

# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## DIVINE DISCOURSE

*"Calendar makers calculate the years and declare that this day is New Years Day. But lapse of time is to be calculated in proportion to the work accomplished, rather than the revolution of our earth around the sun. For each individual, there is a New Year Day, a day that marks the completion of his revolution round the sun, that is to say, the awakened effulgent intelligence, capable of conferring on him discrimination and detachment. Enquire into the will of God, discover the commands of God, guess what will please Him most and, regulate your life accordingly. Do not harden your heart through greed and hate. Soften it with love. Cleanse it through pure habits of love and thinking. Use it as the shrine, wherein you install your God. Be happy that you have within you the source of power, wisdom, and joy."*

-Divine Discourse : 14 January 1970

# DEVOTEE SPEAKS

The New Year is an essential time for self-reflection. Now a days, new year's resolutions are sometimes frowned upon based on the idea that resolutions should be made throughout the year. Although this is true, I strongly believe that a new year symbolizes an objective timely fresh start which reminds people to self-reflect. Self-reflection is always positive and it is one of the key aspects of growing as a human. By aiming to better ourselves, we also better those around us. We should always learn how we can improve our own conduct and how we can impart Swami's teachings into our daily lives. Swami says *"Many people expect the new year to confer happiness and prosperity on them. But in fact, new year only confers on you the results of your past actions. In order to atone your past sins, you have to cultivate sacred qualities and involve yourself in sacred activities more and more in the new year. In fact, Bliss is within you,*

*it originates from your sacred feelings. So, you have to manifest bliss from within, it cannot be bestowed on you by others. None can take away the bliss from you and you cannot obtain it from outside. Heart is the centre of sacred feelings. It is filled with compassion. It is compassion that gives rise to sacred feelings. One has to develop compassion, spread the light of love and cultivate Divine feelings. Without doing so, how can one expect time to confer happiness on him? One gets what one does. If one expects good results, one must cultivate good feelings. With purity of heart, steadiness of mind and selfless actions, one can become the recipient of Divine grace, which will remove any amount of sufferings in a trice."* As you reflect on this new year, it's important to cultivate good habits and remember to be compassionate. Below are some examples of habits you can work on this year!

Reference: <https://www.sssmediacentre.org/#/audio-detail-page/5ee481c62016f31872d45447>

Read more Sai literature

Keep good company around you

Learn a new bhajan each week

Be more environmentally conscious

Have a positive attitude

Speak with more compassion

Eat more home cooked meals

Have empathy for those around you

Do the Jyothi meditation every morning

Be physically active everyday

# PRESIDENT'S MESSAGE

Aum Sri Sairam Respected Elders, Brothers and Sisters,

Swami's grace, Your Love and Cooperation, Seva for Swami has continued rain or shine.

On behalf of Sri Sathya Sai Baba Centre of Cooksville, Our humble & sincere thanks to all the members, Office bearers, SSE Gurus, Kids, Parents and Trustees for all the cooperation and incredible support. It is absolutely a collaborative and sincere efforts by one and all thanks to Swami for blessing us to have Akhanda bhajans, Ladies day and Swami's Birthday at the Centre in the month of November. Sincere thanks to all the Members for your wholehearted donations, that supported all the Seva activities and the Centre maintenance throughout the year. The current Office bearers have successfully completed two years term and the new team of Office bearers will take the Oath Ceremony as of January 13th to continue serving Swami for 2022 to 2023. SSE

classes, Thursday Bhajans, Bhajan practices, Study Circle, Universal healing prayers will continue virtually until further notice. Only the Daily Lighting of Lamp will take place at the Centre. We request your continued participations in all our activities. Bhagwan Sri Sathya Sai Baba founded Sri Sathya Sai Organization to enable its members to undertake service activities as a means of spiritual advancement. We need to focus on his teachings and practice Love All, Serve All; Help Ever, Hurt Never; and Swami always said My Life is my Message, My Message is Love. Keeping this in view, On the beginning of the New Year 2022, let's all pray our universal father & guru to bless us as his instrument and practice Love in every action that leads us to the sacred actions to see happy, healthy, peaceful New Year 2022. Thank you all once again, we wish you and your family Happy New year!!



# GAME

Complete this word search!

N	A	I	L	N	D	I	Y	S	I	N	R	I	O
O	C	R	H	I	O	O	C	T	H	N	L	C	R
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REFLECTION  
LOVE  
RESOLUTION  
INSPIRATION  
CALENDER  
HABITS  
DIVINITY  
FIREWORKS  
BEGINNING  
CHANGES

# BHAJAN

Mahadeva Maheshwara Sai Narayana  
Natanagara Dukha Bhanjana Sai Narayana  
Karunakara Akhileshwara Sai Narayana  
Allah Ho Tum Mahavir Yesu Sai Narayana  
Hrudayeshwara Partheeshwara Sai Narayana

meaning:

*Glory to Lord Sai, the Lord of all worlds, the epitome of compassion, the destroyer of sin, skillful dancer and the Lord of Lords. He is verily Lord Shiva, Narayana, Allah, Mahavir and Yesu. He is the indweller and the Lord of Parthi.*

audio: <https://sairhythms.sathyasai.org/song/mahadeva-maheshwara-sai-narayana>