

# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## KRISHNA JANMASTHAMI

There are many subtle truths relating to an incarnation which cannot be easily understood. Merely to describe the various sports and exploits of Krishna as a child is only a pastime. God's ways are infinite and inscrutable. No one can determine or dictate to God how He should act. He can transform anything in a moment. It must be clearly understood that Krishna was such a manifestation of the Divine. The name Krishna has to be properly understood. "Krish" + "Na" = Krishna. This means that He is one who cultivates (Krish) the heart. "Karsh" + "Na" is another derivation, which indicates that Krishna is one who attracts - Karshathi-ithi-Krishnah. Krishna attracts people not only by the matchless beauty of His form. He attracts people by his music, his dance, his sports and his words. Krishna, by His winsome ways, could turn the anger of the Gopis towards him because of his pranks, into an enjoyable joke. That was not all. Krishna, in fulfilling the pledge He had given to Mother Earth, rid the world of many wicked rulers and sought to establish the reign of righteousness for the protection of the good.

The Divine incarnates from age to age for the purpose of protecting the virtuous, punishing the wicked and establishing Dharma. Krishna is said to have destroyed many wicked people. But this is not quite correct. It is their own wickedness which destroyed these evil persons. Today if the Divine wants to punish the wicked and protect the righteous, there will not be even one wholly righteous person. All will qualify for punishment. It is not a question of destroying the wicked. The task today is to transform Adharma (unrighteousness) into Dharma (righteousness). How is this to be done? Through love alone.

### Reflection Questions:

1. Identify a quality of yourself that you would like to improve. In what ways can you use love to improve a positive quality and get rid of a negative quality?
2. In what ways does Krishna as an Avatar differ from other Avatars of Vishnu? What are your favourite qualities that Krishna possesses?

Source: <https://sairhythms.sathyasai.org/discourse/glory-krishna-avathaar/>

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#### DEVOTEE SPEAKS

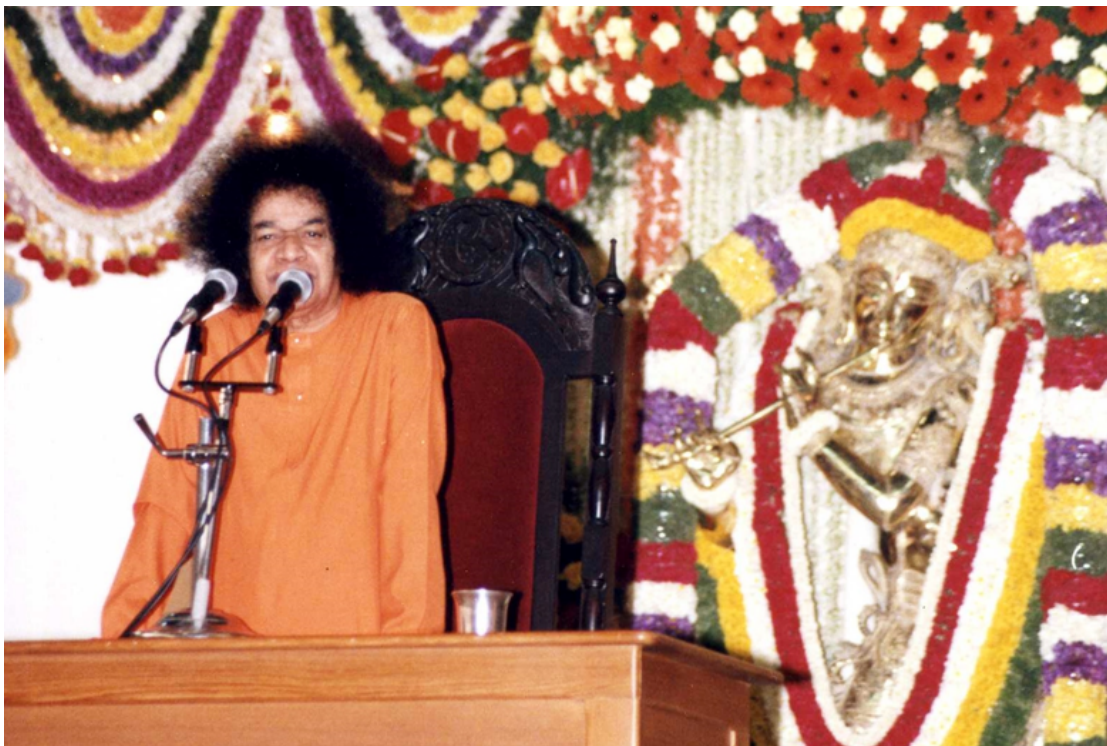
#### MONTHLY CALENDAR

#### GAME

#### BHAJAN

*"Sanctify  
every word  
and deed by  
filling it with  
love of Krishna  
or whatever  
name and  
form you give  
to the Lord you  
love."*

SATHYA SAI BABA



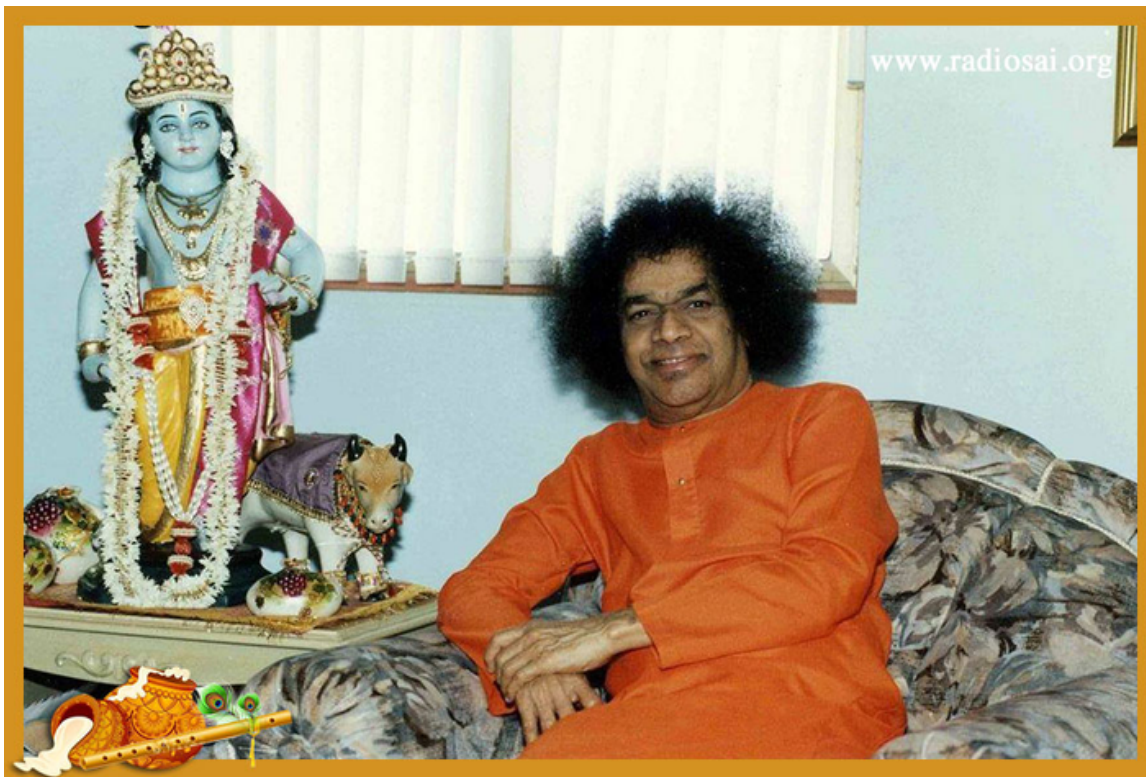
## DEVOTEE SPEAKS

Bhagawan's life has not only inspired countless souls but has also outlined how we should live our lives serving our fellow men. A quote that has resonated with me is "My life is my message" as it truly encapsulates Swami's teachings and allows us devotees to understand and realize how much Swami has given us not only through his words but his deeds as well.

The way I like to think of it, is by using the ocean to symbolize our life. We are the boat and Swami is our guide. Though the ocean is filled with dangerous obstacles, uncertainties, and storms, as long as we have faith in Swami and his teachings, we will reach our destination of self-realization. Just as a map helps navigate the treacherous waters, Swami's life and teachings guide us through the challenges and tribulations of life. As we sail through this ocean of life, we encounter not only external challenges but also internal storms of anger, desires and jealousy. Swami's life and teachings act as a constant source of inspiration and strength, helping us weather these storms with resilience and grace. When we face turbulent waters, we can find comfort and guidance in the principles and values Swami exemplified throughout his life.

This message is also depicted in Arjuna's conversation with Krishna on the battlefield of the Mahabharata. Arjuna asked Krishna about life and how to handle its challenges. Krishna replies saying, "Arjuna, everything comes and goes in life. Happiness and unhappiness are temporary experiences that rise from sense perception. Heat and cold, pleasure and pain will come and go. They never last forever. So, do not get attached to them." (Bhagavad Gita Chapter 2:14). This excerpt demonstrates to us that life is truly just a combination of monetary sensations and that our true purpose is to follow our guide and reach divinity.





*"In all situations  
and at all times  
your faith in god  
should never  
leave you "*

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SATHYA SAI BABA

## COORDINATOR'S MESSAGE

Krishna Janmashtami also known as Gokulashtami, this day is celebrated to commemorate the birth of Lord Krishna. According to the legends, the eighth son of Devki, Lord Krishna was born on the 8th day of the dark fortnight of the month of Bhadrapada (August-September).

As per the Hindu texts, Lord Krishna came into this world as the eighth avatar of Lord Vishnu and destroyer of the evil on this day. Ancient Hindu literature, including Bhagawad Gita and Bhagwata Purana, clearly states the story of Lord Krishna's birth and how his maternal-uncle, King Kansa, wanted to kill him. And ever since his birth, every 8th day called Krishnapaksha of the month of Bhadrapada is celebrated as Krishna Janmashtami. In order to protect lord Krishna, his father Vasudev carried him in a basket across the raging River Yamuna to Vrindavan. There Krishna was adopted and brought up by Yashoda and Nanda.

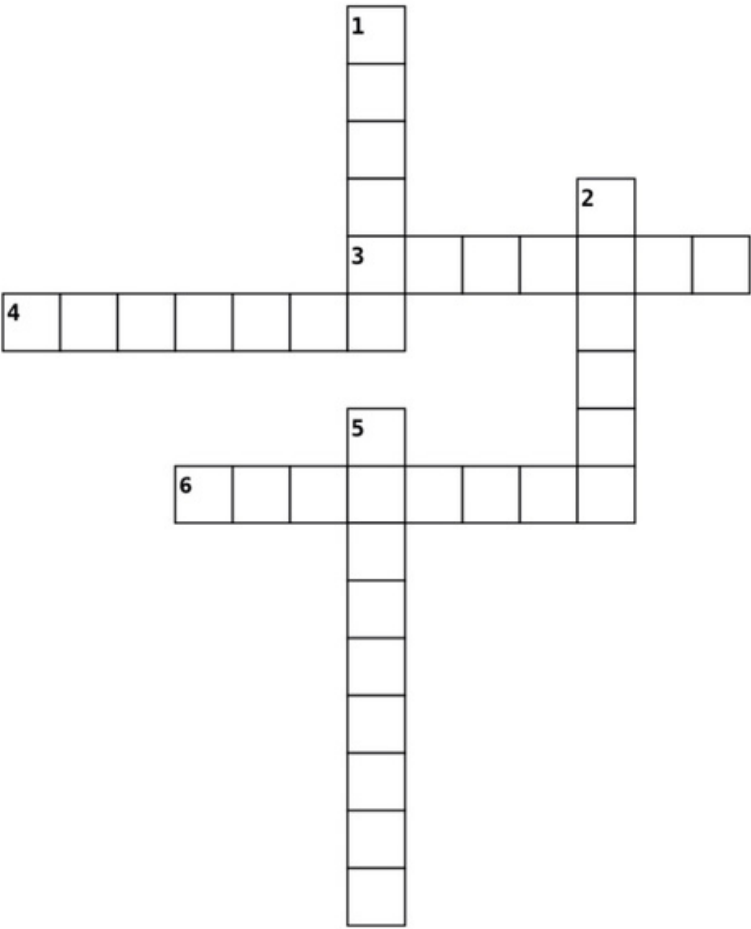
The entire hindu community comes together to celebrate the birthday of Lord Krishna with much fervour and enthusiasm. It is quite common to see kids dressed up as little Krishna, markets lined up with sweet shops and elegant handis, people preparing for the plays (also known as Ras Leela) and temples being decorated with flowers. On this day, recitations of verses from the holy books, Bhagavata Purana and Bhagavad Gita, are also organised at Hindu shrines. People wish each other by saying "Happy Krishna Janmashtami" and exchange sweets and blessings.

In Sai Service,  
Service Wing

# MONTHLY CALENDAR

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 UNIVERSAL HEALING PRAYERS	2
3	4	5	6	7 BHAJANS - YA	8	9 SSE REGISTRATION
10 NUTRITION WORKSHOP	11 BHAJAN PRACTICE	12	13	14 BHAJANS - SSE STUDENTS	15	16 SSE REGISTRATION AUDIO RECORDING
17	18	19	20	21 STUDY CIRCLE & BHAJANS	22	23 SSE CLASSES AUDIO RECORDING BHAJAN PRACTICE
24 GENERAL BODY MEETING	25	26	27	28 BHAJANS - MIXED BHAJAN <small>30mins- Gayathri Chanting</small>	29	30 SSE CLASSES AUDIO RECORDING

# GAME



### Across

- 3. What avatar are we celebrating this month?
- 4. Where is Krishna’s birthplace?
- 6. What is the The divine dance of Lord Krishna with his consorts?

### Down

- 1. What song was sung in search of Krishna?
- 2. What is another word for righteousness?
- 5. What does Lord Krishna mean?

# BHAJAN

Govinda Krishna Jai Gopala Krishna Jai Gopala Pala Bala  
Radha Krishna Jai  
Krishna Jai Krishna Jai Krishna Jai Krishna Krishna Krishna  
Krishna Jai [ Govinda ... ]  
Gopika Mala Haari Pyaari Maayi Meera Mana Vihari Madana  
Mohana Muralidhari Krishna Jai  
Krishna Jai Rama Krishna Jai Radha Krishna Jai Bala Krishna  
Krishna Krishna Krishna Jai  
Krishna Jai Krishna Jai Krishna Jai Krishna Jai Krishna  
Krishna Krishna Krishna Jai

### Meaning

Victory be to Krishna, the Lord of Radha; Victory be to the beloved Lord who wears the garland of the Gopis; Victory be to the one who dwells in the heart of Meera; Victory be to the Lord of Love who enchants our hearts and who plays flute.