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Sai Dharmam

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE

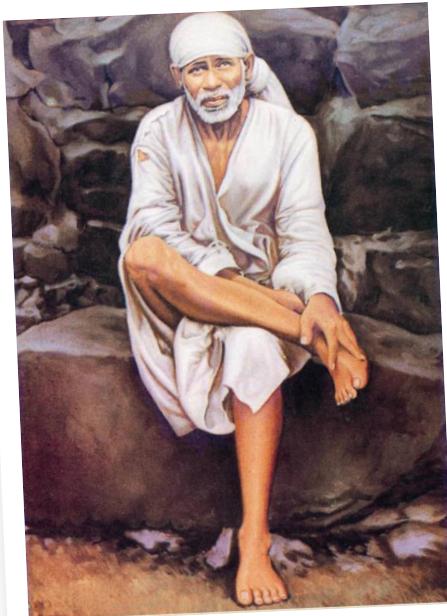


As many of us know, Canada is turning 150 years old as of this July 1st. As such, many of us must realize that this country was founded on the ideals help all individuals and to provide a constitution that can protect every Canadian citizen legally and politically. One key ideal that Canada was founded upon was the ideal of having peace between us as Canadian citizens and to our fellow citizens of the world. Swami has stated that "Perfect peace means the type of peace derived as a result of absence of desire, anger, greed and hatred." Canada as a nation has chosen to strive away from those bad qualities in order to become peaceful for the state

and the citizens of this nations. Another ideal that Canada was found upon was to help others in need. Canada has always tried to help others in need, whenever and wherever they can. Swami has always said "help ever, hurt never." Canada has always helped nations from all across from the aftermath of WWII in Europe, to the present day of helping those nations who have been confronted with natural disasters. Canada has shown again that it has connected to swami teachings, even without knowing it. Another key ideal that Canada was founded on was equality for every Canadian citizens both legislatively and socially. Canada

has strived to provide equality for all individuals of different ethnicities to help provide a sense of balance for all Canadian citizens. Shirdi Sai himself believed in equality amongst religion. This in turn can be tied back to the idea that Canada itself also believes in equality amongst all religions. Throughout history, Canada has been known as the nation of peacekeepers, both internally and externally. As our nation turns 150, we should be grateful that we live in a nation that lives by Swami's teachings and his guidance. *

Devotee Speaks



The following instance is regarding the power of the Sai Satcharita and how it has influenced my life and other devotees. Growing up I learned about Shirdi Sai through short stories but little did I know that

there was a powerful book written by an individual who was known to Baba himself. Then in my early 20s, I was told that when you read this book within 7 days you will come across a dream of Baba on the 7th day. I didn't believe this for a second because growing up I knew that if you wanted to dream about a particular person or event on particular night, it was nearly impossible. Eventually I did come across the book and it was actually gifted to me about 4 years ago. I finally decided to sit and complete the reading within 7 days. On the seventh day, I went to bed that night thinking of Baba and I told myself that I'm definitely not dreaming of him since I feel like I jinxed it. I fell asleep and woke up at 4:00am and I remember it was like yesterday. I sat up and said to myself, I told you it won't happen and went back to sleep angry. As I slowly went into REM sleep the following dream was illustrated. In the dream, my brother and I were given two airplane tickets with the word "SHIRDI" in capitals. The next thing you know, we are in the car and I look into my luggage and I saw that I packed nothing. After we landed, my brother and I placed our foot onto the soil of Shirdi and as we looked up, there he was, sitting on a rock with one leg over the other like we always see in almost any picture of Shirdi Sai. He looked up at us and said, "You've finally come." The dream came to an end and I woke up not being able to move an inch and experienced complete bliss. I then became a little selfish and told Baba that I wish it was real. The next day, I logged into social media and the first image that appeared was a picture of Shirdi Sai with the quote, "Coming to me in your dreams, is equal to visiting me in Shirdi. *

Post Graduation

Dear Graduate,

Congratulations! Completing high school is no small feat. With approximately thirteen years of academic training under your belt, you are bursting with energy and enthusiasm for life's next adventure. Working, volunteering, preparing for post-secondary education, the list is quite large. Feelings of nervousness and anxiety are common.

However, our dear Swami lovingly asks, *why fear when I am here?*

Along with all the skills and knowledge you have grown and cultivated in school, you have your dear Swami with you to embark on the next steps of your journey. It is nothing but a privilege and blessing to have been introduced to Swami at such a young and tender age. As you prepare for life after secondary school, be confident that the values and lessons you have studied and embodied in the SSE program will help you succeed in all your endeavours.

It is important to remind yourselves of one of Swami's key instructions to his students. Swami says "Aim high! Low aim is a crime." Do not aim to just pass, aim to exceed expectations! Do not compromise or settle, be ambitious and put your best foot forward. Challenge yourself to be better each and everyday!

Shoot for the moon. Even if you miss, you'll land among the stars.

Your future is overflowing with opportunities. For many years, you have been exposed to countless projects and initiatives through the Sai Organization. Swami's teachings have now been instilled in you. You are now a beacon of that very Sai Love. As you venture out to

pursue further education or work, remember how Swami has moulded you into the young adult you are today. Regardless of your pursuit, the resources of the Sai Organization are always at your fingertips. When you do His work, He will do yours.

Shine bright, as you are illuminated by the light of Swami from within. Remind yourself that thousands of candles can be lit from a single candle, and the life of the single candle will not be shortened. Happiness (or Love) never decreases by being shared. *



A Spiritual Summer



The weather is warmer and the days are longer; summer has arrived. Many think since school is out, that there would be much opportunity to take up spiritual practices. I personally think it is more difficult because you have fallen out of a routine. The first step to maximizing time for spiritual activities during the summer is to create a routine for yourself of your preferred spiritual activities. I love the outdoors and being outside during the summer. If this is the same for you, you can try meditation outside in your backyard or at a park near by. I also find myself going to the library a lot during the summer. Why not borrow some Sai literature from our centre's library and take it with you the next time you visit the library? Coffee shops are also a great place to get some Sai literature in while enjoying a nice cool beverage! If you like singing bhajans, you can invite a couple of friends from SSE over for a jam session. Anyone who plays an instrument can bring one along with them as well. Summer is perfect to dedicate some time to service and volunteering. You can offer your time to a soup kitchen, nursing home or at the Big Brother Big Sister organization. The list is only limited by your imagination! If you cannot think of any activities, look no further! Our centre offers plenty of activities for the summer such as tree planting, bhajans, park clean ups, Sandwich Project, Walk for Values, retreats and much more. There is also the Canadian Young Adults Festival that is coming up at the end of August. Reflecting back on these events make me realize how I was able to engage in summer spiritual activities without even being aware of it. Make this summer count and start planning your summer spiritual activities today. *



Bhajan



Sathyam Jnanam Anantham Brahma
Sathyam Brahma
Jnanam Brahma
Anantham Brahma

True knowing boundless God.

Games Corner

BLESSING
CANADIAN
PRIME MINISTER
HOCKEY
INNUIT
LOVE
NONVIOLENCE
OTTAWA
PEACE
CONFEDERATION
RIGHTCONDUCT
TRUTH

C O N F E D E R A T I O N J A F G N
Q I M F C B R V P V H D C P K P U O
V N N J L Z D W I J C S N O Q P V N
S N F X E D A N U V B D D V M L E V
F U M H O T T A W A V L X U L E B I
J I A P R I M E M I N I S T E R Z O
G T A Q S J J Y P C A N A D I A N L
R R N A K G L T D L L O V E T J V E
A T T R U T H I A H O C K E Y K X N
D X Q K D M B L E S S I N G T M C C
X J T R I G H T C O N D U C T P O E
I F T Y O C P E A C E E J D P O Q T



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