

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



THE AUSPICIOUSNESS OF SIVARATHRI

Sivarathri has a variety of meanings. "Rathri" implies the darkness of night. But "Sivarathri" connotes not darkness but the special sacredness of this night. There is darkness in this night also, but this darkness is invested with auspiciousness. The reason is that on this 14th day after the Full Moon (Chathurdasi day), the moon, who is the presiding deity for the mind, has shed fifteen of his sixteen digits. This is an auspicious time for having proximity to God.

The Upanishaths refer to the attributes of the Divine as Truth, Goodness, and Beauty (Sathyam, Shivam, Sundaram). Plato regarded Truth, Goodness, and Beauty as the attributes of the Divine. Goodness (Shivam) represents the principle of auspiciousness. It is associated with Truth on one side and beauty on the other.

This is the primary message of Sivarathri. I am giving you three maxims that you have to bear in mind: Service, service, service (Seva, seva, seva). Never forget the duty to serve. For this, you have to develop love. To develop love, you have to promote the spirit of sacrifice. Service will become meaningful when it manifests the love that issues from sacrifice. Consider service as conducive to your own spiritual development. Be good, do good.

Divine Discourse March 7, 1997

Reflection Questions:

1. Bhagawan has said, "Service to man is service to God". To offer service to others, it must come from a place of love. Take a moment and think about a service you can provide in the month of Shivarathri. Now, execute your service with good intentions. How did you feel? What are some thoughts that were raised as you provided your service?
2. Think about a time when you were doing good but had a negative mindset. Did you find yourself feeling you did a good service? Or did your good act become an act of ill intentions?

Reference: <https://www.sathyasai.org/calendar/ny.html>

IN THIS ISSUE:

DISCOURSE

COORDINATOR'S MESSAGE

DEVOTEE SPEAKS

MONTHLY CALENDER

BHAJAN

GAME

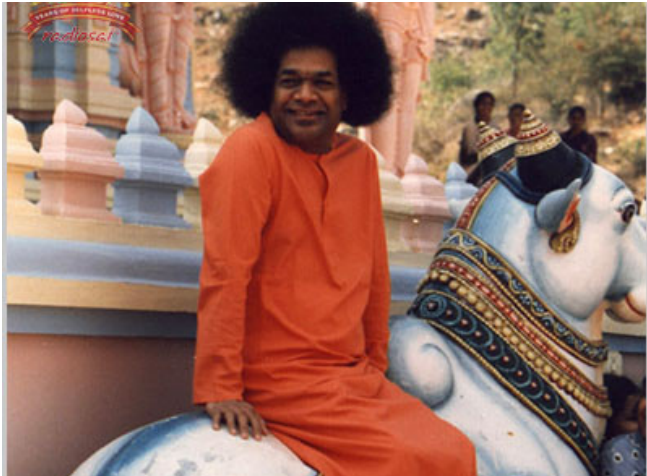
COORDINATOR'S MESSAGE

Today we are celebrating Sivarathri. "Sivarathri" means "Auspicious darkness". On this day, one should chant Shiva's name all through the night. Usually, on this day, devotees stay awake by continuously chanting the sacred name of Shiva. Keeping awake in any other way is purposeless. Spending the night reciting the Lord's name sanctifies one's life.

Divine Discourse, February 25, 1998

Ladies Wing would like to emphasize the undivided attention we must have during our prayers like Nandeeshwara.

In Siva temples, you would find Nandi in front of the deity. What is the inner significance of this? The usual reply you get is that Nandi is the vahana (vehicle) of Easwara but the actual truth is that just as the Lingam is the symbol of the Lord (Easwara), Nandi (bull) is the symbol for jiva (individual soul). Therefore, just like the Nandi, man should turn away from Pracruthi and direct all his attention towards Easwara only.



There are some more meanings for this symbolism. For instance, it is said that no one should stand between Easwara and Nandi. One should have the vision of Easwara by looking through the space between the two ears of Nandi. The underlying idea is that through the sadhana of using its ears to listen about Easwara alone, the animality in the bull becomes transformed into divinity and because of its merger with Easwara it is called Nandeeshwara (Bull-God). Thus the lesson of the symbolism is that man should also try to merge with God, by following the example of the Nandi.

Swami says that when we chant His name or sing bhajans during Mahashivratri and spend the whole night immersed in Divine thoughts, He is pleased since He is Asutosh and Bholanath, the easily pleased one. He is our Supreme God and Ladies wing, pray to Swami that we all may spend the whole night thinking about Him and enjoying His grace.

With Swami's grace, singing bhajans all night during this auspicious time of Mahasivarathri, we can easily conquer the mind and experience Divine bliss.

*"Gratitude is
our life-
breath."*

SATHYA SAI BABA



*“All is divine,
all is God, and
unity is
divinity.”*

SATHYA SAI BABA



DEVOTEE SPEAKS

Maha Shivaratri is a notable festival in Hinduism, marking a remembrance of "overcoming darkness and ignorance" in life and the world. On the 14th day after the Full Moon (Chathurdasi day), the moon has shed fifteen of its sixteen digits. This is an auspicious time for having proximity to God. Swami says, “The lesson of Sivarathri is that devotees should foster good and sacred thoughts. They should be filled with godly thoughts. They should seek to become one with the Divine by reflecting on their inherent divinity. If you constantly chant the name of God, God realization will come in due course.” Many times in my day and throughout my week, I feel like I need more guidance or I’ve lost track of what is important. When I chant Swami’s name (Om Sri Sai Ram) 11 times, I feel like I have regained focus. It brings me close to God and gives me peace. If there is ever a time to gain closer proximity to Swami and keep him in your thoughts, it is during Maha Shivaratri. You can always trust that Swami is present, You cannot see Me, but I am the Light you see by. You cannot hear Me, but I am the Sound you hear by. You cannot know Me, but I am the Truth by which you live.”

<https://www.sathyasai.org/shivaratri>

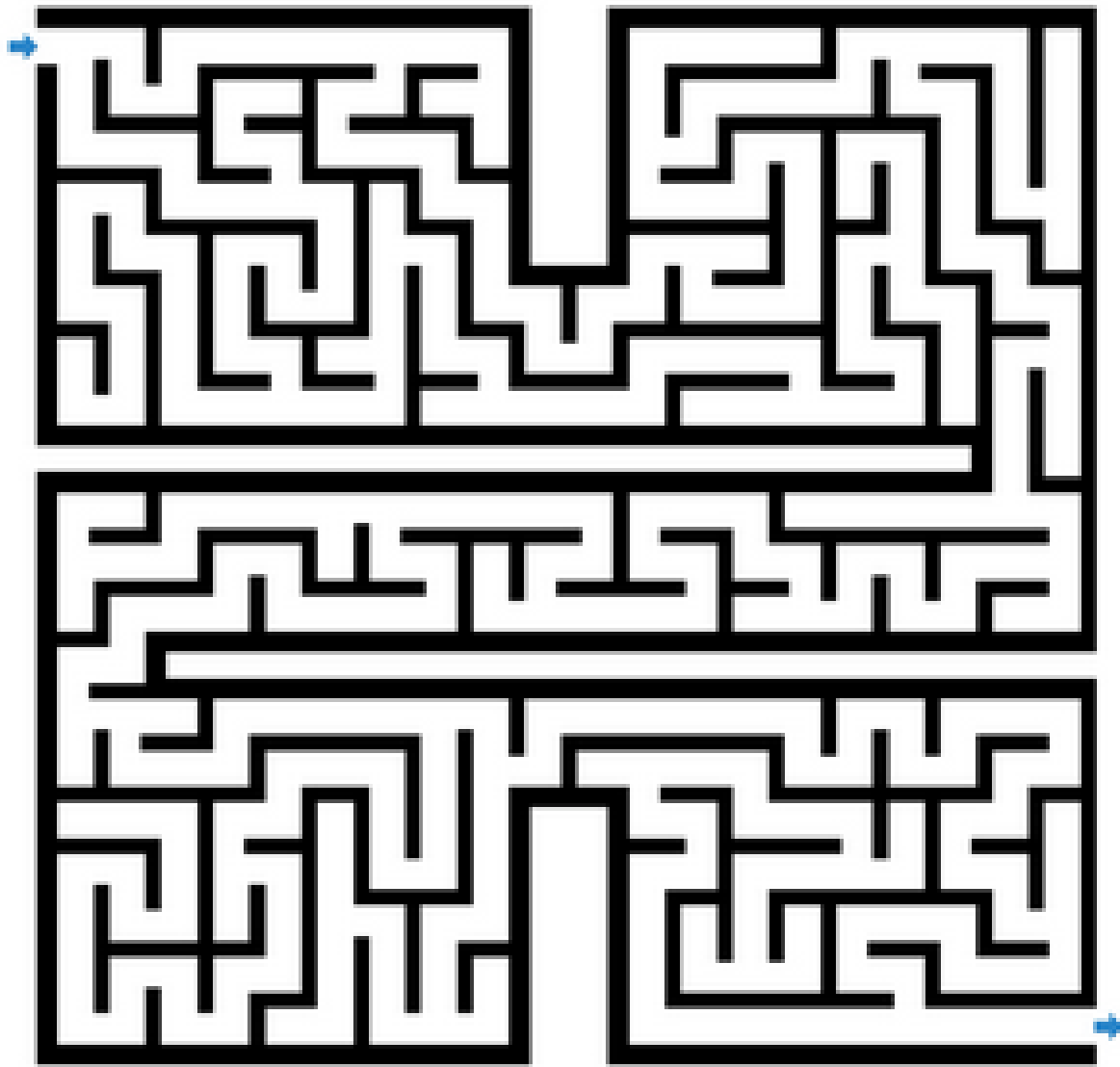
<http://saidarshan.org/baba/index.html>

MONTHLY CALENDAR

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 UNIVERSAL HEALING PRAYERS	2 SSE CLASSES
3 VEDA CHANTING YA SIVARATHRI PRACTICE	4	5	6	7 BHAJANS - YOUTH	8 MAHA SHIVARATHRI	9 SSE CLASSES
10 PARENT GURU INTERVIEWS (SSE) BHAJAN PRACTICE	11	12	13	14 BHAJANS - SSE	15	16 NO SEE CLASSES
17 PARENT GURU INTERVIEWS (SSE)	18	19	20	21 STUDY CIRCLE & BHAJANS	22	23 SSE CLASSES BHAJAN PRACTICE
24 PARENT GURU INTERVIEWS (SSE) BHAJAN PRACTICE	25	26	27	28 BHAJANS - GAYATHRI CHANTING	29	30 NO SSE CLASSES

GAME

Find your way through the maze, watch out for obstacles, and make it to the end to win!



BHAJAN

Nacho Hey Nataraj Shiva Shambho

Hara Bholenath Shiva Shambho

Shiva Shambho Shiva Shambho

Dama Dama Dama Dama Damaru Baje

Hara Bholenath Shiva Shambho

Hara SaiNath Shiva Shambho

Meaning:

Sing the glory of Lord Shiva who performs the Celestial dance while the miniature drum "Damaru" beats. Chant the divine names of Shiva and Sainatha, who redeems from all troubles (Hara) and the one who is easily pleased.