

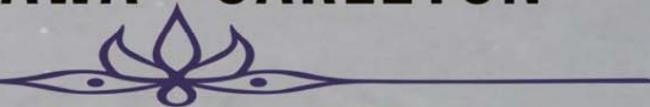
Sai Blessings



July 2022

VOL
2

**SRI SATHYA SAI BABA CENTRE OF
OTTAWA - CARLETON**



<http://www.sathyasaiottawa.org/>

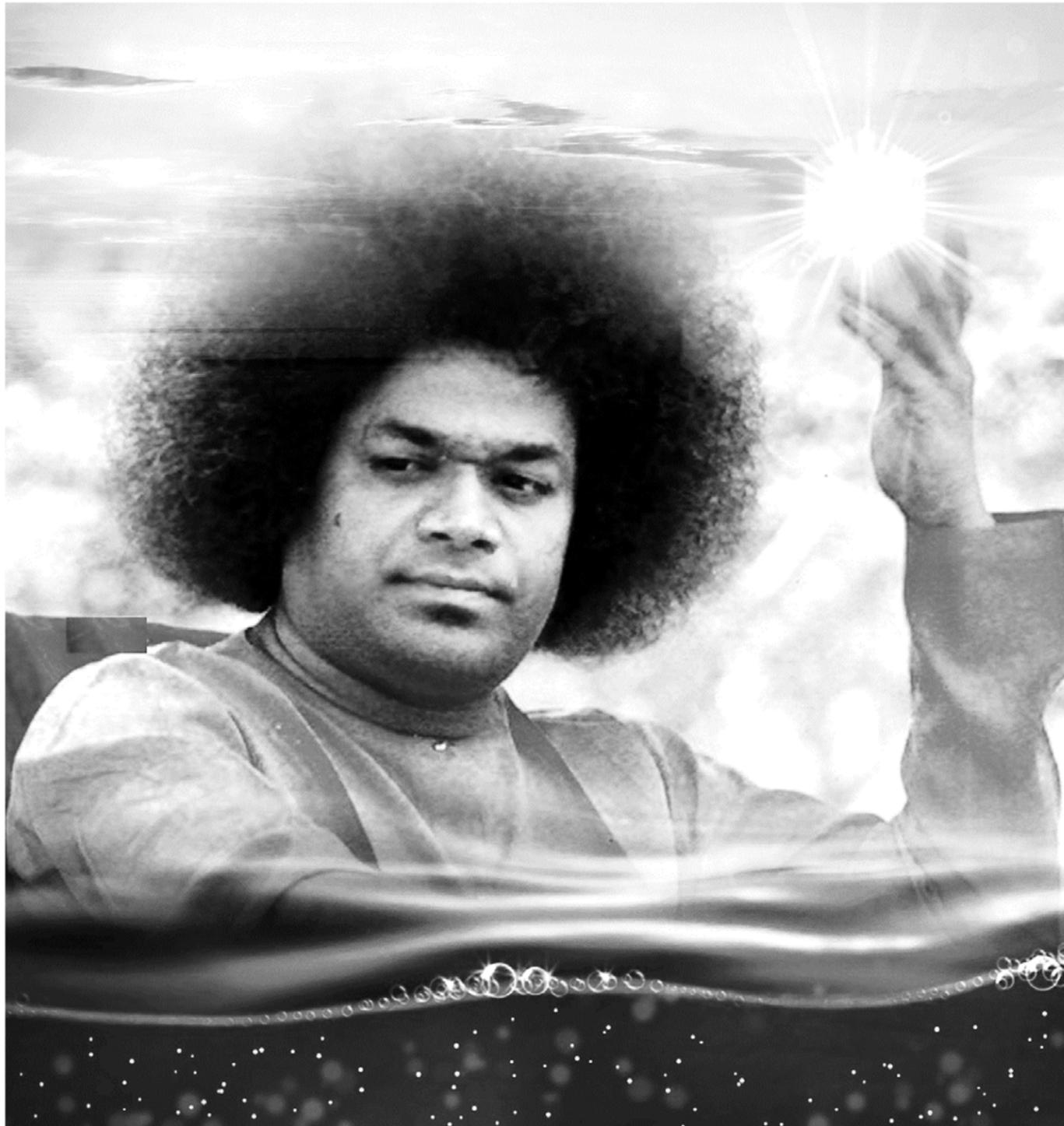
Table of Contents

-  **President's Note**
-  **From Magazine Desk**
-  **First Six Months of 2022**
-  **Photo Gallery**
-  **Sathya Sai Speaks on Guru**
-  **Why do we need Guru**
-  **Reaction, Resound and Reflection**
-  **Looking forward – Next Six Months**
-  **Contact Information**
-  **Disclaimer**



President's Note

Sanjeev Walia



At the lotus feet of our Beloved Bhagawan.

Dear Swami, at your lotus feet we present the second publication of our newsletter from Ottawa Sai Center. We seek your blessings.

We are so grateful and blessed to be his devotees. This reminds me of what my son said during his SSE graduation speech, “We are one of those fortunate hand-picked strawberries”. There are so many out there on the plants, but we pick only a few that we believe are sweet, ripe and tasty.

Similar is our situation, Baba has picked us for a reason. It is our moral responsibility to get ourselves involved in his mission and sing his glory.

Baba has given us a treasure of his teachings in terms of five human values; **TRUTH, LOVE, NON-VIOLENCE, PEACE** and **RIGHT CONDUCT**. He also taught us the concept of oneness among all religions. All humans are the same; irrespective of color, cast or creed. We must crosscheck all our actions, thoughts and deeds against these five human values. This will help us practice and bring about that transformation required to be his true devotee. We can't thank him enough for choosing each one of us to be his

instrument. We pray to Swami to keep showering his blessing and guiding us all through this journey.

I would like to reiterate; this newsletter belongs to us all. A platform where we share information related to Swami and his teachings. This is also a platform to highlight the events and activities of our center.

We encourage you all to participate. We would love to share your thoughts, stories or any other content related to Swami and his teachings. This is also a good medium for individuals to share their personal experiences with Swami and how that has transformed their lives.

Please send any inquiries, questions, content or anything that you would like to get included in this newsletter to SaiBlessingsOttawa@gmail.com. Our next newsletter will be published in the month of January 2023.

Happy reading...

From Magazine Desk

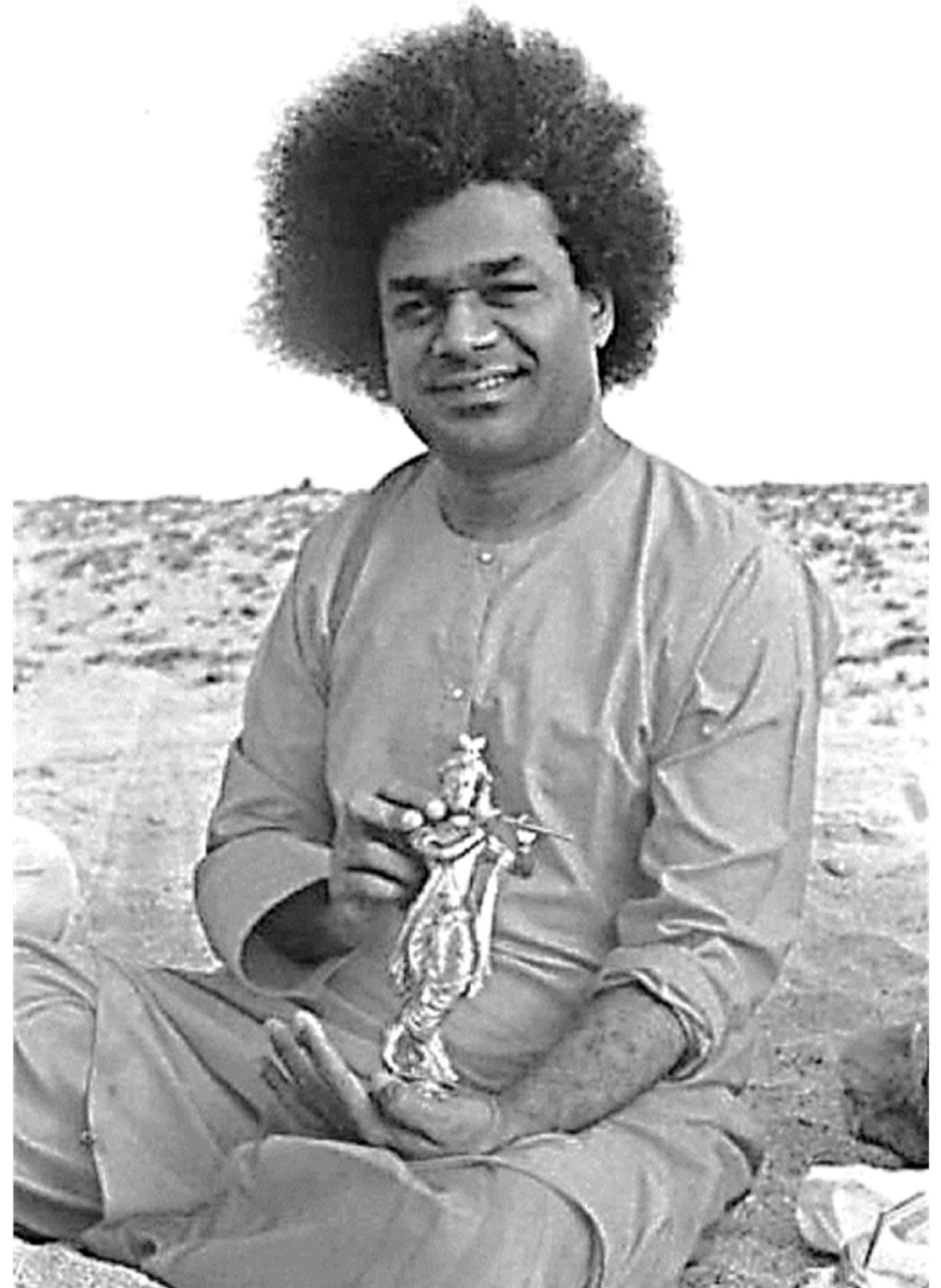
Sai Ram dear. It invariably fills our heart with great pleasure to gently bring the second edition of the newsletter to you.

Through this newsletter we find another creative medium to connect, and this newsletter will further foster the positive feelings and uplifting emotions of being connected to each other in Sai Family.

As we progress favorably in time, we hope the newsletter will make its entry even further into everyone's heart and we hope to see more contributions from your side in terms of writeups of events, spiritual experiences and anecdotes about our holy temple which we refer to as Sai-Centre. If you have any pertinent questions and need to discuss any possible topic which you want to share, feel free to reach out to us.

Please feel free to send in your writings to us to be published in the third edition in January 2023. Please relish the spiritual content and sincerely hope you treasure this edition too.

Sai Ram.





First six months of 2022

SaiRam, we celebrated several events in the first half of the year. Some of them are listed below in the table. Highlights of the main programs and other activities are shared in pictures in next few pages.



January 01/ Saturday	New Year
January 14/ Friday	Makara Sankranthi
March 01/ Tuesday	Mahasivarathri 10 pm till 6 am
April 24/ Sunday	Sri Sathya Sai Aradhana Mahotsavam
May 08/ Sunday	Easwaramma Day
May 22/ Sunday	Sarva Dharma Stupa day
May 16/ Monday	Budha Poornima
June 04/ Saturday	Doors open Ottawa
June 19/ Sunday	SSE Graduation
June 26/ Sunday	SSE Field Trip

Photo Gallery

We welcomed **New Year** with Bhajans on the evening of 31st December.

We celebrated the first day of the sun's transit into Makara rashi as **Makar Sakranti** or Pongal during regular Bhajans.



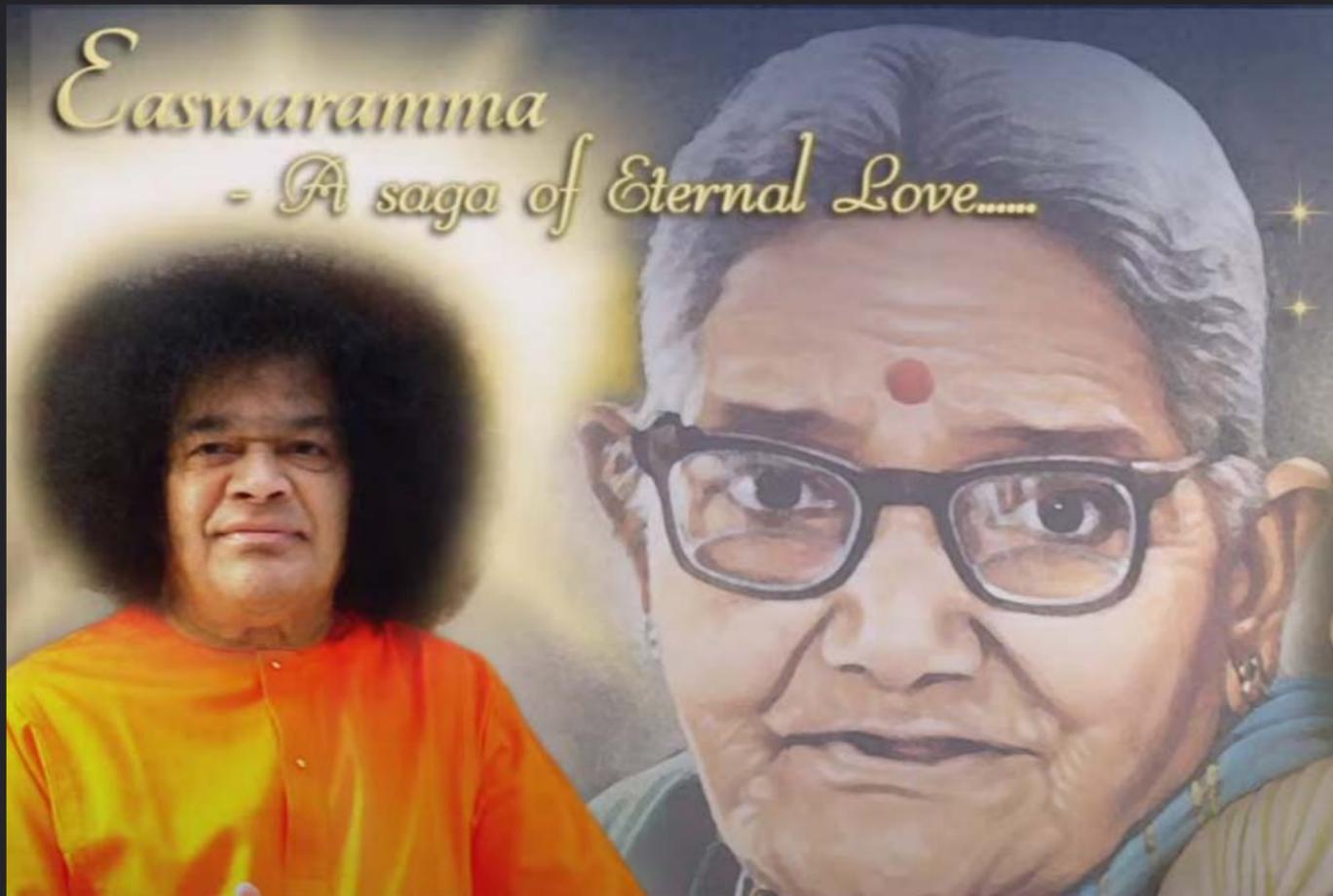
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Mahashivratri

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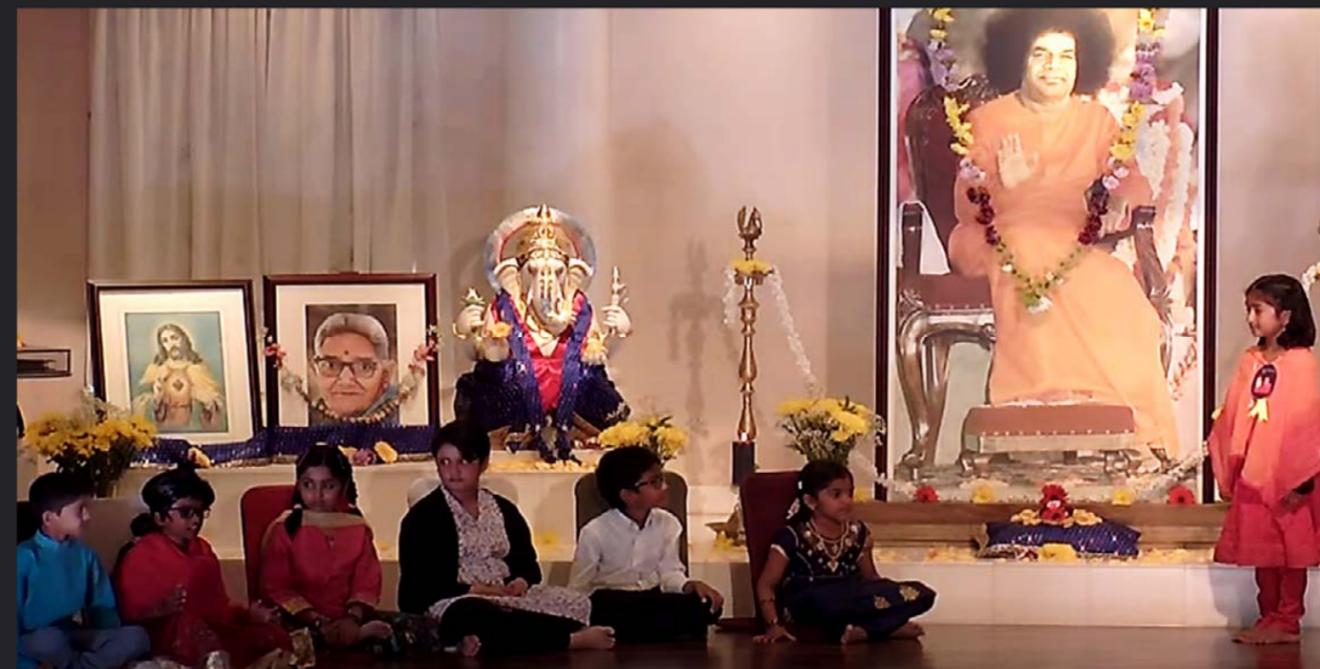
A spiritual night filled with Bhajans, Swami's discourse videos, Vilvam leaf offering to Lord Shiva and Chanting of various Mantras. The program ended with Rudram Chanting, Meditation, Aarthi and take-home breakfast prasadam.





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Easwaramma Day
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When we let
go, we let God
in.....





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Service

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SSE Graduation

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All the best for your future



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Field Trip

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Sathya Sai Speaks on Guru

Bhagwan Sri Sathya Sai Baba

The first guru is the mother; her example, her advice, her admonition affects man deepest and longest. The second is the father, who is admired by the child for his strength and knowledge and feared for the punishments he inflicts. Next is the teacher, who leads him and guides him into the maze of material knowledge. But, the guru (spiritual preceptor) alone can open the inner eye and cleanse the inner instruments of intuition. He induces you to question yourself, "Dheham?" (Am I this body or is this body only a vehicle which I am using) and discover the answer, "Naaham" (I am not this body). Then the investigation starts to delve into the reality of the I, "Koham" (Who am I then?) and the answer reveals itself in the purified consciousness, "Soham" (I am He); I am a spark of that Glory; I am Divine.

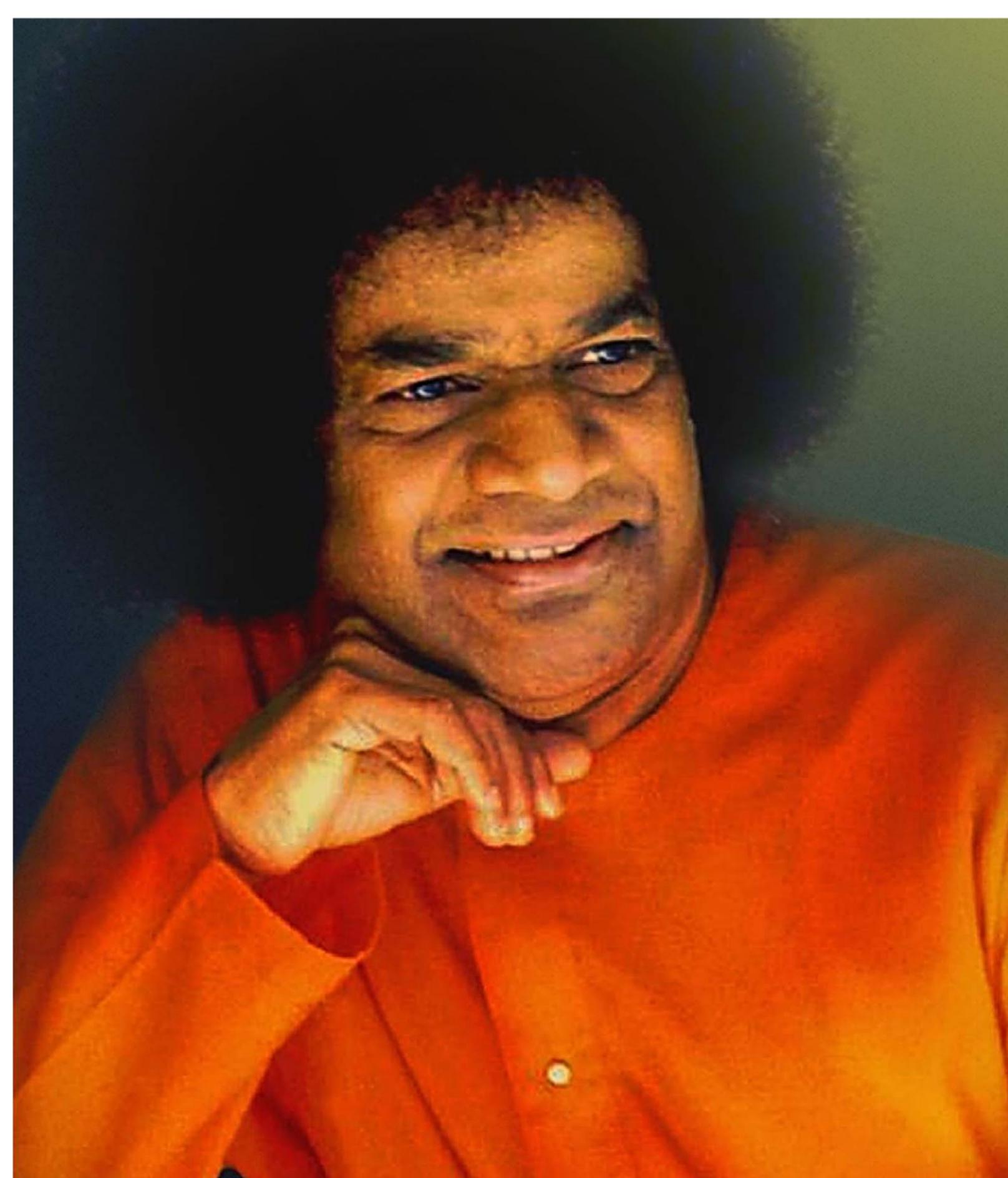
Sathya Sai Speaks Vol. 11, Ch. 44, July 26, 1972

This is the plight of man today. Science has enabled him to acquire immense control over the external world. But he has no control over himself. Winston Churchill once observed: "Man has conquered all, but not himself." And this was what Prahlada told his father, Hiranyakasipu: "Oh Father! You have conquered all the world, but you have not conquered yourself."

Sathya Sai Speaks Vol. 19, Ch. 2, January 20, 1986

Many unwary spiritual aspirants are attracted by the magic of words and the verbal gymnastics of such showy 'gurus'. The 'gurus' may be called pundits and may give lectures; but, just because of this, they do not become entitled to grant the boon of wisdom. That can be done only by Avatars, people who represent Divine attributes and glory, and wise people who have attained the highest good of spiritual discipline and have tasted the supreme bliss, who have realised the Absolute. It is no use claiming a fraction of this or that experience. The experience must be of the full and itself full. Those who know only a fraction will take you up to a certain point and leave you there, in the middle region, like Thrisanku, who was hung between heaven and earth.

Gita Vahini, p.45



Why Do We Need Guru

From "Sandeha Nivarini"

Devotee: Swami, can we ask you freely about any topic concerning the spiritual path, which we do not know?

Sathya Sai Baba: Certainly. What is the objection? Why this doubt? What am I here for? Is it not for explaining to you things you do not know? You can ask me without any fear or hesitation. I am always ready to answer; only, I want earnest inquiry with a desire to know.

Devotee: But some elders say it is wrong to vex the Guru with questions. Are they right, Swami?

Sathya Sai Baba: That is not correct. Whom else can the disciple approach? Since the Guru is everything to him, it is best that he consults him in all matters and then acts.

Devotee: Some say that we should reverentially carry out whatever the elders ask us to do without raising any objections. Is that your command also?

Sathya Sai Baba: Until you develop full faith in them and know that their words are valid, it will be difficult for you to carry out their orders reverentially. So, until then, it won't be wrong to ask them the significance and the validity of their orders, so that you may be convinced.

Devotee: Swami, whom are we to believe, whom are we to discard? The world is so full of deceit. When those, whom we believed are good, themselves turn out to be bad, how can faith grow?

Sathya Sai Baba: Well, My boy! Where is the need for you in this world or any world to grow faith in others? Believe in yourself, first. Then believe in the Lord, Paramatma (universal being). When you have faith in these two, neither the good nor the bad will affect you.

Devotee: Swami, faith in the Lord too diminishes sometimes. What is the reason for that?

Sathya Sai Baba: When one is deluded by the mere external world and when one does not attain success in such external desires, faith in the Lord diminishes. So, give up such desires. Desire only for the spiritual relationship; then you won't become the target of doubts and difficulties. The important thing for this is faith in the Lord; without that, you start doubting everything, big and small.

Devotee: Until we understand the reality of Paramatma, it is important, they say, to be in the company of the great and the good and also to have a Guru. Are these necessary?

Sathya Sai Baba: Of course, the company of the great and the good is necessary. To make that reality known to you, a Guru too is important. But, in this matter, you should be very careful. Genuine Gurus are scarce these days. Cheats have multiplied and teachers have retreated into solitude, in order to realise themselves undisturbed. There are many genuine Gurus but they cannot be secured easily. Even if you get them, you must thank your destiny if they vouchsafe to you more than one single Sadvakya (spiritual truth); they won't spend time telling you all kinds of stories! There should be no hurry in the search for a Guru.

Devotee: Then, what in the world is the path?

Sathya Sai Baba: Why, it is just for this that we have the Veda, Sastra, Purana and Ithihasa (ancient scriptures) . Study them; adhere to the path they teach and gather the experience; understand their meaning and the trend of their message from Pundits; follow them in practice; meditate on the Paramatma (universal being) as the Guru and as God; then, those books themselves will help you as your Guru. For, what is a Guru? The Guru is that through which your mind gets fixed on God. If you consider Paramatma as the Guru and do Sadhana (spiritual practice) with unshakable love, the Lord Himself will appear before you and give Upadesa just as a Guru. Or, He may so bless you that as a result of the Sadhana, you may meet a Sadguru.

Devotee: But, nowadays, some great big persons are granting Upadesa to all who ask; are these not Sadgurus, Swami?

Sathya Sai Baba: I won't say they are or they are not. I declare only this: It is not the sign of a Sadguru to grant Upadesa (spiritual instruction) to any and every person who comes to him with praise, without considering the past and the future, without discovering the qualifications of the pupil and testing whether he is fit.

Devotee: Then Swami, I have committed a blunder! When one great person arrived at our village, and when all were receiving Upadesa from him, I too went and prostrated before him and asked him for it. He granted me a good Upadesa; I repeated the Manthra for some time, but, soon, I came to know that the great person was a cheat. Since that day, I lost faith in the name he gave me; I gave up Manthra. Was this wrong? Or, am I right?

Sathya Sai Baba: Do you doubt the right and wrong of this? It is very wrong. Just as the Guru, as I told you now, examines the qualifications of the disciple, the disciple too has to critically examine the credentials of the Guru before receiving Upadesa. Your first mistake was that you did not pay attention to this but hastily accepted Upadesa. Well, even if the Guru gave it without the necessary qualification, why did you break your vow and stop repeating the name? That is the second mistake: casting the fault of another on the sacred name of God. Before receiving Upadesa, you should have taken time and known his genuineness and enveloped faith in him. Then, when the desire to accept him as Guru emerged, you should have received the Upadesa. But, once you accept, you must repeat it, whatever the difficulty; you should not give it up. Otherwise, you commit the wrong of accepting without deliberation and rejecting without deliberation. That wrong will be on your head. You should accept a name when you are still afflicted by doubt or a name which you do not prefer. Having accepted, you should not give it up.

Devotee: What happens when it is given up?

Sathya Sai Baba: Well, my boy. Disloyalty to the Guru and discarding the name of God – on account of these, your one-pointed endeavor and concentration will wither away. As the saying goes, “The diseased seedling can never grow into a tree”.



Reaction, Resound & Reflection

Source: Chinna Katha

There was a schoolboy once who was very poor in mathematics. When the day of examination in mathematics came round, he went to a temple of Sai Baba and vowed that if the questions were easy and he could do all the sums correct, he would offer 5 kg of sweetened rice to Him. The paper turned out to be quite within the limits of his capacity; he finished answering all the questions within 5 hours; the sums were all correctly solved; he had an extra hour on hand.

So, he took a few sheets of paper and drew up a list of items with their price, to prepare the offering he had vowed to Sai Baba. He had a ten rupee note in his pocket; but when he added up the cost of rice, sugar, cashew nut, cardamom, ghee, dried grapes etc. the total amount required was found to be about 15 rupees! He tried cancelling a few items and reducing the quantities of a few, but the total was always more than what he could afford.

Then, he argued that Sai Baba was not in need of sweetened rice and that a few fruits should certainly satisfy Him. Fruits too were pretty costly, he found; flowers were not so costly; then he remembered that in the *Gîtâ*, God had said that *patram* (leaf) *pushpam* (flower) *phalam* (fruit) or *toyam* (water) would be enough to please Him. [see [B.G. 9: 26](#)] So he finally decided that *toyam* from the well in his house would be ample payment for the grace he received that day. He could well save the tenner for a film he longed to see; he calculated how much that would cost and was glad to find that he could take one of his friends to the picture too. Just when he arrived at this happy conclusion, the invigilator called that the hour was over and asked for the answer papers to be handed in.

Our friend woke up from his reverie and in the confusion, he handed over the sheets whereon he had made all the calculations of cost and quantity for the sweetened rice offering, the fruits and the flowers, and finally, the picture. When he went home and looked into the papers he had brought home he found to his dismay that they were the answer papers he had to give the invigilator!

It is all a matter of 're-action, re-sound and re-flection'. What you plan to do to another recoils on you. God is neither angry, nor vengeful. He is the eternal witness of the play. You punish yourselves for your evil thoughts and deeds; you reward yourselves for your good thoughts and deeds. That is the real Truth.

Looking Forward – Next 6 Months

Month	Actual Date	Event and Festival	Regular Sunday program with special message
July	13/Jul/2022 Wednesday	Guru Poornima	
	19/Aug/2022 Friday	Krishna Janmashtami	
August	31/Aug/2022 Wednesday	Ganesh Chaturthi	
	08/Sep/2022 Thursday		Onam (Celebration on Sunday Sep 04)
September	05/Oct/2022 Wednesday		Vijay Dashami (Dusshera)
	20/Oct/2022 Thursday	Avatarhood Declaration Day	
	24/Oct/2022 Monday		Deepawali (Diwali)
October	08/Nov/2022 Tuesday		Guru Nanak Jayanthi
	12/Nov/2022 Saturday	Global Akhanda Bhajans	
	19/Nov/2022 Saturday	Ladies Day	
	20/Nov/2022 Sunday	Special Program	
	23/Nov/2022 Wednesday	Bhagawan's Birthday	
December	25/Dec/2022 Saturday	Christmas	

Sri Sathya Sai Institute of Higher Medical Sciences, Bangalore





Contact Information

The Sathya-Sai Center of Ottawa-Carleton engages in many spiritual and service activities. The details of which can be found here: <http://www.sathyasaiottawa.org/>.

Conducting Aarati : kanjey@gmail.com

Giving Donation <http://www.sathyasaiottawa.org/make-a-donation.html>

Getting involved with service activities
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Contributing to this newsletter saiblessingsottawa@gmail.com

Enrolling your child for SSE sseottawacentre@gmail.com



Disclaimer

This newsletter is a humble attempt to connect all members of Sai-Family of Ottawa-Carleton. Any information presented here is shared for the benefit of the readers. The content of the newsletter is respectfully offered to you to explore, in the hope and with the intention that exploring this material will be useful to you. You can share this newsletter with your family, friends and relatives. While we make every reasonable effort to ensure the accuracy of the information, some information may turn out to be not complete and may contain inaccuracies or errors. If you believe any information is inaccurate, please let us know by contacting us at: saiblessingsottawa@gmail.com