

• H A P P Y • N E W • Y E A R •

2019

# Sai Dharmam

**Sri Sathya Sai Baba Centre of Cooksville**

## Devotee Speaks

The New Year is the perfect time for reflection. Looking back at the past year and analyzing all the good things that took place. Looking at the challenges you face, how you overcame them and how they helped you grow as an individual. Reflection is a very important part of character building and helps with understanding what changes needs to be made within your day to day life in order to improve mental and spiritually health. This essentially boils downs to making goals and resolutions targeting areas of improvement.

A resolution is making a firm decision when choosing to do something or to not do something, for example aiming to break a bad habit such as nail biting or starting to implement a good habit, such as working out. Whatever the case may be, Swami emphasizes going about your goals with purity of heart, steadiness of the mind and acting in a selfless manner. Furthermore, many people wish and hope for prosperity and happiness in the new year, but fail to realize that happiness is a results of one's own actions, the new year allows for a fresh start, but we as individuals needs to initiate a positive mentality, allowing for stronger spirituality. Your goals and resolutions are in your own hands, it is up to you to preserve, motivate yourself and have faith to reach your ambitions.



# Analyzing Swami's Message

*Accept My Blessings. On this 1st day of January, Blessings to you for a long, healthy, happy, peaceful, comfortable life with the experience of spiritual bliss. All of you should grow into ideal persons. New Year Blessings and drops of love.*

*All the boys must study well and cultivate discipline, humility and obedience.*

*A life devoid of Divine Grace is verily no life at all.  
A birth wherein the Love of God is not secured is really no birth at all.  
Therefore, take to the path of spirituality, undertake the necessary Sadhana and become worthy recipients of Sai's Love and Grace.*

*Education merely for a living is like chaff without the grain. This is also not education in the true sense of the term.*

*Practise Sai's ideals and experience Atmananda. Love and Blessings to all.  
With Love, Baba (1 Jan 1981)*



## Interpretation

On January 1st 1981, Swami delivers His New Year's blessings through this letter dedicated to His students. Swami's opening sentence, 'Accept My blessings', serves as a powerful reminder that His love is ever present, but only those who seek it can truly merit from His divine bliss. While going through the motions of our day to day lives, it is easy to become preoccupied with small tasks and to allow them to precede the bigger and more important things in life. During the New Year, I intend on applying Swami's message to my life by re-shifting the things I give importance to such as focusing on my spiritual journey and as Swami says, growing into an ideal version of myself. Swami emphasizes the importance of building one's character by listing discipline, humility and obedience as the virtues that we, as His students, should strive for in the upcoming year. He often says that "the end of education is character", and this message is re-stated near the end of the letter when he says, education must be pursued with a purpose rather than viewing it simply as a tool to make money. As we conclude this year and step foot into the next, we must remind ourselves of this purpose in order to lead a meaningful and fulfilling life.

## President's Message

We wish you, your family and friends a Happy New Year!

Swami will never cease to cheer His children with His love. Like a river His loving kindness is always flowing, with a fullness as inexhaustible as His own nature, which is its source. Swami magnifies his grace and lifts high his love with all his devotees. We all as one Sai family blessed to be in his fold and we all regard Swami with deep respect for his love and grace in 2018.

Success is the unfolding of divinity within us. It is the perception of divinity where we go-in whatever we perceive-in, so we become aware of the divine power behind it. This is the time to set the goals and seek Swami's blessings in all our endeavors most sincerely. As Swami said Nature is your school, your laboratory, the gateway to liberation and the panorama of God's majesty, seek to know the lessons it is ready to teach.

We request all of you to be part of “Go Green” project initiated by SSIO (Sathya Sai International Organization) and understand Man’s relationship and responsibility towards Nature as a pathway to realize one’s own divinity AND Let us all practice Sathya (Truth), Dharma (Righteousness), Shanti (Peace), Prema (Love), Ahimsa (Non-violence) and Nine Point of Code of Conduct as spiritual sadhanas and make as an integral part of daily life expressing our Gratitude’s to our beloved Bhagawan Sri Sathya Sai Baba.

1. Daily meditation and prayer.
2. Devotional singing/prayer with family members once per week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service and other programs of the Organization
5. Regular attendance at devotional meetings conducted by the organization
6. Regular study of Sathya Sai Baba literature
7. Use of soft, loving speech with everyone
8. Avoidance of talking ill of others, especially in their absence.
9. Practice of the principles of “ceiling on desires”, consciously and continuously striving to eliminate the tendency to waste time, money, food and energy and utilizing any savings thereby generated for the service of mankind.



Thank you, Sai Ram,  
Uncle Pancha.

## “Real Happiness Lies Within You”

“Happiness is an internal conscious experience which comes as an effect of the extinction of mental or physical desire.” Through these wise words of Sathya Sai Baba, published in a Radio Sai article, one can truly understand the importance of time and its strong connection to happiness. In fact, this quote is of great interest in today’s world that resonates with several Ted Talks to conjecture how happiness is simply “all in your mind” and a temporary state of mind. Notably, in relation to attaining true happiness, our Bhagawan lays out three important principles that one should adhere to for the New Year. Firstly, he explains how time can be valued differently depending on a person’s age. For example, by using the piggy bank analogy, a child might use the

allowance they have on more evanescent things, while adults would use an opposite approach and rather take longer on deciding how to spend that money, thus leaving more room for savings and utilising money more wisely. Bhagawan preaches that albeit making wise decisions on how to spend money that has accumulated over time, one should recognize the importance of living each moment of life with great pleasure and refrain from constraining one’s self from only momentary pleasures. Secondly, another principle Bhagawan discusses is in a letter to his devotees. An important message that one can take away from this letter, is in order to lead a purposeful life, one should not waste time and remember that by following a path of spirituality, one can attain true happiness. Thus,

for this reason, Swami recalls an important quote, “*a life devoid of Divine Grace is verily no life at all.*” Furthermore, the article concludes with an important principle, which in fact resonates with Shirdi Sai Baba’s principles of *Shraddha and Saburi*. In connection to a story that was told, a devotee must be patient when waiting to attain God’s divine grace. It is important that we continue to offer our love to God through any spiritual practice or sadhana and remember that God’s love is everlasting and there is no time restriction to his Divine Grace. Therefore, by understanding these three principles, one can modify their life, to be more purposeful and incline themselves to becoming a more spiritual Absolute.

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

- TRUTH
- HAPPY
- LOVE
- DIVINITY
- PURITY
- SPIRITUALITY
- NON-VIOLENCE
- PEACE
- DESIRES
- RESOLUTION



Bhajan

Meaning

*Dam Dam Dam Dam Damaru Bhajey  
 (Hara) Bhola Naatha Shiva Shambho  
 Bhajey  
 (Hara) Sai Naatha Shiva Shambho  
 Bhajey  
 Ghan Ghan Ghan Ghan Ghanta Bhajey  
 (Hara) Gauri Naatha Shiva Shambho  
 Bhajey  
 (Hara) Sai Naatha Shiva Shambho Bhajey  
 (Hara) Sathya Sai Shiva Shambho Bhajey*

The drum beats the sound of "dam dam"; it plays in worship of Shiva. The gong rings out the sound of "ghan ghan"; it sings in worship of Shiva; it sings in worship of Lord Sai, who is Shiva incarnate.



Source: <http://prasanthi-mandir-bhajan.net/>