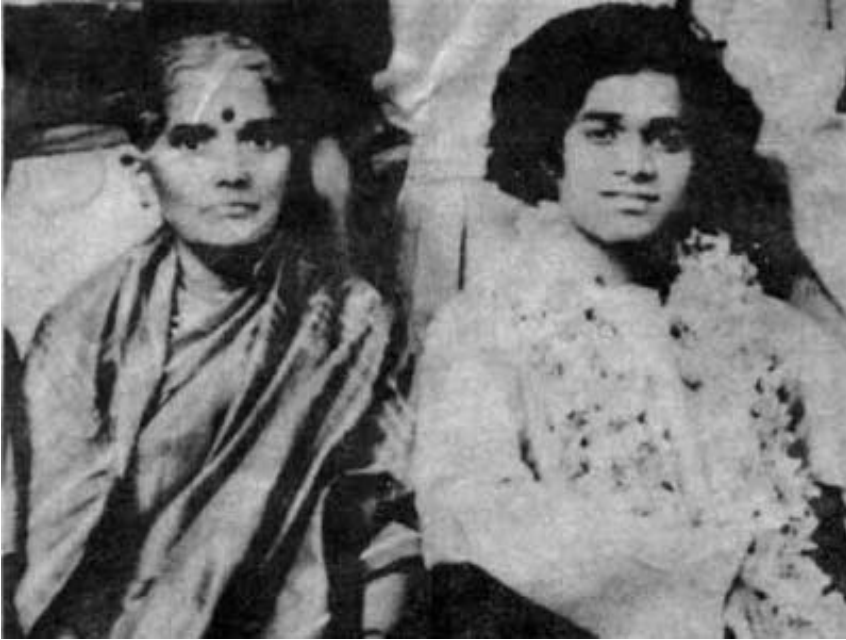


# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## Who is Mother Easwaramma?

Mother Easwaramma is the perfect embodiment of what it is to be a mother. She demonstrated divine qualities of patience, compassion and devotion. In fact, Swami often referred to the qualities and teachings of His mother in various discourses to devotees. Since she was born in a small rural village in India, she had no formal education however, she displayed deep wisdom. In fact, she would give counsel and comfort to the devotees who would approach her with their problems. She was such a caring individual that she was often surrounded by small children. There is perhaps one story in her life that will always come to mind when people think of her name. She asked Swami for three wishes; a school, a hospital, and clean drinking water for the residents of Puttaparthi. This well known story of when Swami lovingly granted her wishes demonstrates her empathy and care for the families in the little village. Mother Easwaramma's vision transformed the lives of countless numbers of people. These three selfless wishes developed into humongous social service projects around the globe. In fact, her whole life is a shining example and ideal for Sai devotees to follow suit. "Never-ending love for Swami and a selfless desire to improve the lives of others" - that was her life's message.

*More great reads  
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## Poems by SSE Students



### My Mom

My mother is a person that is around me everyday and will never let me go. She loves me and I love her back for all the things she does for me. She always believes in me and pushes me to try new things.

My mom helps me around the house and makes sure I am loved all the time. She cooks and feeds us the greatest food. When my brothers and I fight, she finds a way for us to get along. Even through this difficult time (coronavirus), she makes sure we stay safe by keeping us indoors.

She provides food, water, shelter, school and so many more things I cannot name. All I know is that she is always there for me and that I love her.

-Sahana Ravichandran

### My Mother

Appreciating my Mother, Kajani Sangarabodhi

My Mother is a piece of unexpected luck. Something I greatly cherish is having her as a Mother.

My mother works hard with great determination. My mother has such dedication to the will of God and puts maximum effort to complete difficult tasks.

Although she raises 2 quarrelsome children in her household, she maintains a great passion for them. Something very difficult to steadily maintain as a mother is the affection and love for your children. But she undertakes her responsibilities with pleasure. Mother you are like an Amazon - a woman who is manly. Always prepared to face dangerous situations with courage.

Never selfish, and only thinks of the wellbeing of the citizens, my Mother

-Meera Sanagarabodhi

## Vice-President's Message

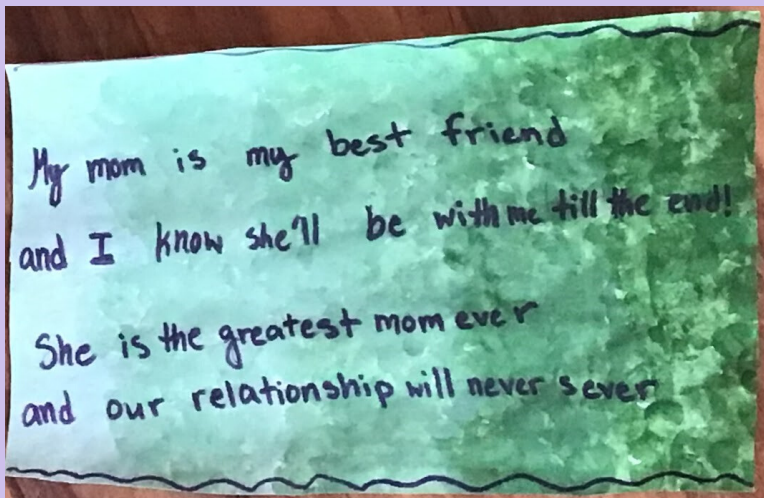
The global pandemic of COVID-19 has brought many changes for all of us. In addition to the changes in our daily routine, there is a growing fear about COVID-19 itself as it spreads within our immediate community. In order to keep ourselves safe from contracting the virus, the government of Canada has provided us with guidance, such as washing our hands frequently for at least 20 seconds and maintain a physical distance of 6 feet to others, if we do have to leave our homes. But how do we control our emotions and our health? How can we help end this pandemic?

For our health, it is important we control our fear and emotions. With fear, we lose peace. Our emotional and mental well-being also impacts our immune system (physical health). Bhagavan has said, "The greatest disease is the absence of

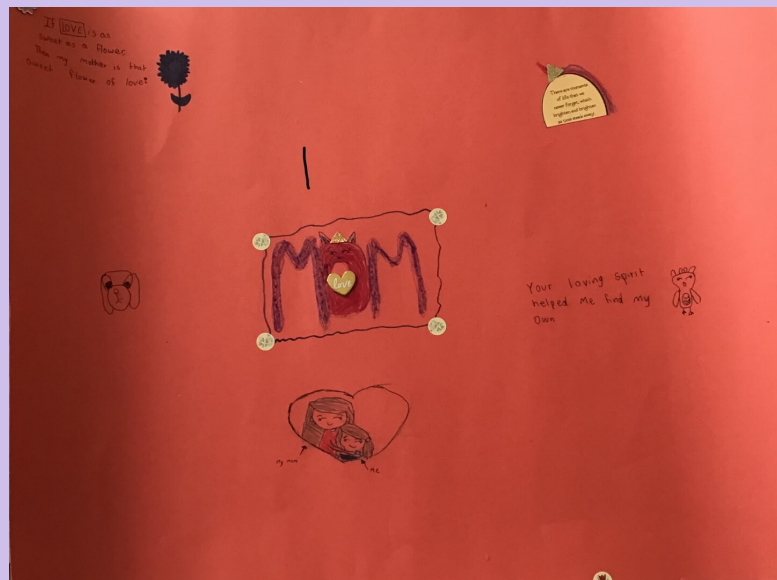
peace. When the mind is peaceful, your body will be healthy" (Sept 21, 1960 Discourse).

To control our fear, we must strengthen our faith in Bhagavan and we can do this through prayer. "With prayer to God, you can achieve anything in life. I want you to pray. I am always with you, in you, above you, and around you." (Sathya Sai Speaks, Vol.39/Ch.1). With strong faith in Bhagavan, we can banish all of our fears and help end the pandemic. Bhagavan says, "prayer is the greatest means to alleviate the suffering of people". The prayer for universal peace is Samastha Lokah Sukhino Bhavanthu (let all the worlds be happy). Let us all be united, serve each other, pray and remember - "Why fear when Sai is here?"

## Artwork by SSE Students



By: Toral



By: Eshana

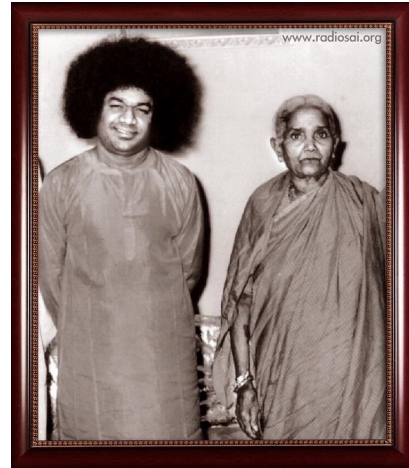
## President's Message

**“If you honour your mother, the Mother of the Universe will guard you against harm.” - Sathya Sai Baba**

When we think of Mother, many words related to mother comes to our mind, e.g. Motherland, Mother Nature, Mother Divine, Mother Earth, Mother tongue etc.

Swami has often spoken highly of ‘Mothers’. He said, “The mother is man's first Guru (preceptor). She gives the physical body to him. She bears, fosters and moulds the child into humanness and, therefore, gratitude is due to her first and foremost. Nature is also the mother, in whose lap mankind grows. Mother Nature fondles the child and draws his attention to the father – God.

In this world, there are many types of relationships, but non equals the relationship that exists between the mother and the child. It is because of this intimate relationship with the mother that one's own country is called motherland. Similarly, one's own language is called mother tongue. Among the parents, the first place is given to the mother; next comes the father. Also, in the spirituality, mothers and women are given the highest regard. For an example, when we mention the names of divine couples such as Sita Rama, Radha Krishna, Lakshmi Narayana, etc., the names of goddess come first. What is the inner significance of this? Mother represents Nature, which is the manifest aspect of Divinity.



There are several notable examples in daily life of the divine quality which motherhood represents. The cow converts its own blood into nourishing milk for man to sustain his body. The cow is the first example of the Divine as Mother. The Earth comes next. Like the Divine, the Earth bears man in its bosom and takes care of him in many ways. Hence the Earth also is the embodiment of the Mother.

The cow, the earth, the presiding deities for the body, the sages and the guru are all worthy of worship as the embodiments of the Divine Motherhood. Although these five appear in different forms and names, they have one thing in common with the mother. They play a protective and sustaining maternal role for mankind and hence should be revered and worshipped as Divine Mothers.”

## Bhajan

**Mother O Mother Sai Ma, You mean the whole world to me, Sai Ma**

Mother O Mother Sai Ma, You are the light of my life, Sai Ma

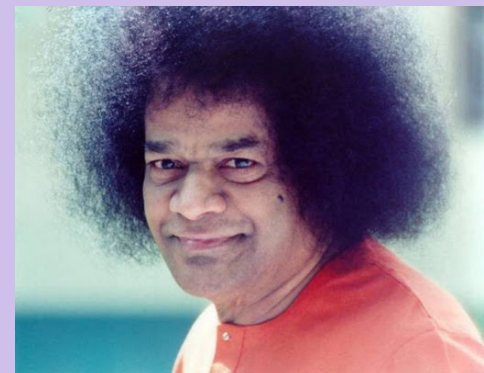
Ma Sai Ma, Ma Sai Ma (2x)

In time of darkness and despair, I call your name, you're always there

You guide me forever each day, With all your love you show me the way

How can we thank you our dear Sai Ma, For all your patience and love, Sai Ma

Ma Sai Ma, Ma Sai Ma (2x)



# Game

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

**WORD BANK:**

- CHOSEN      COMPASSION      DIVINE      HONESTY      HUMBLE      LOVING      MOTHER  
 SERVICE      SIMPLICITY      THREEWISHES