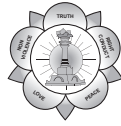


HANDBOOK FOR CENTRE ACTIVITIES

(in the words of Bhagavan Sri Sathya Sai Baba)

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1. INTRODUCTION

Bhagawan through His numerous discourses, messages, interviews, etc, has given guidelines to his devotees pertaining to the code of conduct in the charter of Sri Sathya Sai Organization and has instructed how they can be carried out. Such guide lines have to be strictly followed to ensure that we, the members do not inadvertently deviate from our Sadhana or from the true functions of the Organization.

This Hand Book provides to the Devotees of Bhagawan Sri Sathya Sai Baba:

- 1) A general guideline to the activities of the Centres
- 2) A guide as to the proper conduct for each member.

Swami is Divinity in Human form and we are very Fortunate to have been exposed not only to the knowledge of His existence but also to have Him as our own Guru.

Swami is the Founder of the Sri Sathya Sai Organization and these Guidelines are His own Statements.

In the event that further clarifications are required, you are most kindly welcomed to ask any office bearer of older member of the Centre, for additional information.

With Love
Baba

2. PURPOSE AND GOAL

"The sole objective of the Organization is to enable man to discover his innate Divinity, regain his Self confidence and faith in GOD. The power and strength derived from Faith in Self and from faith in GOD, will be enduring and ever sustaining. The objective of the Sai Organization is to make People aware of this truth and to live in that awareness. "The UNITY OF ALL FAITHS is the main plank of the Organization."

Baba - Sevadal, April 1983, page 4

The practice of the five Principles propagated by Swami, Truth (Sathya), Righteousness (Dharma), Peace (Shanti), Love (Prema) and Non violence (Ahimsa) will lead us to the GOAL, which is our own Transformation.

The Activities of the Sathya Sai Centres are the means to the spiritual progress in the direction towards our Goal of Transformation. These Activities should help us to practice the Five Human Values which will translate in our daily life as Love and Service.

7TH WORLD CONFERENCE 24 NOVEMBER 2000
Recommendation:

Transformation starts with the individual who makes a commitment to follow spiritual practices with discipline. It then extends from the individual to the family and then into the society.

This book was blessed and signed by Swami on January 26, 2003 in the Interview room at Prashanti Nilayam.

3. STRUCTURE OF THE ORGANIZATION

"I must say plainly that ninety out of one hundred among you have not clearly visualized the purpose for which I have allowed you to form these Organizations.

It is not to give some people places of authority or power Or for ensuring fame and publicity for Me. It is to build upon the earth the FATHERHOOD OF GOD AND THE BROTHERHOOD OF MEN on strong foundations. This MUST be clearly grasped by all of you! You are not engaged in Social Service in this Organization. You are engaged in your own service. All the items of work are aimed at expanding your heart and purifying it!"

Baba – Sathya Sai Speaks vol. 6, pg. 321 November 1968

"These Organizations are meant to broaden your Love, to canalize your activities along lines of constructive service performed as worship, NOT to confer some people more power over others, or greater control over the activities of other members, or for the display of the devotion of some people.

All MUST be conscious of this, ALL THE TIME"

Baba – Sathya Sai Speaks, vol. 6, pg 127, December 1967

"In our Organization there must be a Constant attempt to cultivate Love which Transcends caste, creed, race and class distinctions.

This sense of equality is its special feature. It is not enough if the units undertake material, Moral and spiritual teachings.

Emphasis on the ATMA and the awareness of the ONENESS OF THE ATMA is a Must."

Baba Sathya Sai Speaks, vol. 11, pg. 37, November 1980

7TH WORLD CONFERENCE 24 NOVEMBER 2000.
Recommendation

Regional Coordinators must motivate and help the region to bring about the raising of spiritual consciousness through activities under the three wings of the Organization. Namely: Spiritual, Educational and Service, as well as the Youth Group and the Ladies Group.

The Chairman of the Centre or Group shall be a person elected by consensus amongst the Members of the Centre or Group.

The Chairman may nominate not more than Four Active Workers to be members of an Executive Committee for attending to the Activities of the Centre under the three Wings Spiritual, Educational and Service.

He may opt additional members for any Special meetings.

Charter of the Sathya Sai Organizations pg. 23 at the 3rd World Conference, 14th January 1981.

7TH WORLD CONFERENCE, 24 NOVEMBER 2000
Recommendation

The person accepting the title of PRESIDENT of a Centre Or Sai Devotional Group must:

Hold the firm belief that the aim of the Organization is to facilitate the spiritual development of the individual. This Organization must elevate the human into the Divine

4. SPIRITUAL GUIDELINES

a) Five Points of Discipline

"I am insisting on five points of discipline..."

1. Silence - This is the first step in Sadhana. It makes the other steps easy. It promotes self control; it lessens chances for anger, hate, malice, greed and pride. Besides, you can hear His footsteps only when Silence reigns in the mind.
2. Cleanliness - It is the doorway to Godliness. Inner and Outer cleanliness are essential if you desire to install God in your heart.
3. Service - Service saves you from the agony You get when another suffers; it broadens your Vision; it widens your awareness; it deepens Your compassion.
4. Love - Do not calculate or weigh the reaction Result or reward. Love calls, Love responds, Love is God. Live in Love.
5. Hastelessness - No being is to be looked down upon as secondary, inferior, unimportant or expandable. Each has its allotted role in the drama designed by the Almighty. Do not slight - insulate or inure any Being for He is in every being and your slight becomes sacrilege. "

Baba – Sathya Sai Speaks vol. 7, pg. 264, Guru Poornima 19.07.70

b) Nine Point Code of Conduct

"In order to qualify to be a true member of the Sri Sathya Sai Organization, the following Guidelines shall be followed."

1. Every day Meditation
2. Bhajan with all family members once a week.
3. Participation in Balvikas programmed by children of the family.
4. Participation in community work and other Programs of the Organization.
5. Attendance at least once a month in Bhajan and Nagar Sankirtan organized by the Organization.
6. Regular study of Sai Literature.
7. Speak softly with everyone
8. Not to indulge in talking ill of others, especially in their absence.
9. Narayan Seva: Some cereals to be kept separate every day to feed the needy and to form a habit not to waste food.

c) Tenfold Path to Divinity

At the valedictory Discourse on during the 4th World Conference, November 21, 1985, Bhagawan enunciated the following Ten-Fold-Path to Divinity

1. Love and Serve the Motherland. Do not hate or Hurt the motherland of others.
2. Honor every Religion; each is a path-way to the ONE GOD.
3. Love all Men without distinction. Know that mankind is a single community.
4. Keep your home and its environment clean. It will ensure health and happiness for you and the society.
5. Do not throw coins when beggars stretch their hands for alms. Help them to become Self-reliant. Provide food and shelter, love and care for the sick and aged.
6. Do not tempt others by offering bribes or demean yourself by accepting bribes.
7. Do not develop jealousy, hatred or envy on Count.
8. Do not depend on others to serve your personal needs; become your own servant before proceeding to serve others.
9. Observe the laws of the State and be an exemplary citizen.
10. Adore God and Abhor Sin.

Sathya Sai Speaks, vol. 18, Pg. 143 & 144

5. SWAMI'S GUIDELINES FOR EACH WING

a) Spiritual Wing

Bhajans

"Attend all the sessions in the hall. Do not take shelter behind excuses. If you are ill, Bhajan will help the cure, or let Me tell you, it is far better to die during bhajans with the Lord's name on you lips".

Baba – Sathya Sai Speaks vol. 2, pg. 186

"Bhajan is one of the processes by which you can train the mind to expand into eternal values. Teach the mind to revel in the glory and majesty of God. Wan it away from petty horizons of pleasure. The tongue is a post, Bhajan is the rope; with all that rope you can bring God Almighty near you and tie Him up so that His Graces becomes yours. God is so kind that He will yield to your prayers and get bound. You have only to call on Him to be by your side, with you, leading you and Guiding you."

Baba – Sathya Sai Speaks vol. 7 pg. 443

Guidelines of Disciplines in conducting Bhajans

"Bhajans charge the atmosphere with divine adoration; that is why I insist on group singing of the Names of the Lord."

1. Devotees must be seated a few minutes before the start of Bhajans. Always remember and BE CONVINCED that Lord Sai is present and presiding. He has said. "Wherever my glory is Sung, I install myself there." Late arrivals should take a seat in the rear.
2. Do not look at others or smile or say hi or hello during bhajans, thereby disturbing other's concentration.
3. Seating arrangement should be men on one side and women on the other side. In proper lines, one behind the other. Bhajan leaders and musicians must be seated in the front rows.
4. Do not sway your body like a pendulum or clap out of tune with others. Maintain perfect silence and restrict your movements to minimum. While sitting exercise self control.

5. Musical instruments used during bhajans should not drown the voice of the singer and those who follow. If there is more than one instrument used, maintain balance among instruments used.
6. Sing familiar Bhajans, so that all can share Ananda (bliss)
7. Any devotional song in any language can be sung as long as all can follow.
8. Never be ashamed to sing the name of God or to do Bhajan. Be proud that you get the chance, be glad that your tongue is put to the best use.
9. The Bhajans must be sweet to the ear.
10. Bhajan has to be a thrilling experience, which must leave the participants full of pure energy and elevated enthusiasm.
11. Bhajans have to be sung and offered to God in an attitude of utter humility; they are not to be taken as exercises in an exhibition of talents and as a competition for mastery of musical skill. They have to please the Lord, not your fans.
12. Bhajans must be a felt experience. Do not sing with one eye on the effect the song makes on the listeners and the other on the effect it makes on God. Let your heart pant for God; then the Raga and that will automatically be pleasant and correct.
13. With each Bhajan song the mind must be rendered purer, freer from passion and stronger in faith.
14. Pay attention to the tune, the meaning, the variety, the voice, the raga (rhythm), the Tall (beat) and the other five points of the bhajans.
15. Bhajan is the Sadhana for all who share in it.
16. When you sing bhajans, dwell also on the meaning of the song and the message of each Name and Form of God.
17. Unless you sing Bhajans for your own joy, you cannot bring joy to others. It is only when the feeling arises in the heart that the song will appeal to the heart of the others. I am pleased only when love is the keynote, when the feeling of unity prevails, when the melody comes from cleansed, God-loving hearts.
18. Bhajan is a good disciplinary process by which AMA and Krodh can be kept away. AMA is Lust for Physical pleasure, for power, for fame, for wealth and Scholarship. Krodh is anger, which is the result of foiled lust. In this busy age of fear and anxiety, the remembrance of God and repetition of His Name is the one means of Liberation that is accessible to all.
19. If your voice is not pleasant or sweet, keep quiet; that is the best service you can do.
20. Do not cause discontent, discord or disharmony, insisting on singing because you are an office bearer.
21. Do not monopolize the time in Bhajans by singing one song for six or ten minutes, repeating the same line often. Repeat each line only twice and no more. Have only two speeds; one slow and the other fast. In this way, you can have in one hour Bhajans more songs, and more

forms, more tunes and more variety, giving more people the chance.

22. After Bhajans and before conducting Arathi, there should be meditation for five to ten minutes. During Arathi devotees should stand up and stay at their own places. Use of camphor for Arathi is advisable.

23. There should not be any distribution of Prasad at the Public Bhajan Centres, recognized by Seva Samithi -except The distribution of Vibuthi.

24. People should return from Bhajan carrying the elevated, uplifted and sublime mood created by the atmosphere at the Bhajan. Therefore, after Bhajan, people should disperse quietly, maintaining silence. Then the joy and peace derived at the Bhajan will linger and abide in the heart.

Bhajananamavali (For Overseas Devotees) pg. 11-13.

7TH WORLD CONFERENCE 24 NOVEMBER 2000. Recommendation

Run High Quality Bhajans at the Sai Centres through regular Bhajan practice.

Study Circle

"Study Circle does not mean only just reading, discussing and taking information into the head, but also putting into practice what is learned. If knowledge is stored in the mind it causes Confusion. Confusion leads to blowing of the fuse. You should listen in the study circle and put into practice what you have learned. Then, only, it becomes real Study Circle."

Baba – Conversations pg. 125-126

"Hislop asked the question: "what is a Study Circle?"

"Circle, Study Circle", means taking a point and each person discussing what is the meaning of that point to them.-like a round table conference.

Each person gives his view point and finally, values are derived from this. If there is just reading, there is doubt. But each person gives his view doubts will be answered. The topic is viewed: The Study Circle looks at different facets. It is like a diamond with its different facets, but there is one facet which is flat. The top facet, and from this all can be viewed. To discover the top facet is the job of the Study Circle"

Baba – Conversations pg. 125-126

7TH WORLD CONFERENCE, 24 NOV, 2000.

Recommendation

Study Sai Literature. Hold Study Circles to discuss and encourage Family Sadhana by way of joint prayers and spiritual activities.

b) Seva

"If God himself is here to foster Dharma and you engage yourself in the same task, then you are worshipping Him. Then you are near and dear to Him, for you are serving Him, His devotees and yourself."

Baba – Conversations Pg. 41

Regarding Seva, the primary Seva is do not harm another.

Second is that Swami is not only in your heart, but He is the reality of every person that you see.

"If you see someone in distress and it is within your capacity to help, why not help? How can you not help? You are serving Swami. Only reality of every person is God. Therefore do Seva to God. You can serve God in another person".

Baba – Seeking Divinity - Hislop, pg. 215-215

IMPORTANCE OF SEVA

"Service is the essence of devotion, the best cure for egoism"

Sathya Sai Speaks VI, ch.50, p.239

"Consider service as the best spiritual discipline. But do not believe that you can by means of service reform or reshape the world. You may or you may not; that does not matter. The real value of service is that it reforms you, it reshapes you. Do service as a spiritual discipline; then you will be humble and happy."

Sathya Sai Speaks V, ch. 66, p.327

"God will not ask you: "When and where did you do service?"

He will ask: "With what motive did you do it? What was the Intention that prompted you?"

You may weigh the Seva and boast of its quantity, but God seeks Quality. The Quality in the heart, the purity of the mind, the holiness of the motive."

Baba – Sathya Sai Speaks, Vol. 11, pg. 195

"When judging the service done by a member... it is not the quantity of the number of individual instances that matter; they do not count at all. Judge rather the motive that led him to serve, the genuineness of the love and compassion with which the Seva was saturated. The explanation that appeals to Swami is that you did the Seva with no taint of ego, and that you derived unsurpassed Ananda (joy) as a result."

Baba – Sathya Sai Speaks vol. 10, pg. 220

"All of you should take a vow continually to develop the Seva Organizations. Let all join in the activities. Treat all as the children of one God. Whosoever You serve, consider you are serving God. Never give up the Organization. Regard it as the Breath of your life. This is the real penance. Having this Firm resolve, become exemplary leaders. This is my sole desire. Swami's love will accompany you everywhere."

Baba – Sathya Sai Speaks Vol. 304, 24.11.1990

7TH WORLD CONFERENCE, 24 Nov, 2000

Recommendation

For any activity to qualify as Service there must be total involvement of body, mind and soul. It is not enough that service is done with our bodies alone, and there must be a proper attitude of love and humility.

Human life is meant for selfless service. We must come together, understand each other and work. The best way to love God is "Love All and Serve All".

c) EHV (Education in Human Values)

- Balvikas

Primary aim of Balvikas program:

"The Balvikas is the primary basis of the great movement to restore Dharma in the world. It is raising a generation of boys and girls who have clean and clear consciousness, the creation of an atmosphere where noble habits and ideals can grow and fructify. Children have to be led into good ways of living, into Simplicity, Humility and Discipline."

Baba – Sathya Sai Speaks vol. 10, pg. 161

Balvikas Guru Training Camp. June'78

Qualities of Children

"They must have Bhaya (Fear), Vinaya (Humility) and Viswas (Faith).

Fear of what? Fear of doing wrong, of falling into falsehood. Humility before whom? Before elders, teachers and parents. Faith in what? Faith in God, in their own strength and their own Victory."

Baba – Sathya Sai Speaks vol. 6, pg. 53

Qualities of Gurus

More than all else, the Guru must equip himself/herself with Sahana, (a calm and quiet temper), he should be prepared to meet, without being ruffled, the buffetings of the Environment.

Baba – Sathya Sai Speaks vol. 10 pg.164 - Balvikas Guru Training Camp. June 78

7TH WORLD CONFERENCE 24 NOV, 2000.

Recommendations

SSE/Bal Vikas for devotees' children and SSEHV for the community and public programs be given priority. Parenting programs should be taken up vigorously because of the great need to assist parents in the encouragement of their families.

d) Ladies

Ladies are an integral part of the Organization. They are the unseen hands and spring of loving energy behind every activity. They must play a pivotal role in inculcating Human values in the Sai Organization.

"Women always strive hard for the welfare of their family. They always aspire for Samatha Equality), Samagrata (Integrity), Samaikyata (Unity) and Sowbratrutwam (Fraternity). Women are extolled as the embodiments of eight forms of wealth. They always speak the truth, their hearts are filled with peace and their actions are righteous. Women being the recipients of eight forms of wealth, confer Prosperity and Auspiciousness on the family."

Baba – Divine Discourse, 11 August, 2000

7TH WORLD CONFERENCE 24 NOV, 2000

Recommendations

To declare the 19th of November as Ladies ' Day and to dedicate The 19th of every month for satsangh sessions so as to deepen Swami's teachings with regard to the women's role in the Sai Organization.

Women to play as role models both at home and at Sai Centres.

e) Youth

"Youth is a stage of life when self control, self examination and self effort are most needed and least exercised. What a mighty potential for progress is wasted by the empty vagaries of the youth today. If only the courage, optimism, strength and imagination of youth is channeled into constructive channels, how soon the human community can attain peace and prosperity. They should not be led into the paths of hypocrisy, deceit or greed. They must act the way they speak and speak the way they think. They should think good thoughts, speak good words and do good deeds."

Baba – Sathya Sai Speaks, Vol.10 pg.34 & 35

"The age span 16 to 30 is crucial, for that is the period when life adds sweetness to itself, when talents, skills and attitudes are accumulated, sublimated and sanctified. If the tonic of unselfish Seva is administered to the mind during this period, life's mission is fulfilled, for the process of sublimation and sanctification will be hastened by this tonic."

Baba – Sathya Sai Speaks, Vol. 7 pg. 54

"Whenever you go for service Swami will always be with you. Whatever happens I shall protect you. Do not be carried away by profit and loss. Think of God ceaselessly."

Baba – World Youth Conference, July 1997

7TH WORLD CONFERENCE 24 NOV, 2000

Recommendation

Bhagawan says: "Only the Youth can Transform the Youth"

The part played by the youth in the Organization should be brought to the attention of all devotes. Involve the Youths and adults together in Study Circles and workshops to clarify goals and expand awareness.

Youth should offer voluntary free tutoring designed to assist the academically less able children, particularly computer literacy classes.

6. OFFICE BEARERS/ACTIVE WORKERS AND THEIR DUTIES

Members who are in a position to devote at least Four hours per week to activities of the Organization shall Be treated as Active Workers.

No person shall be qualified to associate himself or herself as office bearer or worker with this Organization who willfully Deviates from the Code of Conduct laid down hereinafter.

Charter of the Organization pg 9

SWAMI'S ADVISE TO OFFICE BEARERS

"The very first ideal you must keep in mind when you start and run these Organizations is:

Do not crave for status or authority or position; Do not allow any pomp or show; do not compete for publicity or recognition or for praise. Duty is God Do it and be content!"

"The key positions of authority are not prizes for devotion. They must be accepted with humility and executed with Love towards the members and public."

Baba – Sathya Sai Speaks Vol. 6 pg. 32 & 33 & pg 217

"Be on guard against pride. The great evil that undermines the units of this Organization is pride and jealousy that endangers it. Love alone can root out the weed of pride from the heart. Spiritual pride is the most poisonous of all varieties of pride. It blinds and leads the person suffering from it to ruin. Beware of pride. Be always aware that you are but instruments in My divine mission of Dharmasthapanam, Revival of Righteousness. Try to be more and more efficient as such instruments. The hand that wields the instrument knows how and when it has to be applied."

Baba – Sathya Sai Speaks, Vol. 7, pg. 181

"Office bearers are guides who walk the path they wish others to take; they shall not command or punish, they can persuade and advise. The name Sathya Sai is attached to each wing of this Organization. It is Sathya Sai that inspires each activity of each wing. This fact has not been taken to heart by many of you. Sai is the inner inspiration and light for each worker."

"Be always in the attitude of the servants; that is the best training to become Masters."

Everyone must feel equally entitled to the Grace that can be won by Seva."

Baba – Sathya Sai Speaks vol. 10 pg. 222-224 & 259

ESSENTIAL QUALITIES OF AN OFFICE BEARER

"There are six essential qualities required of an Office Bearer in the Organization:

1. Enthusiasm (Interest)
2. Courage
3. Devotion
4. Energy
5. Preparedness
6. Sincerity

"An office bearer must not only have enthusiasm himself but enthuse and encourage others. Without enthusiasm and sincerity nothing can be achieved.

Whatever is done is useless and even harmful to the Nation.

We should have courage to face everything. We should believe:

"I can achieve the task assigned".

Man should have the wealth of these six virtues, then he can achieve anything. True service is not superficial. It implies Control of mind and discharging one's duty properly."

Baba – Bhagawan's speech 10th January 1999.

7TH WORLD CONFERENCE 24 NOV, 2000. Recommendations

Ensure that the power of love, understanding and harmony is applied to persuade Sai Centres/groups going against rules and regulations to conform to them.

If, however, there is continuing misconduct and/or any form of non co-operation

tion, then they must be reported to the Chairperson of the Central Council.

Ensure that Faith healing and other occult practices are NOT Permitted or accepted as Sai Centre/group activities.

Ensure that every wing/group is run according to the rules and guidelines of the Sri Sathya Sai Organization in Canada according to the western context.

7. SATHYA SAI CENTRE MEMBERS AND THEIR DUTIES

As per the Charter of the Sathya Sai Organization

Any person who is a spiritual aspirant, has faith in the teachings of Bhagawan Baba and who is willing to abide by the Nine Point Code of Conduct and the Rules and Regulations of the Organization in force will be treated as a Member.

In Swami's own words: "Who can be a member?"

"They must be eager aspirants for spiritual progress. They must have full faith in the Name that the Organization bears and in spreading that Name in the man-

ner suited to its message and majesty. The members must have won recognition as good persons. This is all the qualification. Nothing else counts".

Baba – First All India Conference - Sathya Sai Speaks Vol. 6, pg. 36

"Detachment, simple living Sadhana, these are the qualities that entitle a person to the membership of this unit. Give up, do not gather, that is the road to Grace."

Baba – Brindavan Conference of Mysore State Visits - Sathya Sai Speaks, Vol. 7, pg. 180

CODE OF BEHAVIOR OF A SAI ORGANIZATION MEMBER

"Members must be ever engaged in the twin process of purifying the mind and clarifying the intellect. They have to free themselves from all prejudices and misunderstandings. They have to speak softly and sweetly and give to everyone the Respect and attention due to them sincerely. Humility and tolerance must characterize the behavior of a Sai Devotee."

Baba – Sathya Sai Speaks, Vol. 10, pg. 44

SWAMI'S ADVISE TO DEVOTEES

"How to become a 100% Devotee or a Devotee very close to the Lord?"

One must cultivate noble qualities:

Advashaa Sarvah Bhootanam - To be without hatred towards any living being, to have equanimity to pleasure and pain, free of ego, ever happy in inner feeling living a God conscious life"

Baba – Bhagawan Baba Discourses on Bhagavad Gita edited by Al Drucker, pg. 37

"Keep in view the prestige and honor of Sathya Sai Organizations. To keep up the dignity of Sathya Sai, act in a truthful way. There should not be any differences or fights among the members of the Organization. Resolve all conflicts through love and understanding."

"There maybe difference of opinion at times but should not lead to hatred and enmity.

Members of the Sai Organizations should foster such unity. Let there not be any conflicts. Get a good name that there is no other Organization compatible to the Sai Organization in this world. Develop love and work united."

"Only when five fingers of the hand come together, any task can be accomplished. If All are United,

I shall be extremely happy. One should give and take love for love's sake. Talk Sweetly and smilingly. This makes all happy. Happy mood, happy face, happy talk and happy work, This should be your guiding force. Develop UNITY. In unity, not only you, but also the nation would have a chance to develop. ONLY LOVE BRINGS ABOUT UNITY."

Baba – Divine Discourse 24.11.1998

8. RULES OF CONDUCT AND DISCIPLINE

"Generally, I speak sweetly but on this matter of Discipline I will not grant any concessions....I will insist on strict obedience. I shall not reduce the rigor to suit your level for that will ruin you. I pay attention to your ultimate good."

- Baba- Sathya Sai Speaks, vol. 2 pg. 197

SWAMI'S WORDS ON OBSERVANCE OF RULES

"The rules we are laying down are meant to heal and weld. Bow to them and observe them in action sincerely. Your path will be soft and smooth."

Baba – Sathya Sai Speaks, vol. 7, pg.76

"Do not fret against the rules and regulations which the Organization imposes on you; they are laid down for Your own good. Regulation is the very essence of creation. The Oceans observe their limits, wind and fire observe Their limits and bounds. The heart has to beat a certain Number of times a minute. How can the Organization escape the prescription of certain rules and regulations?"

Baba – Hyderabad, March 1976

Dress Code

"Your dress, behavior and appearance will reveal your character and attitude towards others. Always have sweet soft words on your tongue. Cast your eyes only on holy sights. Wear clean simple clothes and do not imitate those who are fascinated by the latest fashions in dress and style. How can you do Seva when you move far away from the common man?"

Baba – Sathya Sai Speaks, vol. 10 pg. 224

"Cover your body with modest clean sober clothing. Let your dress reflect love and respect for Swami".

Prashanthi Nilayam Information Booklet pg.44

Silence

"Silence is the first step of the Sadhana. By loud talk you Undermine your own peace and disturb others. Do no cause more noise than necessary."

Baba – Divinity and Dew Drops pg.48

"Be silent yourself, that will inspire silence in others. Reduce contacts to the minimum. Carry with you an atmosphere of quite contemplation wherever you happen to be."

Baba – Sadhana the Inward Path. Pg. 169

"I appreciate two things most in you: Silence and Namasmarana. It is only in the depth of the silence the voice of God can be heard. Speak as low as possible, as little as possible, as sweet as possible. Do not whisper to each other for that is done only when someone is being traduced behind his back. Do not talk loudly away from MY hearing; there is no away."

Baba – Sathya Sai Speaks, Vol. 6, pg. 277 & 278

"You must make it a practice to observe silence at least one hour daily. It saves your Cosmic Energy and ensures peace of mind."

Baba – Sanathana Sarathi, August 1997.

World Youth Conference, 19th July 1997

Prasad

"About Prasadam - the edible offering is to be avoided. The name is the best consecrated offering to be shared. You can give Vibhuti as prasad; that is enough. That is the most precious and effective prasad".

Baba – Sathya Sai Speaks, vol. 6, pg.223

Altar

The altar at the center will be simple, clean and without any clutter. Swami's photo will be the center piece, a small statue of Ganesha and a photo of Swami's feet.

The altar may be decorated with some flowers. On the occasion of special celebration or events such as Shivaratri or Janmashthami, Photos of Shiva, Lingam, Nataraja statue, Photo of Krishna, a Jhoola etc, relevant to the occasion may be placed.

NEED FOR RULES AND REGULATIONS IN OUR ORGANIZATION

"The restrictions, rules, self controls are the royal roads leading to the goal of self realization. They are not just to bind you. Everyone has an Atma. But the mind wanders and gets agitated. The rules must be adhered to in order to control such wandering of the minds. Rules are protective fences for our mind."

Baba – Sevadal, February 1981, pg.8

"Our Rules emphasize that members must first practice what they stand for. Whatever you desire others to do, you must first put into daily practice sincerely and with steadfastness."

Baba – Sathya Sai Speaks, Vol. 6 pg. 35

9. FINANCES

"The routine expenses of the Samithi of the Sevadal etc. must be shared by the members only. There should not be any attempt to collect from non members. For special occasions, voluntary gifts of material or services from devotees may be received."

*Baba – All India Conference, Sathya Sai Speaks Vol. 7
pg.351*

Collection of funds for expenses in functioning units:

"I do not like collection of funds. But since some expenses have to be incurred, I have to allow it under very stringent conditions. Whatever expenses you decide to incur for the work of the Organization, you have to collect among yourselves without seeking help from those outside the circle. You have to contribute according to your capability and limit the work to the resources you can pool among yourselves. Do not plan beyond your capacity and move about with lists from person to person to get funds. By this the institution gets a bad name and you too will not be spared.

*- "Baba - All India Conference, Sathya Sai Speaks Vol. 6,
pg.38*

10. PRAYERS DURING SATSANGH

GAYATRI MANTRA

Om Bhur Bhuvah Suvah
Tat Savitur Varenyum
Bhargo Devasya Dheemahe
Dhiyo Yo Nah Prachodayat
Om Shanti Shanti Shanti

Translation:

Supreme Lord!
Creator of the three worlds, the Earth,
the Atmosphere and Heaven;
Splendorous light illuminating the three
regions of experience, gross subtle and
causal;
Radiant Grace flowing from that light;
We meditate on Thy Divine Radiance;
We pray for the Grace of Thy
Illumination
within us!
Peace Peace Peace

SRI SATHYA SAI GAYATRI MANTRA

Om
Sayeshwaraya Vidmahe
Sathya Devaya Dheemahi
Tannah Sarvah Prachodayath
Om Shanti Shanti Shanti

Translation:

We realize Sri Sathya Sai as the Supreme
Lord;
We meditate on Lord Sathya Sai,
As the Embodiment of Transcendental
Truth,
The Supreme Brahman;
We pray for the nourishing Love
Of His Grace and Protection.
Peace Peace Peace

PRAYER FOR UNIVERSAL PEACE AND HAPPINESS

Lokah Samastha Sukhino Bhavantu

Translation:

May there be peace in all the worlds,
may all three worlds be happy

ASATOMA

Asato Ma Sad Gamaya
Tamaso Ma Jyotir Gamaya
Mrityur Ma Amritam Gamaya
Om Shanti Shanti Shanti

Translation:

From the unreal, lead us to the Truth
From out of darkness lead us into light
From fear of death lead to everlasting
Life
Peace Peace Peace

SARAVA DHARMA PRAYER

Om Tat Sat Sri Narayana Tu,
Purushottama Guru Tu
Siddha Buddha Tu, Skanda Vinayaka,
Savita Pavaka Tu
Brahma Mazda Tu, Yehova Shakti Tu,
Yesu Pita Prabhu Tu
Rudra Vishnu Tu, Rama Krishna Tu,
Rahim Tao Tu
Vasudeba Go, Vishwarupa Tu,
Chidananda Hari Tu
Advaitiya Tu, Akala Nirbhaya,
Atmalinga Shiva Tu

Translation

Om Tat Sat- Om, the primordial sound
of Creation is Truth. Lord Narayana is
the Supreme Guru and the embodi-
ment of Perfection. You are Siddha: God
worshiped by Jains. Buddha: One who
is enlightened. Skanda: Lord
Subramanyam, destroyer of evils.
Vinayaka: son of Shiva is leader of the
Ganas the remover of obstacles. Savita:
Sun God the source of life. Mazda:
Great. Yehova: God of the Hebrews.
Shaki: Divine Power or Energy.

Esu: Jesus. Pita: Father. Prabhu:
Almighty God, Master. Rudra: the One
who purifies – Shiva. Vishnu: all
Pervading Lord. Rahim: One who is all
kindness. Tao: One who is the embodi-
ment of knowledge. Vasudeva: Principle
that resides in the entire Creation. Go:
Cow or Mother Earth. Vishwarupa:
Omnipresent, Omnipotent, Omniscient
Infinite form. Chidananda:
Embodiment of Supreme
Consciousness and Bliss. Hari: One who
destroys illusions. Advaitya: One with-
out a second. Akala: One who is beyond
Time. Atmalingam: Formless symbol of
creation. Shiva: Most Auspicious Lord.

ARATHI

Om Jai Jagadisha Hare Swami Sathya
Sai Hare
Bhakta Jana Samrakshaka, Bhakta Jan
Samrakshaka
Parthi Maheswara
Om Jai Jagadisha Hare
Shashi Vadana Srikara
Sarva Pranapate, Swami Sarva
Pranapate
Ashrita Kalpalatika, Ashrita Kalpalatika
Apad Bandava
Om Jai Jagadisha Hare
Mata Pita Guru Daivam,
Mariyantayu Neeve, Swami
Mariyantayu Neeve
Nadabrahma Jagannatha, Nadabrahma
Jagannatha
Nagendra Shyana
Om Jai Jagadisha Hare
Omkara Rupa Ojaswi
Om Sai Mahadeva, Sathya Sai
Mahadeva
Mangala Arathi Anduko, Mangala
Arathi Anduko
Mandara Giridahari
Om Jai Jagadisha Hare
Narayana Narayana Om
Sathya Narayana Narayana Narayana
Om (X2)
Narayana Narayana Om
Om Jai Satguru Deva
Om Shanti Shanti Shanti

Translation

Pranams at the Lotus Feet
Of Bhagawan Sri Sathya Sai
You have come to foster Your devotees,
Foster and protect Your devotees
Lord Sai at Puttaparthi
Oh Lord of the Universe!
Your face is radiant as the Moon,
And you fill us with energy and light
Swami fill us with energy and light
You are the Savior of devotees
Answering all the prayers of devotees
Friend of those in need
Oh Lord of the Universe!
Sai You are Mother and Father
Teacher and Divinity itself
Swami, You are Divinity Itself
You are the Cause of All Creation
The cause and all its Manifestation
You are the One Reality
Oh Lord of the Universe!
You are the sacred Word of OM
The Formless in human form
Swami, You are the Formless in Form
Now accept this flame of Bhakti
Please accept this flame of Arathi
We praise Your Majesty
Oh Lord of the Universe!
Narayana Narayana Om Sathya
Narayana Narayana Narayana Om
Narayana Narayana Om Sathya
Narayana Narayana Om Sathya
Narayana Narayana OM
Pranams at the Lotus feet of Sai
(Last verse sung 3 times)

VIBHUTI SONG

Paramam Pavitram Baba Vibhutim
Paramam Vichitram Leela Vibhutim
Paramartha Istartha Moksha Pradatam
Baba Vibhutim Idam Asrayami
(Sai) Baba Vibhutim Idam Asrayami

Translation:

Sacred Holy and Supreme is Baba's
Vibhuti
Pouring forth in brilliant stream this
play of Vibhuti
So auspicious is its might, it grants
Liberation
Baba's Vibhuti, its power protects me.

CLOSING MANTRA

Mangalam Guru Devaya
Mangalam Jnana Dayine
Mangalam Parthi Vasaya
Mangalam Sathya Sayine

Translation:

May the Divine Guru be auspicious to
us
May the Bestower of Wisdom be auspicious to us
May the Lord who manifested in Parthi
be auspicious to us
May Bhagawan Sri Sathya Sai Baba be
auspicious to us.

11. BOOK & INFORMATION CENTRE

A) HOURS OF OPERATION

Monday, Tuesday, Wednesday, and
Friday — Noon to 5 pm

Thursday — Noon to 7 pm

Saturday and Sunday — 10 am to 5 pm

B) BOOKS, AUDIO & VIDEO

Sri Sathya Sai Book & Information Centre has a wide selection of books, cassettes, cds, and VHS/DVD peripherals. A variety of photographic prints of Sathya Sai Baba are available in many different sizes.

C) VIDEO LENDING LIBRARY

www.saibooks.org

12. CANADIAN SATHYA SAI NEWSLETTER

A newsletter of Sai activities in Canada is published on a quarterly basis.

Everyone's contribution in terms of personal experiences and special events are most welcome. Subscriptions are available from the Sri Sathya Sai Baba Book & Information Centre.

13. CLOSING REMARKS

"Avatars seldom give advice directly. Whatever they wish to communicate, they convey more often by way of indirect suggestions and only rarely by the direct method of instruction. The reason for this is there is Divinity inherent in every human being, which he can manifest spontaneously, if favorable conditions are provided, just as a viable seed will germinate and grow into a tree because of its inherent nature, if only suitable facilities are provided for the manifestation of its potentiality. Man should be enabled to correct himself by his own efforts, by merely giving kindly suggestions, rather than by stultifying his freedom and dignity through directives imposed from without."

Baba - "Indian Culture and Spirituality" pg. 95-96

"Your Mission has begun. These are My words to My devotees:

Each of you has a unique and valuable part to play in this life time.

I call upon you to radiate the devotion within you. For this always remain centered upon Me, imparting purity of heart Do all and do not reach for the fruits of your work. Be ever aware that The moment you let your ego descend upon you My work stops.

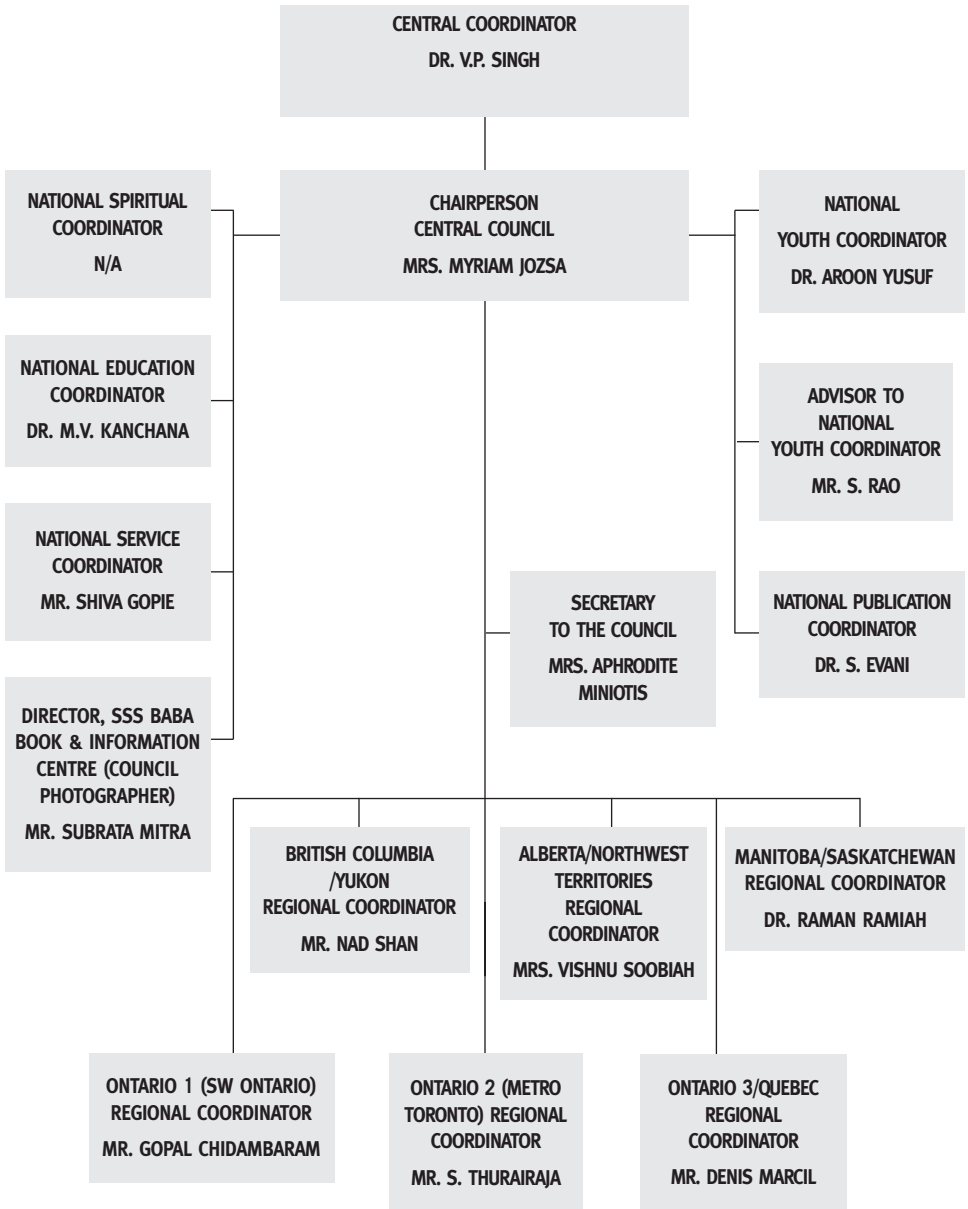
If you have no ego and if you do your work not only for limited times in the Organizations but during all the twenty four hours then, My Darshan will pour forth and the people you meet will feel they are meeting Baba and are with Baba. Be ever pure of heart and soul and mankind in your life time will benefit from your unique qualities.

"Baba - "Spiritual Blue Prints of My Journey" By Sri Indulal Shah pg. 27-29. - "Foot Steps to God" pg.24

"Let the different Faiths exist, let them flourish. Let the glory of God be sung in all languages and a variety of tunes. Respect the differences between faiths and recognize them as valid, so far as they do not extinguish the flame of UNITY."

"Baba"

REGION 13 ORGANIZATIONAL STRUCTURE
CENTRAL COUNCIL OF THE SRI SATHYA SAI BABA ORGANIZATION IN CANADA





**REGIONAL COORDINATOR
(LIAISON BETWEEN
COUNCIL AND PRESIDENT)**

VICE PRESIDENT

**CENTRE / SDG
PRESIDENT**

SECRETARY

TREASURER

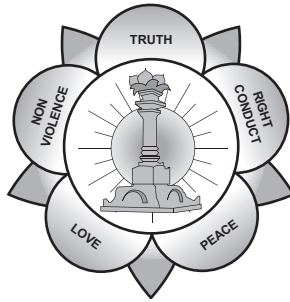
YOUTH COORDINATOR

SPIRITUAL COORDINATOR

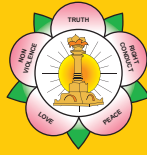
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This Handbook was compiled and presented to Swami by Mrs. Aphrodite Miniotis.



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*"Let the different Faiths exist, let them flourish.
Let the glory of God be sung in all languages and a variety of tunes.
Respect the differences between faiths and recognize them as valid,
so far as they do not extinguish the Flame of Unity."*

Sai Baba

Sri Sathya Sai Baba

