



P1 / WATCH



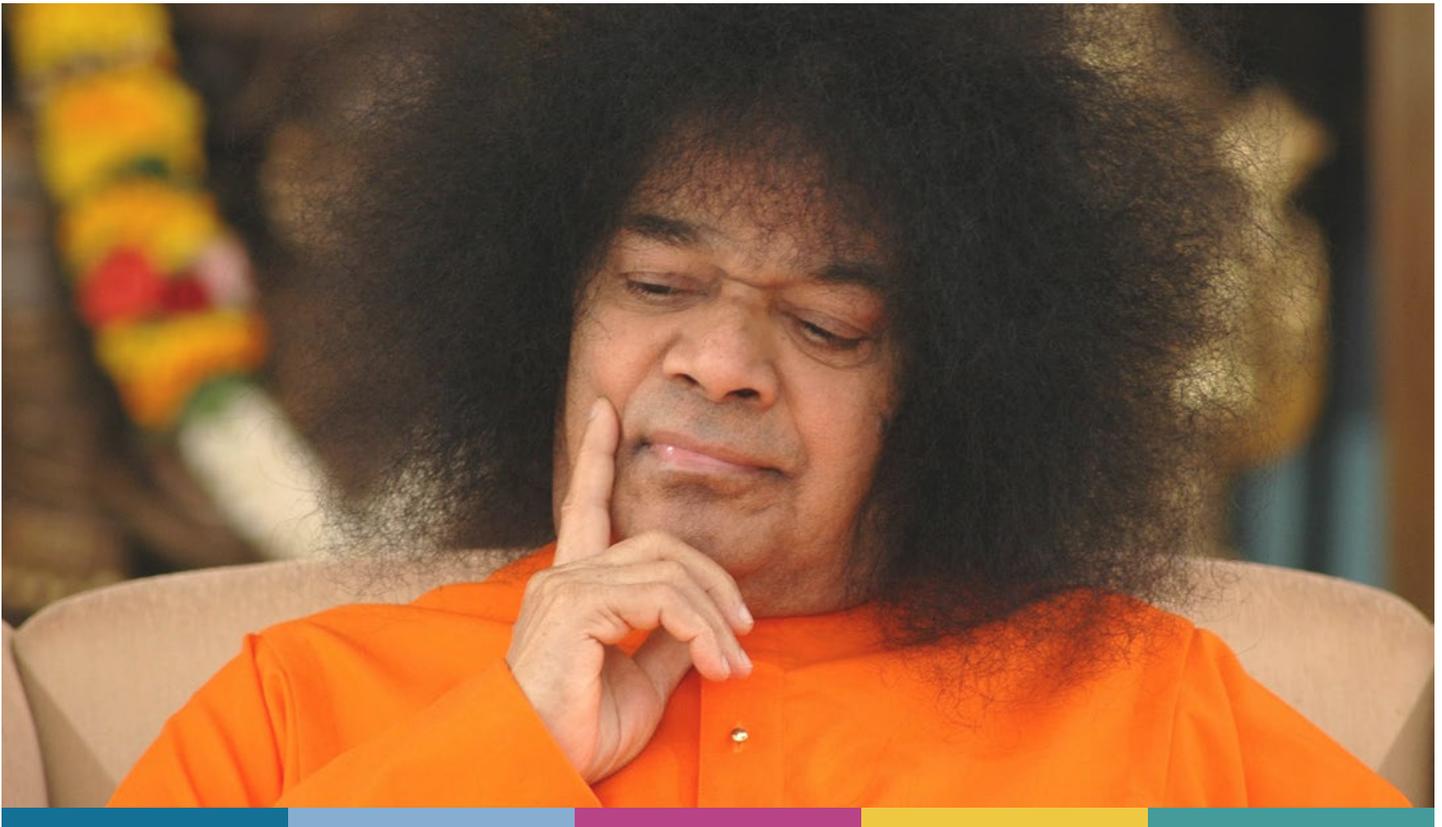
P2 / DEVOTEE SPEAKS

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IMMORTALITY

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# Sai Dharmam

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



**W.A.T.C.H - Words, Actions, Thoughts, Character and Heart.** These are the five building blocks to the acronym WATCH. Watch whether you are speaking good or bad. Watch whether you abuse or appreciate others. You should not use your tongue to abuse others. By following this basic acronym, your life will be one of happiness and positivity.

**Watch your words.** This is one of the most important actions because it directly affects the people around you. The words you say to others gives them a basic impression of who you are and how you act. Your words can be the difference between making a friend or an enemy, or the difference between whether you land a job or not.

**Watch your actions.** Your actions are coupled with your words and directly affect those around you. Your actions should be selfless rather than selfish —

committing bad actions that don't benefit anyone. As Swami says "Service to man, is service to God." In order to serve God in a proper manner, watch your actions and use them to serve others.

**Watch your thoughts.** Although invisible to others, it still remains vital for you to become a good and pure person. What you think and what you say should not be different, as this is also a form of lying. Speaking one way about something or someone while simultaneously having negative thoughts goes against many of Swami's teachings and creates unnecessary inner conflicts.

**Watch your character.** Your character defines your overall personality, the real you. A good character makes you a better person and it is also what others will judge most about you. Developing a good character includes many folds such as

manners, speech as well as positive actions. Character encompasses every other letter within W.A.T.C.H. By following your words, actions, thoughts and heart, you can mold your character.

**Watch your heart.** This is the most important letter out of the five. Even if you have mastered the previous four letters, without a pure heart, there is no value in having the rest. A pure heart is what pulls everything together and allows one to use their words, actions, thoughts and character for the betterment of themselves, others and the society. A pure-hearted person will never seek to hurt another and therefore will have no problem practicing the other four letters in W.A.T.C.H.

In conclusion, the acronym W.A.T.C.H is the basic formula that all should strive to follow to become pure - leading to a happy and peaceful life! ✨

# Lent

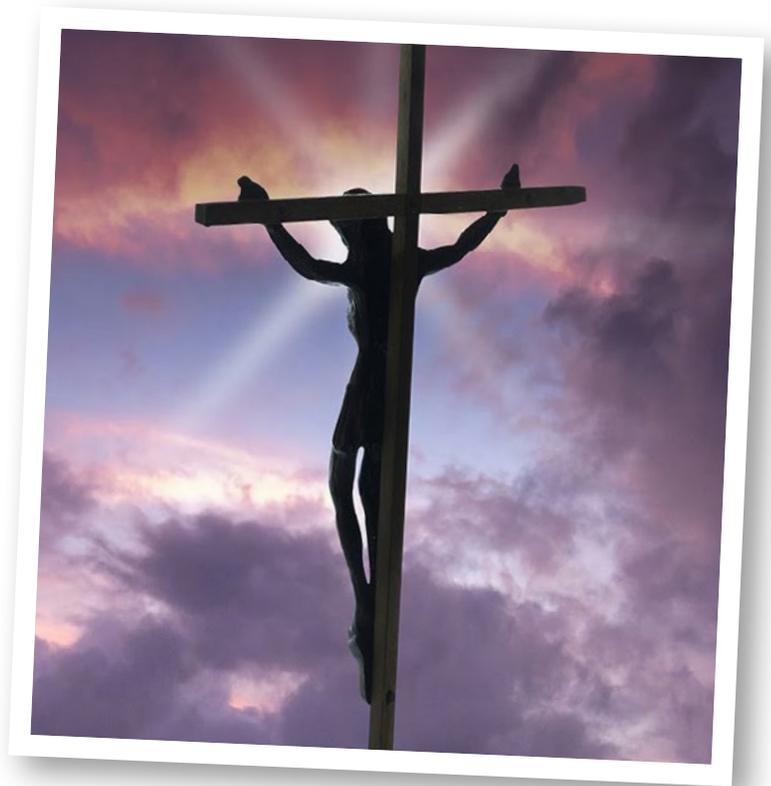
Similar to Sādhana or fasting that many Hindus practice or the period of Ramadan that Muslims observe; Lent, practiced by the followers of Jesus Christ, is a forty-six day sacred period where Christians focus on heightening their spiritual self to become better connected to God.

This year, Lent commences on Wednesday March 1<sup>st</sup>, otherwise known as Ash Wednesday which commemorates the beginning of Jesus' forty day and forty night journey in the desert. The purpose of his journey was to prepare for his mission as the desert was a place of testing, encounter and renewal. Likewise, during this period of time, many Christians give up a habit or commit to performing a special devotional activity. Throughout this period, Christians are encouraged to focus their heart and mind on Jesus. This requires watching their Words, Actions, Thoughts, Character and Heart (W.A.T.C.H).

In addition to these practices, some Christians mark their foreheads with ash as a symbol of sorrow and mourning for their sins. During this time period, there are also special worship services that many churches host to satisfy devotees' need for repentance.

Lent concludes on Easter Sunday which commemorates Jesus' resurrection after being crucified on the cross. The hope is that Christians

will continue their good practices once the period of Lent is over in order to further their connection with God. ✿

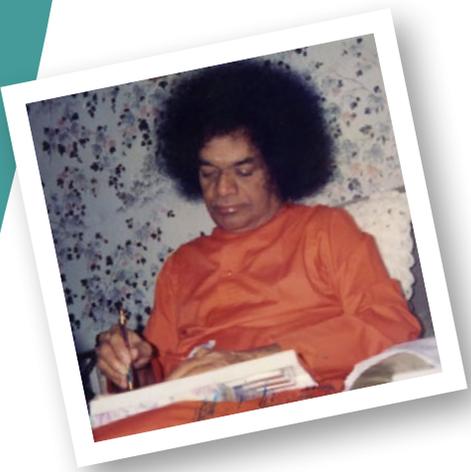


## Devotee Speaks



My experience with regards to the power of Namasmarana only started about 10 years ago. If you asked me to keep repeating the Lord's name during the bad and the good times, I would not have thought there's any significance to this type of Sadhana. I would have probably done it out of routine. Ten years ago, I received a phone call that turned my life upside down. My siblings in Sri Lanka had told me that our mother's heart is weak and the doctors are asking for any immediate family members to fly in and say their final goodbyes to my beloved Amma. Of course I flew right away, right? Except I could not. I just had a serious surgery and doctors had told me to take rest for a month at home. I didn't know what to do and went crazy realizing that I could not see my mother even if she leaves this world tomorrow. In distress, I called my Sai Sisters

at the center to vent. That is when one of the sisters had told me about Namasmarana. They advised that I either chant continuously or write the Lord's name 108 times. That day, I remember like it was yesterday, I looked at Bhagavan's photo and said if you miraculously cure Amma, I will write Sai Ram 108 times every day for the rest of my life. So I took the name and within a week, the doctors did a surgery on Amma, implanting a pacemaker and she miraculously lived for exactly one year from that day. Although my mother is not with us today, I strongly feel that the power of Namasmarana brings so much internal peace during very tough times. Therefore, I advise my Sai siblings and children to start today - chant his name and you will see a big difference in your lives! ✿



# Children of Immortality



Children of Immortality!  
Remember that you are created  
In my image and likeness.  
Perfect!

Live up to this image, in every way, in all planes.  
Live like Masters!

Walk this earth with your heads held high,  
Your spirits soaring...  
Your hearts open to Love...  
And believe in yourself and God within you.  
Then all will go well.

Earth is but a manifestation of My Being.  
Made out of My Life!

Wherever you look, I am there.  
Wherever you walk, I am there.  
Whomsoever you contact, I am that person.  
I am in each, in all My Splendour.

See Me everywhere,  
Talk to Me and love Me,  
Who am in each.

Then from each, I will respond  
And bring you into Glory.  
You cannot see Me in one place and not in another,  
For I fill all space.

You cannot escape Me  
Or do anything in secret,  
For there are no secrets with Me.

Live... Live... Live... in perfect accordance  
With My laws, and wonders will ensue.

Think now. Does error clog the free flowing  
Essence of My Being through you?  
Ask Me this moment to reveal to you your errors  
In the silence of your meditation.

Let old memories well up in you,  
From My subconscious in you...  
Old patterns...  
Old forgotten feelings and thoughts.

Now plunge them into the Ocean of Light,  
Burn them from the consciousness  
So that you may be true emblems of My Being.

Right now,  
Visualize My burning flame  
Rising higher and higher  
As it burns through you.

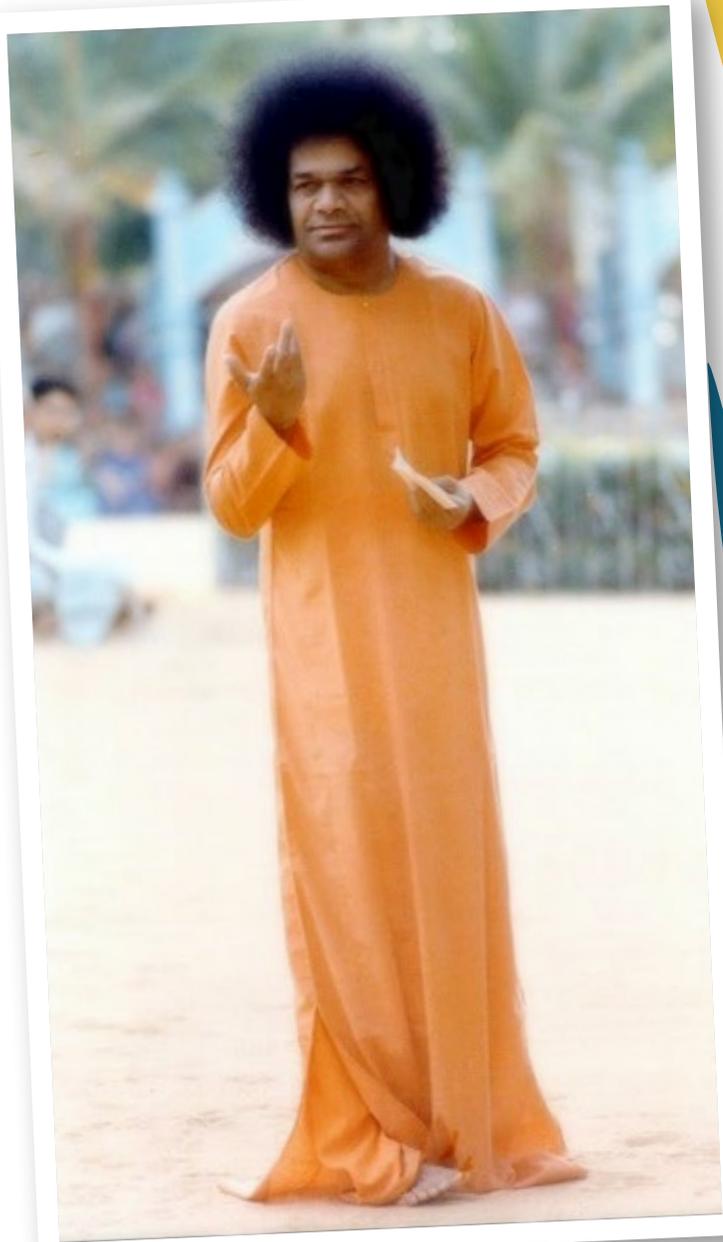
It is a flame that is cooling,  
Cleansing and healing,  
That soothes the hidden sorrow...  
And leaves you calmed and quiet.

Rest in my Love.  
Let all that you have been through  
In your many lives up to this day,  
Melt away in My redeeming Light.

Children of My Being!  
Dissolve your sorrows and fears in Me.  
Let me efface  
All your karma.

Come back into My Consciousness, which is  
Your own true Consciousness.  
Let your petty human self fade away, right now,  
As you come to Me, who am your Inner Self.

You are now My radiant glorious Self...  
No longer separate from Me.  
Melt with Me... Merge with Me...!  
Become Me! ✨



From: Prema Dhaara: Letters Written by Bhagavan to His Students; Sathya Sai Baba; Sathya Sai Books & Publications Trust, Prashanti Nilayam, 1999; pp. 5-7.



## WEAR YOUR WATCH

THOUGHTS  
 TRUTH  
 MEDITATION  
 NO ASSUMPTIONS  
 THANKFUL  
 WISH  
 SILENCE  
 SWEET GESTURE  
 APOLOGIZE  
 SORRY  
 REFLECT  
 GOOD  
 CHARACTER  
 SWAMI  
 SUCCESS  
 REDUCE ANGER  
 LOVE YOURSELF  
 I SEE GOD IN YOU  
 CONFIDENCE  
 COMPASSIONATE  
 CHARISMATIC

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

Secret Quiz

## BHAJAN

Aananda Saagara Muralidhara  
 Meera Prabhu Radhey Shyaam Venu Gopaala  
 Nanda Yashoda Ananda Kishora  
 Jai Jai Gokula Baala Jai Venu Gopaala

(Victory to Krishna, beloved Prince of Yashoda. Thou art the ocean of bliss and player of captivating music on flute and Lord of Mira (devotee), Radha and the entire Universe.)

