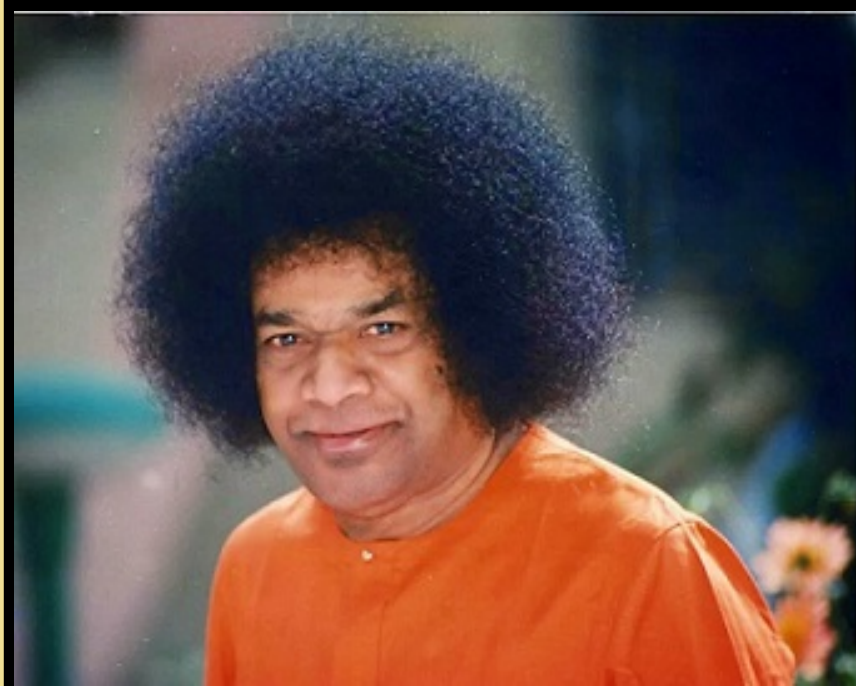


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



*Why fear
when
I'm here!*

WHY FEAR WHEN I'M HERE

"Why Fear when I'm Here". Someone says, 'don't go there', but you go anyway saying 'ah! Swami is there! why fear?'. During difficult times in life, devotees have felt confident entering a situation as they know Bhagawan will guide them and provide the strength to get them through the uncertain and fearful time. If we let negative thoughts and emotions like insecurities, loneliness and fear fill our minds, it causes our bodies to feel disturbed as it slowly impacts each of our systems and eventually interrupts our overall balance.

All the negativity is fear and it needs to be replaced with confidence and positivity because why should we fear when he is here. Never let fear impact your life. He will always be there to take care of it.

References:

<http://www.sathyasai.org/mahashivarathri/2020>

<http://saibaba.ws/experiences1/whyfear.htm>

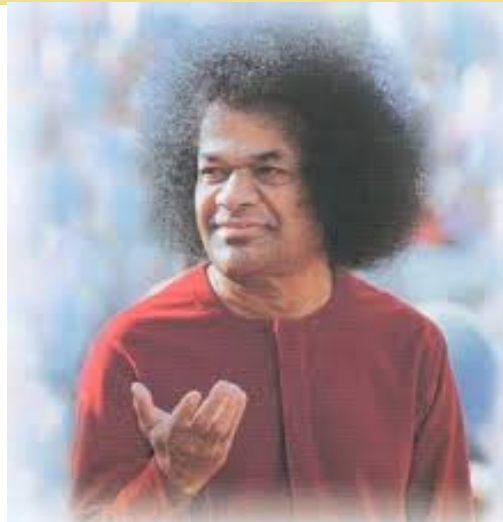
<http://theprasanthereporter.org/2020/04/why-fear-when-i-am-here/>

SWAMI'S DISCOURSE

Embodiments of the Divine Self! The situation in the world today is dreadful and frightening. Wherever you turn, fear confronts you. Whether you remain at home or go out into the street, whether you travel by train or walk on the road, fear haunts you. The world is enveloped in fear. If you want to banish this fear, you must develop firm faith in God as the sole refuge. Then you will be freed from fear. Carry on your work shedding all fear and without any worry about the future. Plunge into service activities with courage and determination. If you act with this unshakeable faith, you will be able to serve your family, the nation and the Universe well. It is not your intellectual ability that will serve to protect the country. If you adhere to truth and righteousness, they will protect you, your family and the country. Live up to the truth of your being. Always act righteously!

- Divine Discourse, Nov 19, 1990

The following discourse holds such robust value in today's world. Humans feel anxious and scared over many things, including people, health, time and constantly maintaining a sense of security. However, is this something we can avoid? The answer is No, but can you get rid of fear? Yes. Our dear Lord, emphasizes this point, where man should remember to develop sincere faith in God, as sole refuge. Swami provides a solution to how we can remove our fear, by engaging in selfless service or Seva with courage and determination. When you are involved in such activities, with unshakable faith, you will be able to serve your family, the nation and Universe. Bhagawan explains, intellectual ability is not the sole means of protecting this country, but rather it is truth and righteousness that people should adhere to, in order for this to happen. Be true to oneself, live up to it, and always act righteously! However, it is possible for one to wonder how we can develop sincere faith in God. This can be notably achieved through various spiritual activities, such as meditation, daily prayers and quality-driven selfless service. A true Sathya Sai volunteer, strives to overcome obstacles through Seva, and when done in a pure, selfless manner, this not only increases your faith in God but leads you to union with the Lord. Therefore, in the midst of this COVID-19 pandemic, let us not let our worries, negative thoughts or the unwarranted news from the media enter our minds, and instead let us all cooperate with one another to develop great strength and remember Bhagawan's voice, "why fear when I am here."



MESSAGE FROM EDUCATION WING

How can you have faith when you are fearful?

The powerful words of Swami, "Why fear when I am here" reminds me of a conversation with a devotee who attended the youth conference in Chicago, 2019. She recounted that the most impactful lesson from the conference was the adverse effect of fear on one's faith. To have faith in Swami, she said, requires the absence of fear. This concept is especially important for our young adults who often face mental stress, anxiety and depression due to the uncertainty of their career decisions, the labour market, and the pressure to excel in their endeavours. Additionally, the COVID-19 pandemic has created fear, anxiety and stress among individuals due to numerous uncertainties, including their health and employment. Despite knowing that faith is of utmost importance during

these times, how can one not be fearful? Bhagawan has emphasized that, "I am in you, around you, above and behind you guarding and guiding us". In return, He asks us to Love all, Serve all and have faith in His name and teachings. Fear paralyzes our thinking and hinders our spiritual growth as fear and faith are enemies of each other. Fear deprives us from realizing our own strength, initiating our flight instincts, and weakens our ability to overcome obstacles. Remember that the only fear one should have is fear of sin as we seek to maintain our love for God. This love enables one to develop the fear of sin, which in turn leads to morality in society. This should be the mantra to strengthen our courage to fight fear and dispel the urge to flee from our faith in Swami.

Education Wing Updates:

SSE Virtual Classes Start - Sept 19, 2020

Children Bhajan Practice - every 1st and 3rd Saturdays

SSE Children Bhajans- every 2nd Thursdays

BHAJAN

Hari Bhajana Bina Sukha Shanti Nahin

Hari Nama Bina Ananada Nahin

Prema Bhakti Bina Uddhara Nahin

Guru Seva Bina Nirvana nahin

Sai Bhajana Bina Sukha Shanti Nahin

Japa Dhyana Bina Samyoga Nahin

Sai Darisha Bina Prajnana Nahin

Prabhu Darshan Bina Pragnan Nahee

Daya Dharma Bina Satkarma Nahin

Bhagavan Bina Koi Apna Nahin

Sai nath Bina Paramatma Nahin

meaning

Without singing Sai Bhajan, it is not possible to find peace and happiness. Without worshipping Shree Krishna it is not possible to gain bliss. Without love, devotion and detachment, liberation is not possible. Without service to the divine teacher salvation is not possible. Without meditation and repetition of God's name Samadhi or union with god is not possible. Without a desire to realize god, supreme knowledge cannot be attained. Without kindness and right conduct no act can be called a good act. There is no one that we can call our own except god. There is no Lord except the Supreme Lord Of Lords, Sai Nath.

Audio: <https://www.radiosai.org/program/Download.php>

PRESIDENT'S MESSAGE

Swami assures us by saying, "Why fear when I am here". He is always with us, blessing us, guiding us, and protecting us constantly. But you may wonder what fear is. How do we encounter it? Fear is an aspect of separation, a feeling of being entirely alone. You think you are on your own and you become confused, disturbed, uncertain, and above all, "fearful". All these negative thoughts and emotions send out alarm signals through the nervous system and these affect the body and disturb its natural balance. Whenever you experience fear, turn to God, think of God, speak to God and ask for His divine help. Always remember your own innate divinity and the fact that God resides in your heart and is there with you, ready to respond to your call. What can there be to fear, provided you maintain that constant link with the Divine?

Life with God is bliss; Life without God is meaningless and empty. Right path may have many obstacles and hardship but as long as we ensure that we are on the path of goodness and purity, Swami's protective bubble is around us always. Great forces in the universe may conspire against us but they are no match to the greatest force in the Universe that is protecting us. As Swami said once, 'Don't come crying to me, "Swami I have a big problem... Tell your problem, "Hey problem! I have a big Swami". Remember that this assurance will only help when our actions are noble, selfless, and pure. Always check your thought, word and action with the help of the inner power of discrimination to see that they are not hurting anyone. Have firm faith in God. This faith must be based on the awareness that God is Omnipresent. The Divine pervades everything in the Universe.

GAME

Unscramble the words for the bhajan Why Fear When I Am Here:

1. So says aBab ,aSatyh Sai bBaa, taySha aSi aBba my dorl _____
2. hsKarni Bddhau, uJses dmMhemaο, all caem orhghtu tshi ldna _____
3. oS asys Bbaa ,yhataS iSa baaB, aShayt Sai bBaa ym Irdo _____
4. So sasy Baab ,Staahy Sai baBa ,haySat aSi aabB ym rldo _____
5. Wyh raef henw I am rhee _____
6. hWy afre nweh I ma erhe _____
7. lAl I tanw si uyro veol ni oGd ,on tetmar hwat uyro hafit _____
8. lAl of ethm otbgurh hte esmasge fo evol, levo you ellfwo man _____
9. hyW frae nhew I am rhee _____
10. oS sasy abBa, tyaaSh iSa baaB, thaaSy Sia baaB my lodr _____
11. dniF eth hltgi ttha si ni yoru tehar dan erahc het doempris dlina _____
12. eTh iltgh uoy ese in hte dkar of tgnih is hatt of Gdo in amn _____
13. lAl I awtn is oryu elvo my cdhil, lla I wnat si oyru iftha _____
14. Wyh afer hwen I am erhe _____