



P1 / TIME MANAGEMENT



P2 / THE VALUE OF TIME

P3 / SRI KRISHNA  
JANMASHTAMI

P4 / BHAJAN

# Sai Dharmam

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



Time management is arguably the most important life skill to attain if success is to be attained; be it the physical or spiritual realm. It is certainly not an easily skill to master but with Swami's Grace and Love, anything is possible. The following piece lays out a few tips and techniques to help master time management and as a result, make your life's stressors more manageable! Firstly, always get an early start on anything that needs to be done. It is not wise to leave work to a later time because unlike Swami, none of us have the ability to look into the future. We will not be able to tell if more work is waiting for us. Hence, it is very wise to finish, or at least start, your tasks as soon as you find time. Swami says, "Start early, drive slowly, arrive safely." Absence of procrastination leads to a

lighter and more manageable work load. Secondly, spend some time setting realistic goals at the start of the day when you wake up. These goals must be aimed at what you aspire to accomplish simply for that day. Do not think too much into the future but simply what you would like to accomplish for that day. These goals should also be realistic, so if you plan to finish reading an entire textbook within one day, you will probably be disappointed. Instead, break down large tasks into smaller, yet efficient chunks. Once you have made these goals - STICK TO THEM! Ninety percent of the time, the hardest part of time management (the part that most people fail at), is that of sticking to the tasks one hoped to finish before the end of the day. If you are able to finish everything on your (realistic) to-do list, then

you will be three-quarters of the way towards your goal of time management. Finally, enjoy what you do! Regardless of whether or not you want to do what you have to do, it is very important that you realize that in the end, life is a game. We must do what our allocated tasks are in this life. The wise will be content with what they have to do because there is no way to change it. When one becomes content with his/her lot, then everything becomes a fun task and not a burden. This last tip is a little difficult to accept and perform at first, but with practice and grace, nothing is impossible! ✨

# Devotee Speaks

As a young child, I was always told that “God loves you no matter what”. But, a part of me did not believe that it was true until I had a very close heart-to-heart experience with Swami. A few summers ago, my mother asked me what I wanted to do on my birthday and I said, “Amma my only wish is to wake up in Puttapparhi and be with Swami”. My mother always made sure I got what I wanted and made this dream come true. I woke up on my birthday in Prashanthi Nilayam and thought to myself, how great it would be if Baba were to wish me on my birthday even though He was not physically there. I kept a close eye on everything, in case Baba wanted to surprise me and give me a sign. So, I waited and waited and waited, and what did I get? Nothing. I was

very upset and looked at my mom and said, “Swami hates me, He does not even care that it’s my birthday. I came all this way to be with Him and nothing”. My mom wiped the tears from my eyes and said, “Just be patient. He loves you, do not worry”. As we were walking back to our room in Puttapparhi, my mom suggested, “Let us get some tender coconut.” I replied that “Swami does not even care, let us go back to Canada”. As my mom and I got closer, my mom pointed to a heart shaped balloon with the words, ‘I Love You’. My mom then said, “See, you asked and Swami said, ‘I love you’”. This is when I realized that God loves me no matter what.✿



# The Value of Time



Bhagawan says,

*“All things happen according to the dictates of Time; Both good and bad depend on Time; Prosperity and poverty likewise depend on Time; Time is the determinant of all things, There is none who is not subject to Time. In this entire world; that’s the Truth.”*

Time is a precious gift from God that acts as a yard-stick of life, and centuries ago time was devised under the solar and lunar calendars that allow us to have days, years, etc. Everything in creation is dependent on time, but God is not defined or limited by time, since time is the embodiment of God. However, Mankind does not abide by the rules of time, since we are wasteful of that too. Therefore, it comes as no surprise that most recent surveys show human dependence on hundreds of books, planners, software and other time management tools.

Time should always be used for the right purposes, that is the foremost duty of every man. ‘Time wasted is Life wasted’, says Bhagawan. A nation’s prosperity is dependent on how people use their time in the performance of good actions. The challenge for humanity is lack of clarity, motivation and laziness. Someone may be intelligent, but if they do not act, nothing will happen and things will remain in imagination, and this in denies the ability to offer our gifts to the world.

Time management is crucial for carrying out the actions we intended in school, service, prayer, work, and importantly in realizing the divine within for spiritual growth. Every moment provides a chance for something positive, we do not have to wait till a New

Year. Some say that there is not enough time, some too much, and some watch it pass by.. Swami says, “Time is an essential part of our life. Do not defile time by gossiping and unnecessary talk. The truth behind the saying “Don’t waste time” is that no time should be wasted in evil thoughts and acts.”

People think that good and bad are related to time. It is not that way, for thoughts are the cause. If our actions are good, the results will be good, and bad actions lead to bad consequences. People should cherish good feelings and associate with good people.

Contemplate and act on managing time, it will in turn manage the stress we have and will endure in various aspects of life. It is our duty to utilize all the available resources on how to use time efficiently. Allow time for physical, mental and spiritual growth by dividing and planning actions and tasks into Daily, Short-term, Intermediate, and Long-term goals. If obstacles such as getting stuck in traffic, no Wi-Fi signal or children getting sick arise, manage them by remembering God, setting priorities, regulating attitude towards work, incorporating healthy hours of sleep, controlling and changing views on temptations and habits, and by finding motivation from within.

Every second of your daily existence you must ask these questions: How am I utilizing time? Is it for a good or bad purpose? Never give excuses. People for example give less importance to a task, say there is too much to do, pretend to be busier than usual, think a task cannot be done by them, and allow re-scheduling and procrastination. Today people waste a lot, by performing activities that do not foster purity of the mind. That is

why they are unable to experience peace of mind. The Sathya Sai organization has created ‘The Ceiling on Desires program’, to help mankind not waste food, money, energy, or time.

Swami says, “This Atma is Time and Time is God. Therefore, you should not waste time. Fill your time with good actions. Sanctify the time given to you by good thoughts and good actions. For this, you need to cultivate the company of the good, which will in due course lead you to liberation. Fill your mind with thoughts of God. Engage yourself in godly actions. This is true sadhana.” ✿



# Sri Krishna Janmashtami



Sri Krishna Janmashtami, which is also known as Krishnashtami, Gokulashtami or simply Janmashtami, is observed as the occasion of the birth of the Hindu God Krishna, the eighth avatar of Lord Vishnu. Lord Krishna was born around 5,200 years ago, in Mathura to Sri Devaki and Sri Vasudev. The sole objective of Sri Krishna's birth was to free the Earth from evil. The birth of Lord Krishna marked the end of inhumanity and cruelty over mankind. Lord Krishna is a symbol of righteousness. Kansa, king of Mathura and the uncle of Sri Krishna, was a cruel and unholy king. Sri Krishna saved the people from the oppression of Kansa, and many other demons. He played an important role in the Mahabharata and propagated bhakti and good karma which are narrated in great depth in the Bhagavadh Geetha. The Gopikas were a group of females who are praised for their unconditional devotion towards Sri Krishna. The Gopis' love for Sri Krishna did not consist of physical passion. It was supreme love. For them, Lord Krishna was the living God. He was the moving image of the Supreme Lord. Their faith was intense. When they thought of Lord Krishna they forgot their worldly activities. They were

merged in the love of Sri Krishna. Gradually, their love for Sri Krishna assumed the shape of intense divine love. They thought of Sri Krishna alone when they churned butter and took water from the well. They sang His praises when they took baths. They remembered Him when they took food and at all times. Krishna Janmashtami is observed all over India with great joy. Many Hindus observe the festival by fasting and many people exchange gifts on this day. At midnight, the hour when Lord Krishna is believed to have been born, torchlight processions are made and the image of Sri Krishna is carried through the streets. The following day an earthenware pot containing either butter or money and silk is suspended from a height. Boys dress as Sri Krishna and try to climb the pole or pyramid of people and win the prize, while spectators pour water on them. This tradition, also known as 'Dahi Handi' is popular in many parts of India and is a major celebration in Tamil Nadu. Finally, on this day, food items are mainly made of milk and curd as Lord Krishna is very fond of milk products. ❀



# Rocks, Pebbles and Sand



Among the Nine Point Code of Conduct is the phrase, Ceiling on Desires. For many devotees, this may refer to saving money by reducing spending, or saving energy by reducing electricity usage. An idea less commonly attributed to the principle of ceiling on desires is saving time.

Our Dear Swami says, do not waste time. He adds, "Time wasted is life wasted. Time is God. Sanctify all the time at your disposal by undertaking service (seva) activities in a pure and unselfish spirit."

The following is a short story about a professor who teaches his students a very valuable lesson about time management.

A professor stood before his class and had some items in front of him. When class began, he picked up a large empty jar and proceeded to fill it with rocks right to the top. He then asked the students if the jar was full? They agreed that it was.

The professor then picked up a box of pebbles and poured them in to the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed.

He then asked his students again if the jar was full? They agreed that yes, it was.

The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things - your family, your health, your children - anything that is extremely important to you. The pebbles are the other things in life that matter, but on a smaller scale. The sand is everything else. If you put the sand or the pebbles into the jar first, there is no room for the rocks."

The same goes for your life. If you spend all your energy and time on the small stuff such as material things, you will never have room for the things that are truly most important. Remember to fill your life with love, as well as things that bring happiness to you and those that surround you.

One of the greatest secrets of time management is beautifully given to us from Swami. He says,

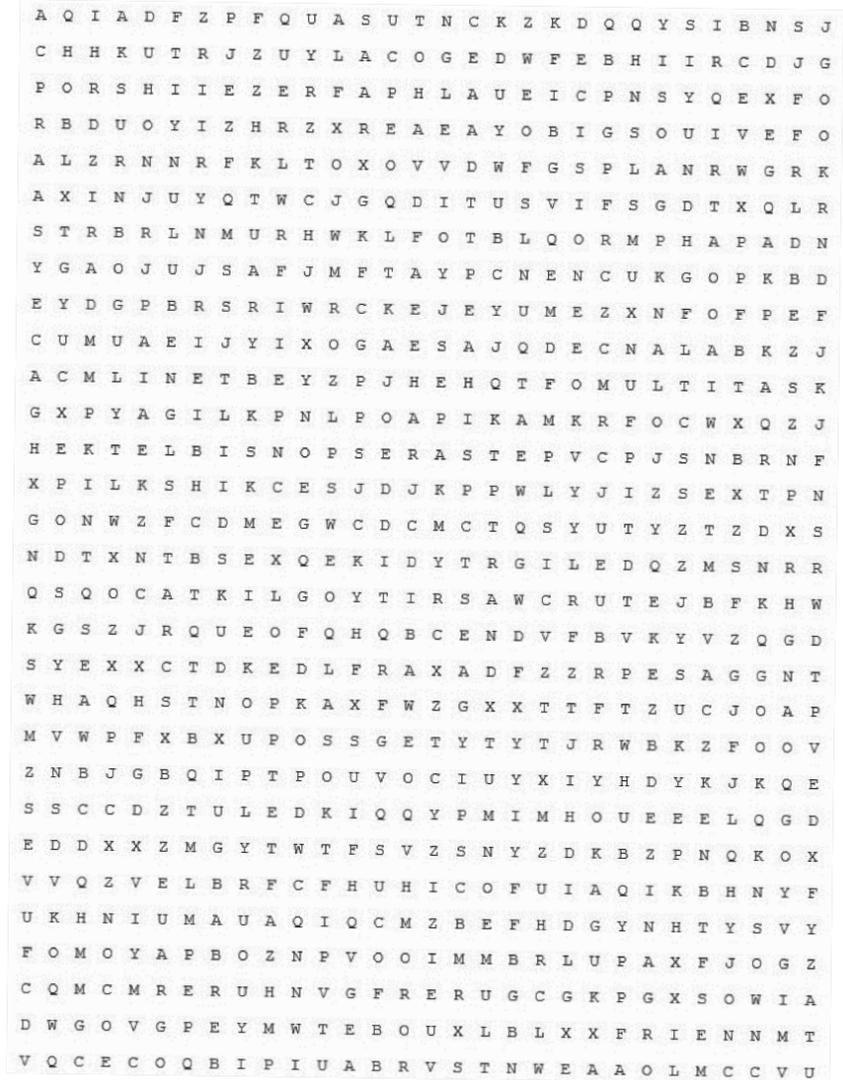
*Start the Day with Love;  
Spend the Day with Love;  
Fill the Day with Love;  
End the Day with Love;  
This is the way to God.*

When love is the overflowing emotion and drive in your life, you will automatically make time for that which is important. Love all. ❀

# Games Corner



- Balance
- Proactive
- Multitask
- Sleep
- Priority
- Goal
- Schedule
- Plan
- Focus
- Responsible
- Organized
- Decision
- Productive



## BHAJAN

Jai Hari Krishna Jai Hari Krishna Govardhana Giridhari  
 Radha Jeevana Radha Mohana  
 (Jaya) Manjula Kunja Vihari

Victory to Krishna who held aloft the mountain  
 Govardhana, Who brought to Radha's life, the Delight  
 of Bliss whose abode is in pure hearts.