

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



*More great reads
inside this issue:*

- DEVOTEE SPEAKS - 2
- EASTER & GOOD FRIDAY - 3
- AARADHANA MAHOTSAVAM - 3
- FORM TO FORMLESS - 4
- BHAJAN - 4
- GAME - 5

What is Easter & Good Friday?

It's that time of year – the festival of Enlightenment; Easter. What is Easter, and what is the main message behind this absolutely wonderful holiday? This very special day was when Jesus had risen from death. Good Friday is celebrated around April each year, by commemorating the crucifixion of Jesus. Mary Magdalene and other women in the village had wanted to see whether Jesus was buried at the tomb, however, they were in absolute shock when they found the tomb empty. Just beside the tomb, two angels had appeared and said, **“Why do you look for the living among the dead? He is not here, He has risen!”**(Luke: 24:5).

>> CONT. PAGE THREE



Devotee Speaks

Detachment is the belief of letting go of the tendency to pursue whatever attracts the mind. It involves the awareness of the basic blemish in all material things. Impermanence, a critical doctrine of Buddhism, asserts that all of conditional existence, without exception is transient, evanescent, inconstant. If we were to compare the two terms, one resembles a practice and the other explains a state of mind. According to Buddhism, the teachings of impermanence and detachment aids in overcoming ignorance. From overcoming ignorance, the devotee will not experience human suffering. Something humans today should understand, is that life is not in

our control. Only when you remove the false hope that things will remain constant, can you begin to overcome suffering. It is important to remember that God is beyond the physical body, and detachment from the objective world is achieved by realizing that the Divine can alone be the unshakable victory. Man is forgetting to remember that his future is controlled by God's will, where one should not forget the Divine. According to Sathya Sai Baba, we should learn to control ourselves in terms of desires and not be subservient to excitement. Then only will we obtain God's grace. From having faith and controlling the mind, we can certainly be useful, and our life will become

purposeful. Furthermore, in connection to Lord Jesus, the teaching of detachment is central to Christianity. We should realize that the materialistic goods we make and sell today will not appear in the next life. So, one should not worry excessively of such materialistic items or attachments, and instead, practice detachment by using such goods when serving God and helping one another. According to Lord Jesus, when we are confident that what we find in Heaven is the best of what we have laboured on Earth, that is the heart of detachment.



*Life is a challenge,
meet it! Life is a
dream, realize it! Life
is a game, play it! Life
is love, enjoy it!
- SATHYA SAI BABA*





What is Easter & Good Friday?



This had greatly opened the eyes of many individuals and had transformed the storyline of Jesus that had ended with His tragic death on the cross! Nonetheless, the main message that we all can attain from Easter, is the story of humanity's ascent to divinity. Easter is known as the "enlightenment" for humanity, because it not only takes every individual through a spiritual journey of amendment, but emancipates one, through the bond of death and ignorance, which carries them into the light of immortality and self-knowledge. Just as Jesus had told his disciples and loved ones, "I am not this body - I do not identify myself with the body. Because I am not the body, I break it and give it up for you. In the same way, you should do the same in my memory. You should give up body consciousness. This is the divine command." Through this, each and every one of us should see ourselves not as the body but as the indwelling divinity residing in the temple of the body. We should all recognize and treat everyone as embodiments of love and divinity. Moreover, through Jesus's actions and teachings, we can relate to Swami's teaching and the 5 values; love, peace, truth, right-conduct and non-violence. To be on the spiritual path of the divine, Jesus says, "everyone has his cross to carry. It is the cross of karmic debt and worldly tendencies that lie deep at different levels of our conscious, subconscious and unconscious states." For us to maintain and balance these debts Jesus says, "take up your cross and follow the master". Our beloved Sathya Sai Baba also takes the same values, "follow the master, face the devil, fight to the end, finish the game!"



Aaradhana Mahotsavam

April 24 marks the day when our Beloved lord took His Mahasamadhi. Swami led his life in line with good virtues and kept His thoughts, words and deeds in unison until the end. He was an example to the world on how to live a righteous life. As He said himself "my life is my message". Swami declared Himself divine on the day of October 20, 1940. To prove His divinity to the people, He threw some jasmine flowers to the ground and they formed the letters "S-A-I". This miracle changed the way the people of his village looked at him. Instead of discrimination and dislike, people worshiped him as they had seen divinity in Him. He has presented to us His divinity, whether it be by miracles or by giving us the tools when we need them the most. On the day that our beloved lord left His body, He was covered with vibhuthi as offerings from devotees, as swami had once done for them. Swami has greatly implemented his motherly love into our souls. He may not be present in his physical form, but He will always reside in our hearts.



PRESIDENT'S MESSAGE: FORM TO FORMLESS

Swami's true form was and is LOVE. Attachment to the physical form of Sathya Sai Baba might have more emotion than devotion because true love doesn't have any form.

Bhagawan once answered a student's question on how to connect to that unseen force of divinity. He said, "The only way, the simplest way, the most beautiful way for a devotee to connect to this unseen power, the eternal power of divinity, is love"

He wanted us to understand that the physical body is made of five elements, and by His own design, these five elements have to merge back into their sources. But His form, His most beautiful form of love is to be enshrined by every devotee in their hearts and reflection of this is to be seen in the mind's eye for us to move from form to formless.

Once revealing His true identity, Bhagawan said, "You know who I am? Sarva Roopa Dharam Shantam - I assume all the forms, yet I am Shantam (Shanthi - Peace). Shanthi is equanimity. To be equanimous in the face of duality and in the outcomes of duality in pain and pleasure, joy and sorrow, success and failure - this is true Shanthi." The root cause of duality is identification with the body. Baba said, "I have assumed all the forms, yet I do not identify myself with any single Form. Please understand I am only One"

The whole drama of life and creation is a monoact. And how wonderfully He is playing His roles! What variety, emotions, and grandeur this creation has and every single role in this entire universe is played by only One and One alone! Let us all open our eyes of wisdom and see Bhagawan's true form of love, which is formless, in every being. Aaradhana Mahotsavam is the celebration of Oneness!! Let us all stay united because 'unity is divinity'.

Bhajan

Yuga Yuga Ke Avatara Sai Rama Sai Krishna Sai Baba

Baba Sai Baba Baba Sai Baba { Yuga Yuga ..

Allah Yesu Nanak Sai

Buddha Zohrastra Mahavira Sai

Ram Rahim Jai Ram Rahim Jai Ram Rahim Jai Ram (2)

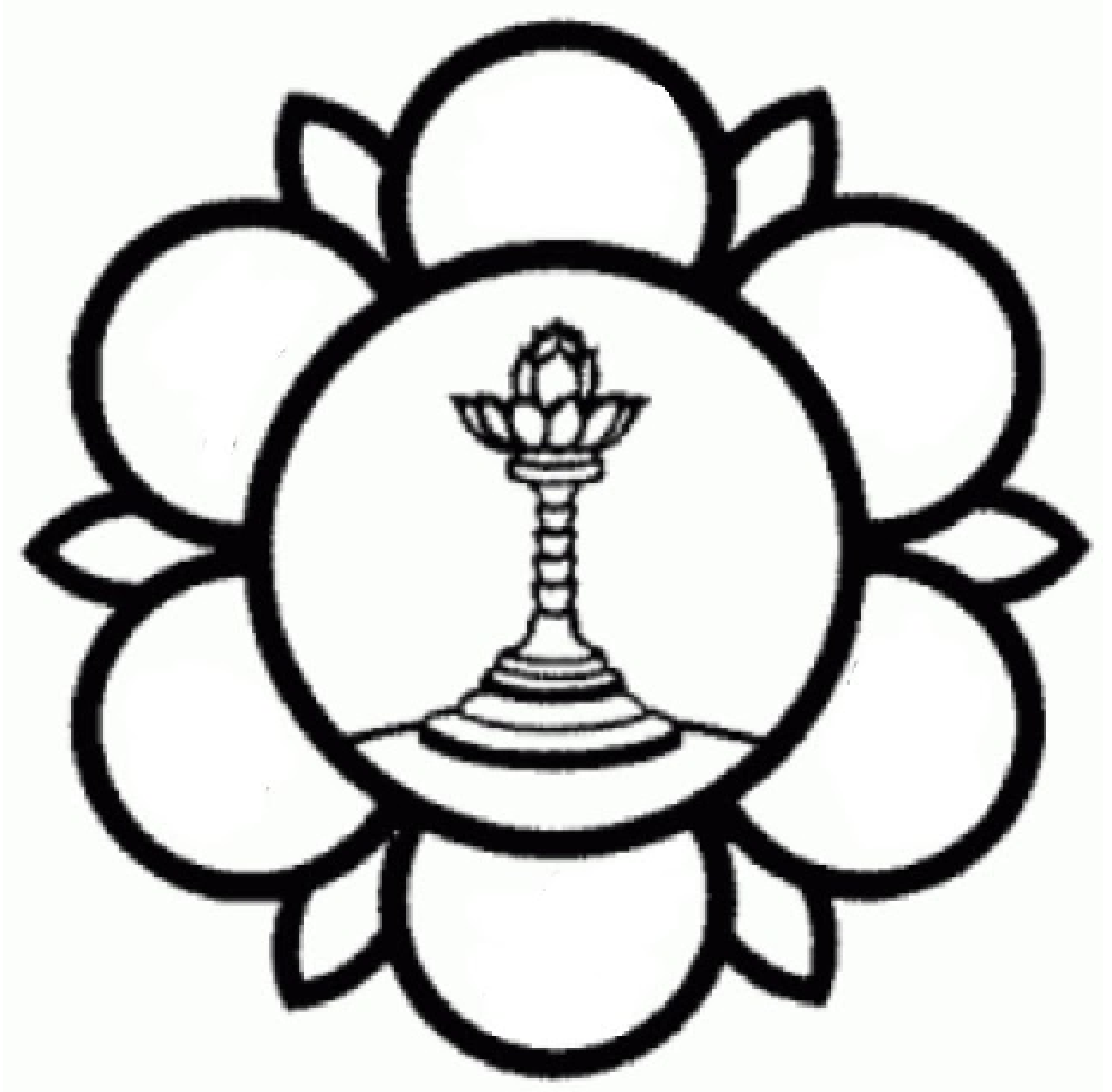
Meaning:

Oh Lord Sai You incarnate through different ages as Rama, Krishna and as Sai Baba. The devotees worship You by different names as Allah, Eshwara, Nanak, Buddha, Zohrastra, Mahavira, Ram and Rahim.



Audio: <https://www.youtube.com/watch?v=2wHZ1seCPKQ>

Game



Objective:

To find the religious symbols and cut it out and place it in the correct position on the wheel

Instructions:

This month's game has you looking around the newsletter for the symbols of each religion on the Sarva Dharma Wheel. Feel free to colour the wheel. Complete the game and send a picture of your completed wheel to the Sai Dharmam email (saidharmam@gmail.com) to check your answer. The first person to send their wheel with the correct answer will receive a shoutout in the next newsletter!