

# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## DETACHMENT

**“Practice detachment from now on; practice it little by little, for a day will come sooner or later when you must give up all that you hold dear.” - Baba**

"The conclusion of a Saptah (seven days long discourse) is called Samapti. But the term Samapti has a profound meaning for it too. It means the attainment (Aapti) of Samam (Brahman or Divinity). That is the final fruit of listening, recapitulation and absorption (sravana, manana and nididhyasana) of spiritual lessons and discourses. In the worldly sense, it means the conclusion of a series of sessions. In the spiritual sense, it means transcending time! What is the sum and substance of all spiritual endeavours? It is that you must give up your pursuit of sensory objects in your seeking for lasting peace and joy. Material wealth brings along with it not only joy, but grief as well. Accumulation of riches and multiplication of

wants lead only to alternation between joy and grief. Attachment is the root of both joy and grief; detachment is the Saviour."

- *Divine Discourse, Aug 19, 1964*

### Reflection Questions:

1. How should we practice detachment in our daily lives and why should we practice it?
2. What is the difference between Bhakti (devotion) and Surrender?



## DEVOTEE SPEAKS

According to the Jewish Holy Scriptures, over 2000 years ago, God recreated himself in the form of Adam and Eve and blessed them with abundance. He requested that they and their children remember that they are from God. However, Adam and Eve and then later, their kin began to forget the truth. They started to form an ego and acted to their own accord. Seeing the dark turmoil manifest in the world, God sent Jesus as a Messiah to save humans from their ego's. He descended to spread divine love and to guide humanity back to God. Similarly, in the Kali Yuga, God took the form of our beloved Bhagawan Sri Sathya Sai Baba. His mission similarly, was to spread the message of love, restore dharma and lead us to self-realization.



Jesus had many critics who were threatened by his increasing popularity amongst the people. Today we commemorate his crucifixion as Good Friday. Three days after his crucifixion, Jesus was resurrected. He had risen from the dead as an angel, and this day is now known as Easter.

April 24th, 2011 - a date that will forever be ingrained in our hearts. It was the day our Bhagawan departed his physical body, and it also happened to be the day of Easter. This is not a mere coincidence as the avatar acts in meaningful ways. Both events signified the rebirth of our purpose in life. Our purpose is to shed our ego and moving away from worldly desires. We can realize our true divinity by understanding that our body is impermanent, but our spirit and faith in God is everlasting.

# MESSAGE FROM LADIES WING

Lord Narayana said: “Math Bhakthah, Yathra Gayathi, thathra thistaami Naradha”. The meaning of the verse is, “Wherever My name is sung, I install Myself.” But Bhagawan has said, “Wherever My work is done, I manifest Myself.” In Sathya Sai Speaks, Volume 31, our beloved Bhagawan says that in order to please God, follow His footprints. He gives us an example: Krishna always eluded the gopikas after playing His mischief. One day, they all lay in wait to catch Krishna. Krishna, out of compassion for them, wanted to provide a clue by which they could trace Him. Krishna went into a house stealthily, broke a pot of milk, and dipped His feet in it. When the gopikas came to catch Him, He ran away. He just vanished in a trice. The gopikas followed His footprints, which revealed to them His hideout. Krishna revealed to them the spiritual truth that if they clung to the feet of the Lord, they could win His grace. Our

Swami says that in order to please God, follow His footprints. Those who take refuge at the feet of the Lord, will neither sin nor bemiserable. With sincere devotion, when you take refuge at the feet of the Lord and contemplate on them, you will not have desires. It is the greatest fortune of our life that He gave us an opportunity to dedicate our lives to His mission. With courage, confidence, enthusiasm and with full realization that the Force behind us is the Divine Himself and we are only His instruments (‘Nimitthamaathram Bhavya Savyasaachi’ – ‘You are only an instrument’), says Lord Krishna to Arjuna in the Bhagavad Gita), let us carry forward the little spark of love that He had lit in our hearts; let us preserve that spark and transmit it to whomsoever we meet in our life and the golden age is sure to come.

## LADIES WING UPDATES

The monthly mask project is going extremely well by the grace of Swami. Till date, we have contributed 2354 cloth masks and 2600 disposable masks at Michael Garron Hospital in Toronto. For now we will have a short pause to our online Bhagavad Gita and Sivapuranam classes. Classes will resume after April 15, 2021. As our way of thanking the health care workers, we are planning to offer cupcakes to the staff/volunteers at SickKids during the month of April before Aradhana Day. The cupcakes will be ordered from a nut-free, eggless bakery. We are also starting a diaper and wipes drive as part of our new initiative to support women and babies at a pregnancy centre in Kitchener. Thank you dear sisters for your loving support!



# MEMORIES

Our centre participated in the Lakeshore cleanup 2 years ago!

A look  
back at  
April  
2019



During these current unprecedented times of the pandemic, we think back of our memories that we had together with our centre. We are continuing to deliver safe Seva activities during times of social distancing and we are looking forward to hopefully delivering Seva activities similar to the Lakeshore cleanup soon.

## GAME

Use the link below to complete the puzzle!  
<https://puzzel.org/en/jigsaw/play?p=-MWW35Io2zFS97UY6Pf>

## BHAJAN

Sai Avatara Yuga Avatara  
Deena Dayala Sankata Haara [ Sai Avatara ... ]  
Sai Brahma Sai Vishnu  
Sai Maheshwara [ Sai Avatara ... ]  
Sathya Sai Prema Sai  
Sab Dharmon Ke Baba Sai  
Sai Parameshwara

*meaning*

O Supreme Lord Sai, O Incarnation of this Kali Age, You are the protector of the meek, the remover of danger. You are Brahma (Creator), Vishnu (Sustainer) and Maheshwara (Destroyer of evil) and the beloved Sai of devotees. Chant the name of the Lord of Lords, Lord Sathya Sai, Prema Sai, who loves all true religions.