



P1 / DIWALI



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WORD & DEED

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Sai Dharmam

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



Diwali (Deepavali) is celebrated in October or November each year. It is mainly called the 'festival of lights' or 'the array of lights' because when the time comes in the year; everyone across India celebrates by lighting up all their houses with glittering clay lamps. Fireworks, family gatherings, and delicious sweets are also part of the celebration. It is also called the festival of lights'

because of the Sanskrit phrase "Thamasomaa jyotirgamaya" (Lead me from darkness to light). We celebrate Diwali to honor Lord Rama, the seventh avatar of lord Vishnu, for what he did. Baba always said that Deepavali was the key that lead people from darkness to light. Over the centuries, Diwali has become a national festival and is most enjoyed by Indians. Some people

believe that Goddess Lakshmi wanders the Earth during Diwali looking for homes where she will be welcomed. People open their doors and windows and light lamps to invite Mother Lakshmi in. All of India interprets the Diwali story as the festival marks the victory of good over evil. ✨

Devotee Speaks

My expression of love and gratitude.

I prostrate and offer my heartfelt gratitude to my ever-present divine Mother Sai. I am very fortunate to have Her grace in my life since I was 10 years old. At such a young age, I was not yet aware of the intense love that Swami would give to me. As I grew closer and learned more about my Mother Sai, at times I felt that I would never have the opportunity to feel the closeness that Swami's students in Puttaparthi were so blessed to experience. But slowly, She made me realize that She is in me, with me, around me, above me and even made me realize that she is in my every thought. Now, I feel my mother Sai's presence in each and every moment of my life! It is such a blessing for me to have Her warm presence along side with me everyday connecting to every action that I take part in!

Years ago, I had shared my bond with Sai in an article, and now when a youth approached me to share my experience with Mother Sai, I was overjoyed about the opportunity and I could only think of this divine love, which I feel daily and love to talk about over and over again. This loving bond that I share with Swami started in an early age for me and now, when I think of this connection, I feel that this closeness is one that will last forever. I can now see how She was slowly and strategically guiding me in my life in many ways from my childhood all the way into motherhood. She played many different roles in my life and was always there to guide me regardless of the circumstance that I was in. When I think of Her and how we pray

(Namasmaranam), and the teachings of respect of all the religions, I realize that She has helped me grow so much in my life with Her teachings. Her teachings also help me to relate to anybody that I meet. As I started my new career, which involves interacting with the local community, I cannot believe how much Sai Ma's teachings are helping and guiding me in every situation which presents itself. In this career, I serve families who have lived in Canada for many generations and they view me as a Muslim, Sikh or Hindu. As such, they have lots of questions for me, which I am able to help answer all thanks to my Mother Sai. I thank my mother Sai every day for all of her teachings and for masterfully preparing me for my duties throughout my life, so that I could face the world and spread Her message with every step I take. With every movement, I feel my dear Sai Ma is with me. I feel so fortunate that I am able to be in her hands and I thank her for all the many blessings and gifts that she has bestowed upon me.

As Sai Ma says, "Have faith in Me, I will guide and guard you". This has come true in my life, and my faith only continues to grow with each day that passes. Thank you, Mother Sai for the gift of life, with you in it! Thank you for allowing me to be part of Your love, and above all thank you for awakening in me this sense of Gratitude. On this Thanksgiving Day in October, I am offering my gratitude at your divine feet! ❀



Time Management



One Saturday, a father was involved in worshipping the Lord and called his son asking him to get some plantains for one rupee. This son was a good boy and went out to purchase the plantains. But, on the way home he saw a mother and her son, who were standing on the road looking famished.

When the little hungry boy saw the plantains, he started running towards them. His mother also ran to catch him but then both of them collapsed from hunger. When the young man saw these people suffering so much from hunger, he thought that it was much better to give them the bananas than to take them home. Accordingly, he gave the bananas to the mother and her child and also brought them water.

Relieved of their hunger and thirst they began to express their gratitude in many different ways and shed tears of joy. The youngster then went home empty handed and when his father asked him if he had brought the bananas, he replied in the affirmative. When asked where the bananas were, he replied that the bananas he brought were sacred, will not rot and could not be seen.

The son explained that he had fed two hungry souls with the bananas and the fruits which he brought home are the sacred fruits of action. His father felt that the boy was a worthy son and that all his prayers had been answered that day. He developed great affection for his son from that day and the bonds of their love grew closer. ❀



Educare and Thought, Word & Deed



Let me tell you of the life of Alexander of Malecodian. Conquer, undefeated in battle; erudite, unrivaled in arts. At only 25 he was King of Macedonia, Pharaoh of Egypt, King of Persia, King of Asia. They say his was the greatest title, his an army greater than you have ever seen, his the greatest kingdom in the world. He was un-rivaled in battle techniques and master of it all – history, poetry, war, astronomy, philosophy: Alexander the Great was incredibly well-educated - even by modern standards. But Sai Baba said that education has two aspects: the bookish memorization related to a worldly education, and 'educare' which relates to bringing out the human values that are within us all, translating them into action through a Unity of thought, word and deed. This Unity is incredibly important because there is in each of us a constant battle – between our innate divinity and our earthly duties. From what I understand, 'education' is related to the outside world, and since we are placed here on Earth with these ephemeral (temporary) physical bodies, we have little choice but to acquire an education to earn money to live comfortably. But we can't forget 'educare', which concerns itself with our inner being, our 'Atma' which is not

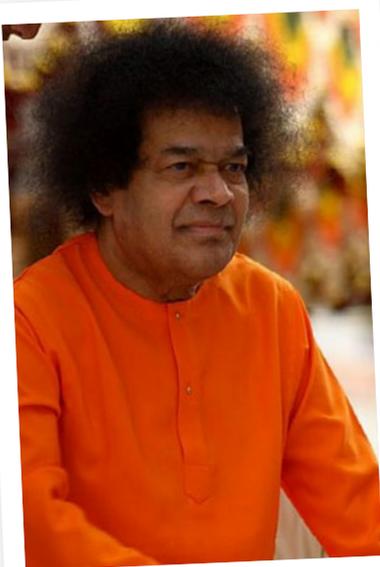
only supposed to be omnipresent, but also eternal (endless). It is the 'real' education that will help us manifest our innate divinity, and we need to physically manifest what we learn through a Unity in thought, word, and deed.

For example, Alexander the Great constantly yearned for more. Even as Emperor – seen as divine by his people, with the wealth of the world at his fingertips, and with an unbeatable army at his disposal – he became increasingly mistrustful and insecure. He was not truly happy; that can only come from inner feelings of peace, not worldly possessions. So we need Unity to eradicate the spiritual unrest caused by our egos. If our daily activities are coordinated with our thoughts and words, then our every action would be deemed seva. We need 'educare' to train us to carry out our daily duties with our thoughts always centered upon God, to train us to see our every behaviour as sacred. This is how we can erase disharmony between what we think, say, and do. And this may be the hardest battle we fight. The Buddha himself is said to have taught "Greater in battle than the man who would conquer a thousand men, is he who would conquer just one – himself".

Despite defeating every opponent he ever faced, Alexander III died mysteriously and unexpectedly, simply another mortal man. Alone, isolated from his family; paranoid, afraid of his troops. He was only 32 and lay dying – Emperor of the world but no doctor, army or money could save him. They say his final wish was to be carried out with his hands outside his coffin, so all would know that the man who won the world had nothing in his hands when he left it. And all that gold and silver he endeavored the ends of the Earth to reach? Not a sliver left with him. ✳



Unity in Thought, Word & Deed



"Unity of thought, word and deed" at first seem like 6 simple words. But only when we begin to understand the meaning behind these words, do we realize the difficulty in following what they mean. Mahatma Gandhi said, "Your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." Essentially Gandhi is saying that our thoughts, words and deeds are inherently connected.

As we go through the various stages of our lives, we may come to realize the challenge in practicing this. Swami tells us the story of Dhruva from the Maha Bhagavata. Dhruva was a five-year old boy. Having no worldly knowledge and strengthened by the divine sage Narada, he went to mediate in the forest to receive a vision of God. When Lord Vishnu appeared and asked what Dhruva wanted, the little boy challenged Him and questioned how being God, Lord Vishnu did not know what Dhruva wanted. To this, Lord Vishnu replied, "I know where you are and what your wish is. But I have a definite method. The proper study of mankind is man. Thought, word and action should be in conformity. Only then I can fulfill your desire." Before Dhruva went to the forest, he had prayed and asked to sit on his father's lap. But, he was no longer asking for what he had initially wished for in

his mind, hence Lord Vishnu said, "I need to put you through the test to confirm what you are asking for."

It is clear from this story that God likes us to have harmony in thought, word and deed. Even after doing such rigorous penance and getting the vision of Lord Vishnu, Dhruva could not obtain liberation. Similarly, as humans it may be difficult to practice these simple words. As we grow older, our desires change and become more complex. We also begin to have more complex thoughts and are capable of speaking differently from what we believe. Hence, it is important to be aware of our thoughts, words and actions. By being aware of what we are thinking, we can learn to control our thoughts, and eventually what we say or do.

Swami says "Cheppinattu Cheshtara", which means 'do you do what you say'? We can only be truthful when we practice what we preach. What use is it if we tell others to reduce their anger or speak lovingly, if we ourselves get angry and speak with hatred? Similarly, many times we give advice to other people without realizing that we are not following what we preach. Therefore, we should be constantly aware of our thoughts, our words and our actions, so that we can practice harmony in all these three aspects. ✳

Games Corner



words
thought
deeds
unity
actions
educare
harmony
divine
purity
values

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



BHAJAN

Keshava Madhava Jaya Deva Madhusoodhana
Nethra Kamala Dala Athiva Manohara
Antharayami Prabhu Parameshwara
Maya Manusha Vesha Leeladhara
Maya Manusha Vesha Leeladhara

Radiant Lord Krishna, master of maya, glory to God who destroys harmful forces; With eyes like the petals of the lotus, he is most enchanting to the mind; Inner motivator, sovereign Lord, supreme and highest Lord; He appears clothed in human form to move among men and uplift them. Thru the sport of His Divine Play He assumes a disguise or vesture of a man; born in the world now as Sri Sathya Sai.