



# Sai Blessings

July 2023

**VOL  
4**

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





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# President's Notes/Addresses

Dear Swami, at your lotus feet we present this July 2023 issue of our center's newsletter. This will be the last issue in my term, and I hope brother Avinash, our center's new president will continue this tradition going forward. In this beautiful journey of the past two years, there are many people who have helped and supported me to make this as my life changing experience. My heartfelt gratitude to none other than our beloved Bhagawan for giving me the opportunity to serve him, this center and you all. I also consider myself to be very fortunate that he chose me as his instrument. He changed me as a person and many things in me and around me. I am also very thankful to you all for all your Love, help and continuous support.

Swami has picked us for a reason, and this becomes our responsibility to spread his love and sing his glory. He has filled our lives with a wealth of precious learnings, the most important of all and to always remember is "LOVE ALL SERVE ALL, HELP EVER HURT NEVER". We must filter all our thoughts and actions through this one single statement and keep reminding ourselves of this important message. This will help us make a better person and progress in our spiritual growth.

This newsletter belongs to us all, a platform where we share information related to Swami and sing his glory. This is also a medium to highlight the events and activities of our center. We encourage you all to participate in any shape or form. If you are not sure, please don't hesitate to ask. We would like participation from everyone, SSE children, youth, brothers, sisters & seniors. We will accept all content related to Swami and his teachings. This will also become a good platform for individuals who would like 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](mailto:SaiBlessingsOttawa@gmail.com). ~Sanjeev Walia





# Quotes

The proof of the rain is the wetness of the ground. Likewise, the proof of true devotion is in the peace of mind, that the aspirant has been able to attain, the peace which protects him against the onslaught of failures, the peace in which he is unruffled by loss and dishonour.

– Sri Sathya Sai Baba



Love should not be rationed, on the basis of caste, creed or economic status, or intellectual attainment of the recipient. It should flow full and free, regardless of consequence, for, it is one's nature of love, to seek out the dry dreary wastes which love can water and make fertile.

– Sri Sathya Sai Baba



Let no one suffer  
the slightest pain  
as a result of your  
thought, word or deed.  
Let this be your sadhana.

– Sri Sathya Sai Baba

Unity is Divinity.  
Purity is Enlightenment.  
Let us live together  
Let us experience.  
the gifts of things together.

– Sri Sathya Sai Baba

Sorrow and pain are caused by desire.  
The cure is to use the same desire,  
and turn it to God, to desire God.

– Sri Sathya Sai Baba

Bhakthi merges in Jnana  
and becomes identified with it.  
Bhakthi ripens into Jnana,  
so do not speak of them as different.  
At one stage, it is called Bhakthi,  
at a later stage,  
we refer it to as Jnana.  
Once it is cane, later it is sugar.

– Sri Sathya Sai Baba



# The First Half of The Year

Month	Actual Date	Event and Festival
January	01/Jan/2023 Sunday	New Year
	15/Jan/2023 Sunday	Makara Sankranthi / Pongal
February	18/Feb/2023 Saturday	Mahasivarathri
March	08/Mar/2023 Wednesday	Holi
	22/Mar/2023 Wednesday	Ugadi
	30/Mar/2023 Thursday	Sri Ram Navami
April	04/Apr/2023 Tuesday	Mahavir Jayanti
	06/Apr/2023 Thursday	Hanuman Jayanti
	07/Apr/2023 Friday	Good Friday / Vishu
	09/Apr/2023 Sunday	Easter
	14/Apr/2023 Friday	Tamil New Year Day
	20/Apr/2023 Thursday	Eid-al-Fitr
	24/Apr/2023 Monday	Sri Sathya Sai Aradhana Mahotsavam
May	05/May/2023 Friday	Buddha Poornima
	06/May/2023 Saturday	Easwaramma Day
	22/May/2023 Monday	Sarva Dharma Stupa day
June	03/ Jun/2023 Saturday	Doors Open Ottawa
	04/ Jun/2023 Sunday	Walk for Values





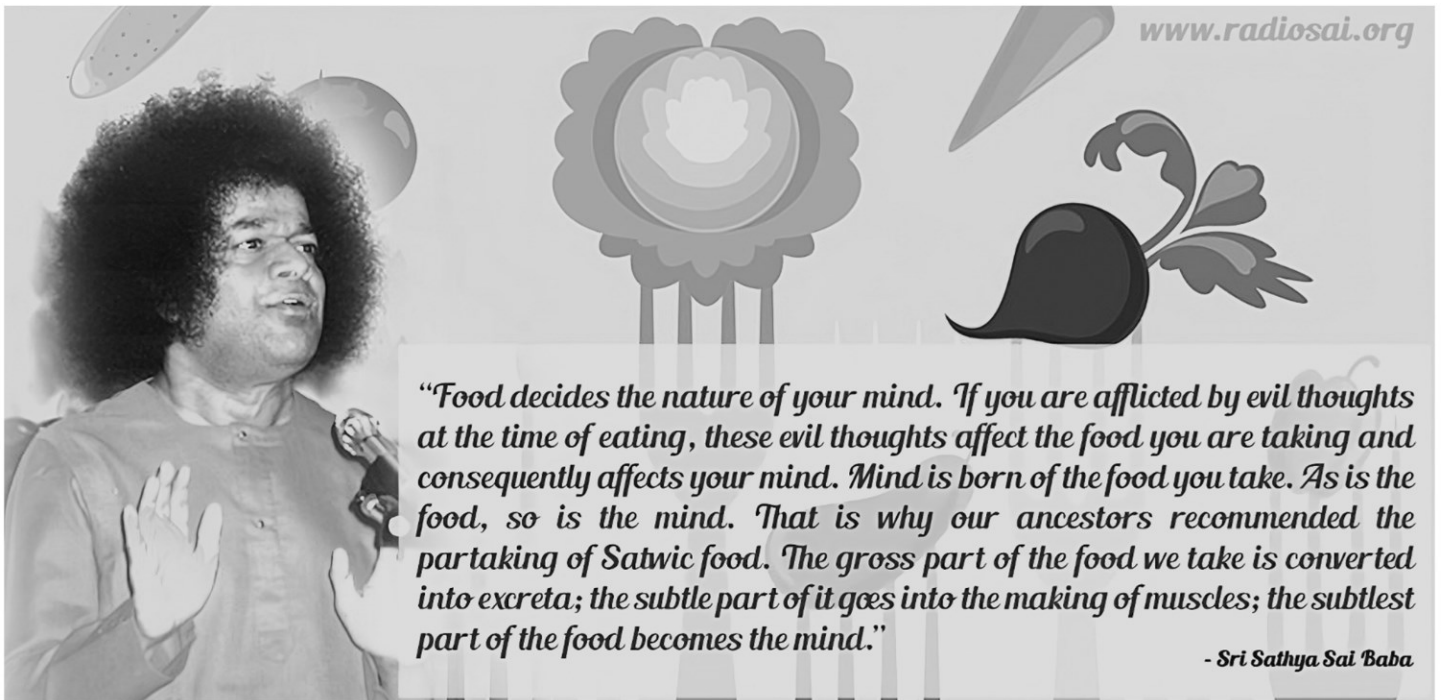
# Calendar of Events for Rest of the Year

SaiRam everyone, please note that exact program details will be sent prior to the events and celebrations. The schedule is tentative and there can be changes.

Month	Actual Date	Day	Event and Festival
July	03/Jul/2023	Monday	Guru Poornima
August	29/Aug/2023	Tuesday	Onam
September	06/Sep/2023	Wednesday	Krishna Janmashtami
	19/Sep/2023	Tuesday	Ganesh Chaturthi
October	20/Oct/2023	Friday	Avatarhood Declaration Day
	24/Oct/2023	Tuesday	Vijay Dasami (Dasera)
November	11/Nov/2023	Saturday	Global Akhanda Bhajans
	12/Nov/2023	Sunday	Deepavali (Diwali)
	18/Nov/2023	Saturday	Special Program during Swami's birthday
	19/Nov/2023	Sunday	Ladies Day
	23/Nov/2023	Thursday	Bhagavan's 98th Birthday
	27/Nov/2023	Monday	Guru Nanak Jayanthi
December	25/Dec/2023	Monday	Christmas
	31/Dec/2023	Sunday	New Year Bhajans



# Compassion Towards All



[www.radiosai.org](http://www.radiosai.org)

*"Food decides the nature of your mind. If you are afflicted by evil thoughts at the time of eating, these evil thoughts affect the food you are taking and consequently affects your mind. Mind is born of the food you take. As is the food, so is the mind. That is why our ancestors recommended the partaking of Satwic food. The gross part of the food we take is converted into excreta; the subtle part of it goes into the making of muscles; the subtlest part of the food becomes the mind."*

- Sri Sathya Sai Baba

Be a



not for any reasons but for Swami

No reasoning can strengthen your resolve as much as the desire to please Him can.





“On this sacred day of Vijaya Dasami take an oath to give up vices such as smoking, drinking and partaking of non-vegetarian food. Many do not realize the evil-effects of these bad habits. If a smoker blows air on a white handkerchief, he will find yellow spots on it. This is a sign of disease. Smoking leads to cancer. Drinking is a demonic quality. It makes you intoxicated and to forget yourself. Consuming non-vegetarian food is also a bad quality. When human body itself is made of flesh, where is the need to consume the flesh of birds and animals? You should partake of only sacred food. Only then you will have sacred feelings. For sacred thoughts and sacred deeds, sacred food is essential.” (1 Oct 1998)





# Journey of Discovery

*By Adeline Teh*

Sai Ram Everyone! I would like to relate an experience that happened two years ago during Xmas 2004. (It was my first trip to Prashanti!)

I arrived there as a young member, ignorant but with an open mind. On the first day, I sat all the way at the back of the hall and could only see a tiny image of Swami. I felt no connection to Him at all and I wondered if He knew of my existence or that I have come so far to see Him. During the next few days, for some reason or another, we kept moving forward until I could see Swami's face but still, He did not even look my way. There were so many doubts in my mind.

Along came the practices for International Xmas Choir so I jumped at the opportunity to sing for Swami. (It had been my secret wish to be able to sing to Him in person at Prashanti!) Discipline was a top requirement, so I dutifully attended all practices on time for five whole days. The hours were long, and we had to rush from one place to another every day, sometimes even skipping meals, but I kept to it diligently hoping that the reward would be well worth all the effort. It was at these practice sessions where I met several wonderful sisters from various countries. There was one lady from UK in her early thirties and though we were strangers, gave so much love and encouragement to me.

At noon on Xmas eve, I was among the early birds to join the queue under the hot sun in order to be in the front lines. When we entered the hall, I was exalted that I was seated in the 8th row in front of Swami's verandah. Suddenly, a sevadal told me to move to the other end of the hall because they had decided to cut the rows shorter at the last minute. My heart sank as I pleaded with her not to send me away as I had worked so hard to get to where I was. My English friend then stood up and asked everyone in the front to move forward in order to fit me in. I was so thankful to her, but the fact remained that there was barely a space for me to sit and I WAS out of line. Refusing to give up, I bundled myself together and held on and kept praying hard to Swami to help me.

Soon after, the sevadals came again but instead of ordering me away, they made another line next to me and placed three women there. Half an hour later, it was almost time to begin but no one came to fill up the rest of the empty space. My legs were beginning to cramp, my back hurt, and my mind was in total chaos. The sisters in the other lines took pity on me and told me to slide over to the empty space. This I did gratefully but I waited in fear of being ordered to move again. I have never felt so disheartened and so rejected.

Soon, the air was charged with excitement. Swami was on His way! I waited in anticipation as I was so close to Him, but again, He went by without even a glance at me. He walked slowly up to the verandah, cut the cake and blessed everyone, and later when He sat down, I realized that He was looking straight at me. He had a very stern look on His face and yet, it was so full of love. It was at that moment when it dawned on me that He had heard all my prayers! He had created that empty space for me at the last hour after all the challenges that I went through so that I could fulfill my wish to sing to Him! And so I



did - I sang my heart out to Him and I got a full darshan of Him for a whole hour! And I also did the most foolish thing - I cried all the way! It was the happiest and most rewarding hour of my life!

On Xmas morning, I sat behind a huge pillar and could hardly see Swami but my heart was so close to Him that I could still feel Him looking at me. There was an Australian lady who was so sick so my English friend and I took care of her till the end of the session.

On Xmas afternoon, I sat even further back but my heart was still in very close proximity with Swami. I could feel His presence everywhere, even by looking at His pictures! Distance no longer became an issue!

It was a journey that changed my life. I came home, no more a novice, no longer ignorant. I have met the nameless God whom I have prayed to all my life. This nameless form has merged with Swami and from then on, there is only one God in my life now. He is real and He is here living amongst us, to guide us back to Him. What more should we seek for but Him and only Him!!! With love, Adeline

Source: [http://saibaba.ws/experiences1/journey\\_of\\_discovery.htm](http://saibaba.ws/experiences1/journey_of_discovery.htm)





# If you Are Interested

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/>

Please contact: [occ.sai.avinash@gmail.com](mailto:occ.sai.avinash@gmail.com) for more information on conducting Aarati, participation in service activities, giving donations etc.

Please contact: [ggottawasaictr@gmail.com](mailto:ggottawasaictr@gmail.com) for more information on SSE enrollment.





# Swami Miraculously Opens a Lock

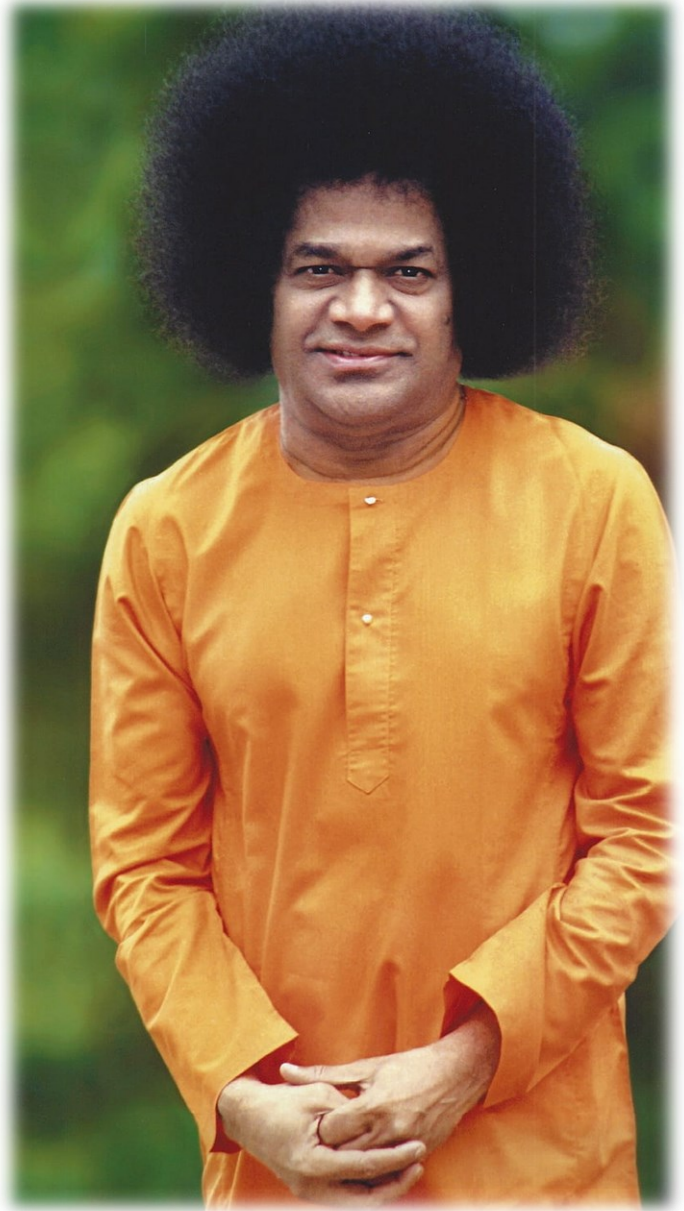
- A Sai Devotee, New York

In 1995, while still a student (in India), I was just beginning to know Swami. During my final exams, I was once studying outdoors. The adjacent house was a commercial studio. Since it

was a Sunday, the studio was locked. As I passed by the studio, I heard a kitten meowing. It was trapped inside and was frantically crying for help. Hearing the persistent crying, my heart melted. I was worried that the kitten would die if left in that state for too long. The next day was a federal holiday, leaving no hope for the rescue of the little soul for the next 48 hours. I was completely torn apart at the thought of letting an innocent life suffer in agony. There was a big lock on the studio's door; I tried pulling it but the lock was too strong. Not knowing of any other means, I started repeating Baba's name with intense fervor. Something inside, told me to touch the lock while chanting Baba's name. I gently touched the lock and, BOOM! The lock opened. Sai's grace had not only shown his benevolence on a helpless creature, but had also played a great role in strengthening my faith.

Source:

<http://saibaba.ws/experiences1/lock.htm>





# From Death to Immortality



**Asatoma Sad-Gamaya  
Tamaso Maa Jyotir-Gamaya  
Mrytyor-Maa Amritam Gamaya**

***Lead me from the untruth to the Truth.  
Lead me from darkness to light.  
Lead me from death to immortality.***





# The Five Yajnas to Remove Sins

**Discourse Date** 07 July 1985,

**Place** Prasanthi Nilayam

**Occasion** Discourse to Ashram residents, **Discourse Collection** [Sri Sathya Sai Speaks, Vol 18 \(1985\)](#)

Every family man is engaged in a number of activities in the course of which a number of small creatures and insects may be destroyed.

In these and other ways, sins may be committed, knowingly or unknowingly. For removing such sins, the Sastras have prescribed five types of Yajnas' Brahma Yajna, Deva Yajna, Pithru Yajna, Manushya Yajna and Bhuta Yajna.

- Brahma Yajna includes the study of sacred books and scriptures.
- Deva Yajna includes offering worship, Bhajans, Upasana etc.
- Pithru Yajna refers to ceremonies to departed parents.
- The fourth one, Manushya Yajna, refers to extending hospitality to guests, 'invited and uninvited.
- Bhuta Yajna refers to offering food to animals, birds and insects, etc, and looking after wild animals.

By engaging in acts of service and fulfilling the requirements of these Yajnas, we will be atoning for sins of various kinds that might have been committed. Service activities undertaken in other places, such as construction of roads in villages, or in the construction of temples or feeding the people, help to serve only that village or town; but by undertaking service activity in Prasanthi Nilayam one would have an opportunity to serve God directly. Any work done here is an offering to Swami Himself.

Work has to be taken up in this spirit. One should not be idle. Whatever work is done here, should be done out of a feeling of love. You can take up whatever work is appropriate, in keeping with your aptitudes and capacity.

While doing such sacred work, residents can carry on their own Sadhana, whether it be:

- Sravanam
- Kirtanam
- Vishnusmaranam
- Padasevanam
- Archanam
- Vandanam
- Dasyam
- Sakhyam
- Atmanivedanam.



# 9 Ways to Reach Swami



## Shravana

Hearing about God

01

## Kirtana

Chanting His Name  
and Glory

02

## Smarana

Remembering Him

03

## Pada Sevana

Serving His Lotus  
Feet

04

## Archana

Worshipping Him as  
per the Scriptures

05

09

## Atma Nivedana

Offering Oneself to  
Him

08

## Sakhya

Befriending Him

07

## Dasya

Being His Servant

06

## Vandana

Prostrating before  
Him



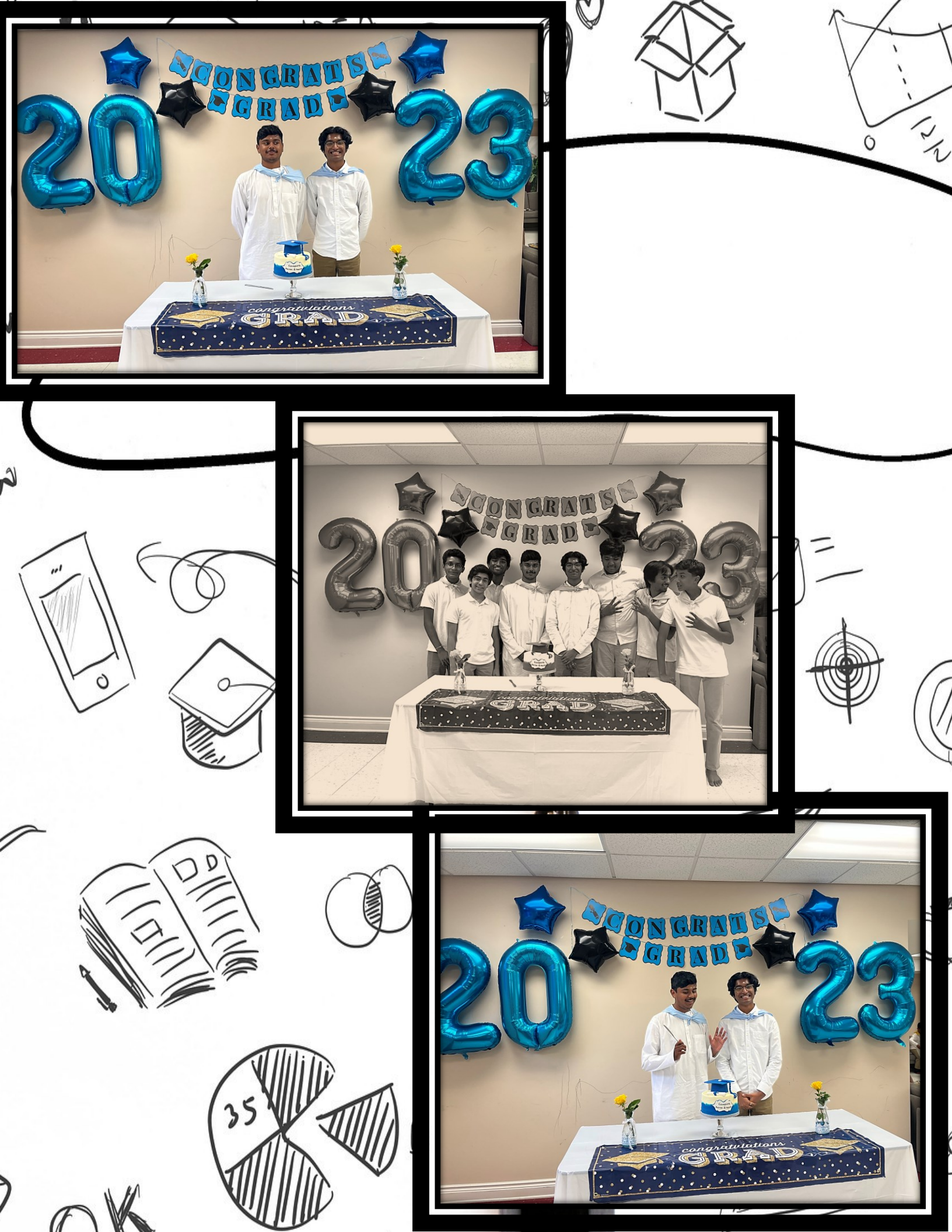
# Farewell & SSE Graduation

We had two boys: Amiran & Harish graduating from SSE this year.



<http://www.>







# Mukthi

Life is a market.

In life, giving and taking,  
bargaining and speculating,  
is a part of the game.

Life has  
its ups and downs,  
its profits and losses,  
its joys and sorrows,  
depreciations and appreciations  
and balance sheets.

But the giving of bhakthi (devotion)  
exchanging for mukthi (liberation)  
is the most powerful business for all.

**– Sri Sathya Sai Baba**





# With Brother Imindu





# Keep in Touch

To know about upcoming center activities & events, please visit  
<http://www.sathyasaiottawa.org/>.

Please email [occ.sai.avinash@gmail.com](mailto:occ.sai.avinash@gmail.com) if you want to receive regular updates on Sai-Center's events and activities.



“Call on me,  
I will answer  
you.”

*With Love  
Brahm*



# 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 interested friends and relatives.

While we make every reasonable effort to ensure the accuracy of the information, some information may not be 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](mailto:saiblessingsottawa@gmail.com)







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