continue this journey to the self, journey to God, by living His message and Love the Love.

-Sridevi Devaraj, Group 3, Online SSSE Central



Love, truth, peace, and divinity are not different from each other. They are all one. - Sri Sathya Sai speaks ,Volume 37



The Bamboo Flute

In the thicket of the forest, a leaning bamboo I was
Unenchanted, running slow and flowers in sparse
Until the purpose was apparent on what I must want to be
Getting closer to the truth of what is not apparent to see
How to shed the bindings of what I imagine is true
The seeking to grow, to reach the sky so blue
Only to realize I am tall only if the roots are strong
Then I realized the seeking I pursued, is not where I belong
How can I be useful for what I was purposed to be made?
I must be flute into Your hands to be played
Only if I am hollow and clean will You be able to choose me
Else I might be just another flute; off note I will be

The bamboo must be cut and chiseled to the right size
Stepping into every role, for each a duty to rise
Carefully and masterfully remove the branches that sprout
Slowly detaching from the results of the duty carried out
Clean the inside and flush the ignorance shrouded within
Realizing you are not what is perceived or what has been.
The act of adding the holes for the sweet melody to flow
The lessons and the milestones are all meant to make you grow

Every experience is a step in the spiritual path towards realization. In order to use the experience to our own advantage it is but necessary to remove the ego, attachment, pride, anger and other impurities. Loving and living everything that crosses our way, mindfully with the awareness that this is the path to the destination, keeps us encouraged. We can find a constant companion with Swami and the other passengers who are to be your good company in this next step and for us to purposefully be their good company. We cannot play our role and perform our duties to be His able instrument unless we are able to look past what is on the surface and be engaged with what is necessary to be the flute that He can play the Divine melody.

When each of these you pass and get one step closer to realize
The true goal is not seen but felt, that is the ultimate prize
The nature of us is to rise from where we are to eternal heights
Marching past the mind, the senses of hear, touch, taste, smell, or sight

When the hollow flute is clear of all the impurities within
Emerging beyond the senses, illusions, ego conquered to win
The light is evident that you are not one, but part of all around
The body, the soul, the mind none of them you are bound

Love and Light
Pavithra Krishnan



Artwork – Pavithra Krishnan

God is Time

Have you been told, or have you said this to anyone? - “Time is precious, be result oriented, be goal oriented, don’t waste time, Work smart, not work hard”. *Swami has given us a number of different contexts to how we must or are spending our time to reflect on. Here are a few...*

*“You are **wasting** a lot of time in meaningless pursuits. Time wasted is life wasted. Our ancients never wasted even a minute. They considered God as the embodiment of time and extolled Him thus: Kalaya Namah, Kala Kalaaya Namah, Kalaateetaya Namah, Kalaniyamitaya Namah (Salutations to the Embodiment of Time, to the One who conquered time, to the One who transcends time and to the One who ordains time). Why have you forgotten the truth that time is verily God? You eagerly await a Sunday thinking that you can relax and enjoy. In fact, you should feel sad that you are wasting time without doing any work on a Sunday. You have to utilize your time in a proper way. If you do not have any work, undertake social service. Help your fellowmen. Life becomes meaningful only when you make proper use of time.”*

“In the world, we are continually experiencing the same round of days and nights. You perform the same ablutions and indulge in the same process of filling the stomach. Thus, you go on from year to year. But **what efforts are you making to lead a purposeful and ennobling life**? You are going through the same mill of experiences again and again, doing the same things again and again”

“Today man’s desire for worldly pleasures has exceeded all limits, and what is more, he wants quick fulfillment of his innumerable desires, by **resorting to short cuts**. But he must realize that short cuts are always dangerous and riddled with thorns, stones, etc. The highway is always preferable, though it may seem longer. The ways of the Divine are not easy to comprehend.”

“Today’s man has **sraddha** no doubt, but only in securing the fruit and not **in the labor** required for getting it. He does not have the spirit of work in him. The advances in science and technology have made man a lover of comfort for ease with no interest in hard work. There is nothing wrong with science as such. It is the improper use of science that is leading man astray. What is needed today is to pay attention to love and spiritual advancement along with scientific progress.”

With these in mind, let us ponder on the following

1. How should one go about doing any work? Before, during and after?
2. What are some short cuts we tend to take or teach others? Are they ok or not ok to pursue?
3. Is there a need for a sense of urgency in life ? Why?
4. I am too busy; I don’t have time. It’s too much to commit. Or I can’t seem to motivate myself to do something. How can this mindset be overcome?

- By Gopi Balakrishnan Group 3, Online SSSE Central



Divine Analogies

Swami, an inspirational storyteller, has time and again spoken about beauty beyond compare status of 'Prakriti. How do we draw life lessons from Nature around us?

Swami says, 'Nature is the only school that confers on man true wisdom, and God is the only Sadguru'. Treat Nature as the best teacher. In every little act, thought and word, one should discriminate and adopt the best

Analogy: Be like the Ant. When the ant comes across a mixture of sand and sugar, it picks only the sugar and ignores the sand. Other animals however big they are do not possess this ability. **See only good in others, pay no attention to the bad.** Distinguish between the permanent and the transient, realize what is everlasting. If man **realizes the bliss of Divine**, he will not yearn for the worldly pleasures.



Insights: Discrimination is an important instrument of spiritual progress. In this path, we must use discrimination to distinguish that which is transient and what is permanent. If there is a strong desire for God, bad thoughts just pass through and will not be held on to.

Reference: Divine Analogies, Lessons from Nature,
Narrated by Bhagawan Sri Sathya Sai Baba, Compiled
by Dr.Sasidhar Siddabuttani
Illustration: Freepik
Photo : Radio Sai media center

