

# WINTER 2015

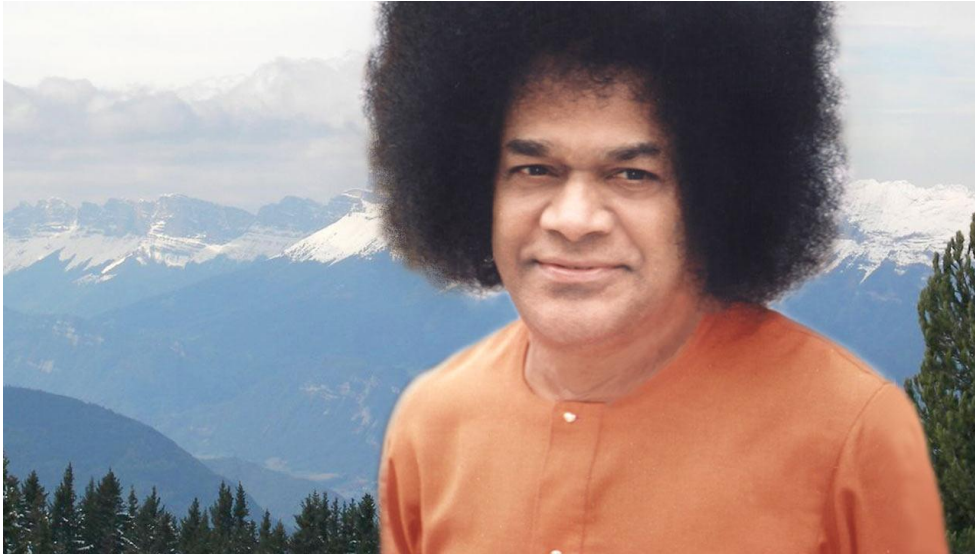


You are seeking joy and peace in far-off places.  
But the spring of joy is in your heart. The haven  
of peace is in yourself.

- Sri Sathya Sai Baba



Sri Sathya Sai Baba Center SSE, East Brunswick, NJ



Sairam and Welcome Back Readers!

As our first offering for this year of 2015 we would like to bring a unique blend of all of our different thoughts and ideas of spirituality and how we practice it in our everyday life. In addition to Humor, Art, Songs, Poems, Stories, Sports, Habits, Activities, Seva, we now have a new Science and Spirituality section.

We hope you enjoy this edition just like our past editions -

<http://ebsai.org/education/sai-newsletter>

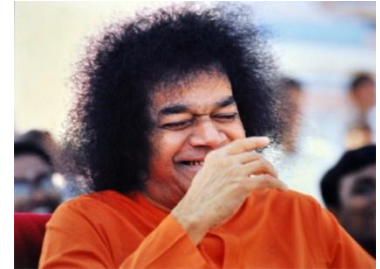
Happy Reading!

Love and Jai Sairam,  
The SAI Team



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# SAI HUMOR



Q-What is massive, moves swiftly, and has a trumpet for Swami in its trunk?

A- Sai Geetha  
-Keerthana K.



Dear Ram,

I've been applying your techniques on the five human values: truth, love, peace, non-violence, and right conduct. First of all, I spoke the truth – I told the teacher who didn't do his/her homework and who was lying about his/her excuses. I also showed a lot of love by loving my video games (I played them every day)! Next, I was peaceful. I stopped battling the Cyclops in my video game and battled the butterfly instead. Isn't that peaceful? Yes! I even broke all of the violence (Violins? I forgot how to spell it) in the school orchestra. What a perfect way to demonstrate non-violence (violence). I showed right conduct by doing all these good deeds. Thanks to your help, I now completely understand the five human values.

Thank you,  
Sam

Dear Sam,  
AAAAAAAAAAAAAAAAAAAAAAAAHHHHHHHHHHH!!!!!!!  
I am sure you understand my concern,  
Deeply shaken,  
Ram



By: Ananya S. and Shreya R. (Group 2)



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# ART FROM OUR HEART



Sathvik R. (Group 1)



Sathya R. (Group 1)



Pranav S. (Group 2)



Vinuta R. (Group 1)

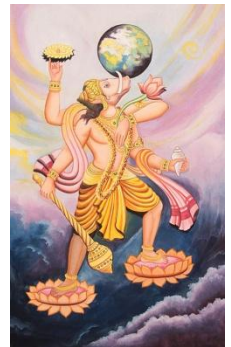


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# SONGS FROM OUR SOUL

## Avatars of Sai (Set to the tune of "Happy" by Pharrell Williams)

It might be intriguing what I'm 'bout to say  
Avatars are here, you can pray away  
(I'm a) Full of Energy need to meditate  
In the air, they're always there, children by the way



Because they're eternal  
Clap along if you know the Matsya Avatara  
Because they're eternal  
Clap along if you know the Kurma Avatara  
Because they're eternal  
Clap along if you know the Varaha Avatara  
Because they're eternal  
Clap along if you know the Narasimha Avatara

Here comes good news there are more of them  
Give them all your soul and yield to them  
Well, you should probably know they're here to educate  
In the air, they're always there, children by the way

Because they're eternal  
Clap along if you know the Vamana Avatara  
Because they're eternal  
Clap along if you know Parashu-rama Avatara  
Because they're eternal





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Clap along if you know the Rama Avatara  
Because they're eternal  
Clap along if you know the Krishna Avatara

Clap along if you know the Buddha Avatara  
Because they're eternal  
Clap along if you know the avatar of Jesus Christ  
Because they're eternal

Clap along if you know Shirdi Sai Avatara  
Because they're eternal  
Clap along if you know your PREMASVARUPALARAS (Harmony)



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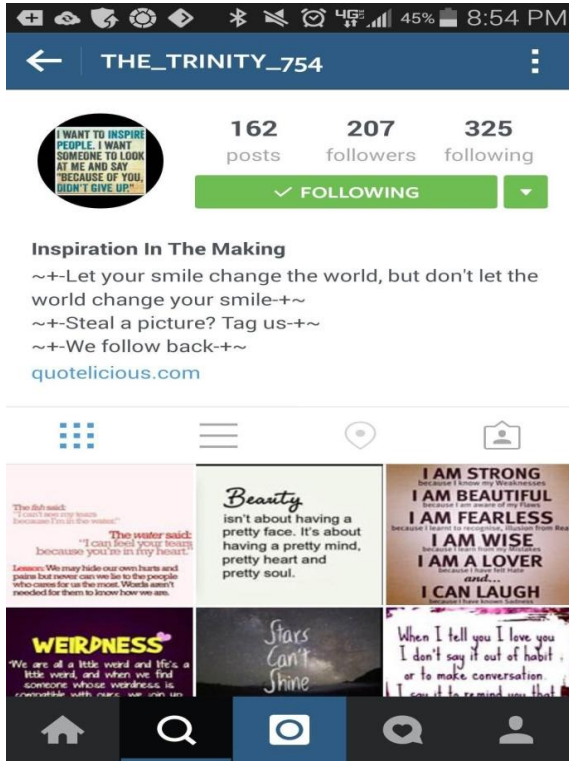
### Staying awake for Akhanda Bhajans

If you can stay awake for the Akhanda Bhajan session you could be almost nocturnal. It is held so late in the night. It starts at 6:00 pm and goes to 6:00 pm the next day, it takes 24 hours. For far away towns, it takes a long time for people north and south of Akhanda Bhajans to get there. The whole night, some people are singing and some people are sleeping. The kids' bhajans are about 3 hours; you have to sit down for a long time. Mostly, the parents are awake, but sometimes children stay awake. When we wake up we can still hear the bhajans ringing in our ears. When we wake up we don't know that we are going to be dragged into commotion, because we are so relaxed. We also feel that Swami just appeared right in front of us. It is a good feeling.

-Akshaya S. and Sathya R. (Group 1)



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As students, we continually hear about depression, self-esteem importance, and kindness. On @the\_trinity\_754 on Instagram, we try to put a smile on the faces of those who have been having a bad day. Each and every one of our posts try to make one's day just a little better. @the\_trinity\_754 is based solely on the belief that one smile can lead to a chain reaction.

- Group 3 student and Neighborhood Sai Friends

Also, please check out @radiosai! This phenomenal account provides daily lessons, making us feel as if our beloved Swami is directing life affirmations to us. We hope for you to check out these accounts and look forward to the great day ahead of you.

- Aditi K. (Group 3)





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# Poems to Ponder

Always tell the truth, no matter what you do  
For if you tell a lie, you'll be pretty blue.  
I'm not talking about outside you,  
I'm talking about the inside  
'Cause when your stomach knots and the pressure builds,  
You'll just want to hide.  
But you can't hide from Sai Baba,  
He's right inside you  
So if you told a lie, listen carefully,  
I'll tell you what do.  
Go out there, admit your folly  
Apologize, or say you're sorry  
Always tell the truth, no matter what you do  
For if you tell a lie, you'll be pretty blue  
- Keerthana K. (Group 2)





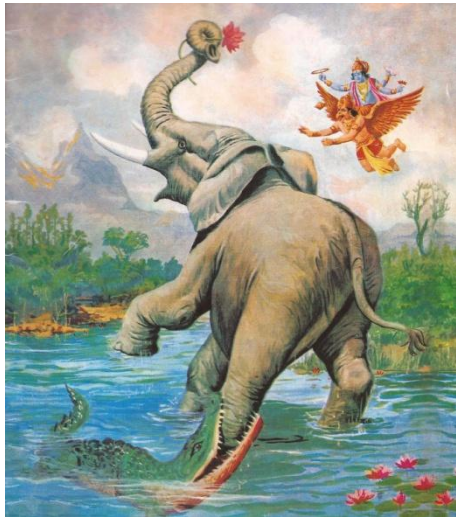


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# Stories of His Glories

## A Story on His Devotion

There was once a very virtuous, honest, and generous king. He had great devotion for Lord Vishnu. He seldom forgot to pray to the Almighty. One day, while meditating in the forest, a great sage was passing by and saw the king.



The sage wanted to pay his respects to him. So he approached the king only to find him completely oblivious to the sage's presence. This infuriated the sage, so he cursed the meditating king: "O king! You should be blessed to see me standing in front of you! You should be paying your respects to me! And now I found that you continue to meditate. For this, I shall turn you into an elephant that will roam the forests." So the king, now an elephant, wandered through the forests. Soon he became a part of an elephant herd and lived with them as their king.

One day the herd went to a lake to drink water. It happened so that a crocodile inhabited that lake. So when the king elephant stepped into the lake, at once the crocodile chomped into the king elephant's foot. Now... he still had the qualities of his own self, so he forgot about the pain and called out to Lord Vishnu. Faster than the speed of light, Lord Vishnu responded and flew on Garuda. He took out his chakra and ripped the crocodile into pieces. The elephant suddenly started to reduce in size until he was human again. When he saw Vishnu, he fell at the Lord's feet. As soon as he did this he was liberated to heaven and he lived happily ever after under Vishnu's guidance.

- Sathya B. (Group 2)



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### Swami is Always Watching Us

Swami had once taken a road trip with his driver. The driver was going in a very high speed to reach Kodaikanal on time. While driving, he saw a cobra on the middle of the road. He thought to himself, "If I press the brakes and try to save the cobra it will disturb Swami's peace. If I run over the cobra, it will be a bad thing to do but it won't disturb Swami." The driver finally made the decision to run over the cobra. When they reached Kodaikanal, the driver confessed and said "Swami, I made a mistake." Swami said "Yes, yes, I know". Swami showed his back to the driver and revealed the tire marks. Watch your Thoughts, Words, and Deeds for "Swami is always watching us."



- Saket R. (Group 2)

### Joy of Helping Others

In our SSE class our teachers gave us a life application. We have to pray to Swami, chant a Sloka, put a handful of beans and rice in a Ziploc bag and bring it to class. I felt very happy doing it. When I put the kidney beans in the bag after praying I always thought of Baba. Helping others is super fun.

-Vinuta R. (Group 1)

### Keep God First in Life

We have been learning about the Ramayana in our SSE class. In the Ramayana, when Rama was sent to the forest for 14 years, his brother, Bharatha, tried to stop Rama from going to the forest. Rama said that he must follow his father's command and proceeded to the forest. Bharatha was very upset after this. So instead of becoming king he took Rama's sandals and placed it on the throne. The lesson I learned from this story is always keep God first in your life. Even in hard times we should never forget GOD.



-Anirudh R. (Group 1)



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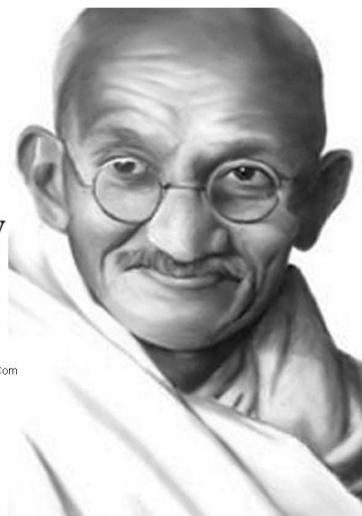
## The Legacy of Mahatma Gandhi

Mahatma Gandhi was a very simple person. Today, we all live in a big house and want the latest gadgets. Gandhi led a humble lifestyle. He had a watch, a stick, and clothes that he made. He lived in a relatively basic house compared to modern day. Gandhi organized peaceful protests and followed Swami's principle of nonviolence. As a result, he gained nationwide recognition in India. He hated violence and insisted that the citizens of India boycott British goods. Gandhi became a role model across the globe and his legacy exploded everywhere. Even though he was sent to prison, Gandhi did not hate anyone. In fact, he didn't mind prison for he knew his intentions were pure. When Gandhi was hit in the face, he would not lift a finger! He did not even fight! He would simply show his other cheek. He even chanted Lord Ram's name and died. Soon, India called Mahatma Gandhi a hero and he was portrayed on all the Indian rupees. If we all live like Gandhi and follow Swami's principles, we can also be leaders and role models like Mahatma Gandhi himself.

-Anirudh R. (Group 4)

**An eye for an eye only  
ends up making the  
whole world blind.**

Desivalley.Com





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# HEALTHY HABITS



What is Autism? Autism is the disability to interpret what you see, feel, hear, smell, taste, touch or experience. It is very hard to express your feelings and emotions as well as understanding other people's emotions. There are many people who have autism - one out of every 88 people. We must help these children and play with them so they learn how to overcome their disabilities.

I had an opportunity to volunteer for an Autistic child. It felt different than playing with a normal child, as he didn't understand everything I said and he also did things like throwing toys around. It was like I was in the North Pole and he was in the South Pole and we were trying to come to the Equator to meet and communicate with each other.

I think the first thing you should do is to help to spread awareness about autism. Then you should volunteer to patiently play with an autistic child so that he/she understands how to communicate with the world. One little change can make a big impact in their life.

-Saket R. (Group 2)



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## My Personal Experience

That day's dinner was so yummy! My mother served me dinner. I was so hungry that I totally forgot to wash my hands and say the food prayer! I did not even notice it when I was eating. That night, I had really learned my lesson. "AHHH! Tummy ache!!!!" I screamed. I was throwing up everything I ate that day! My parents were so worried! Thankfully, my father had found out what happened. I had not washed my hands. I could not go to school for 2 days because the doctor told that it was the stomach virus and there is really no medicine for it. I missed a lot of important lessons at school. One small act of washing hands would have saved me from all this. From that day on, I have promised myself that I would always wash my hands and say food prayer before I eat. By the way, I have a really fun song to help you remember to wash your hands. Here it is -

*Soap and water, soap and water*

*Wash your hands with soap and water.*

*Faucet on, water flows*

*Get it nice and warm. Then,*

*Grab that soap. Lather up.*

*Scrub up to your arms.*

*Count to ten. Count again.*

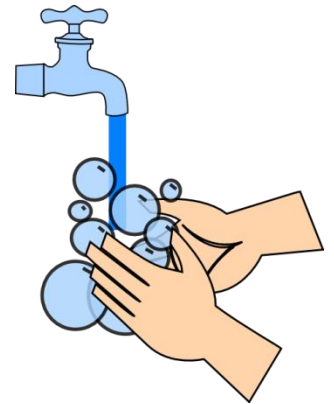
*Keep those bubbles showing*

*When you're done, rinse them off.*

*Time to dry and go!*

*If you're washing them, you're gonna keep the germs away.*

*Soap and water's gonna help you keep the germs away.*



-Anirudh R. (Group 1)



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## Model UN and the Bhagavad Gita

Over the last few months in Group 4, we'd been discussing the Bhagavad Gita at great length. One of the central ideas of the text is the belief that one must give up one's desire for the fruit of one's actions -- in other words, the desire to get certain results from one's actions. Instead, the Gita says, one must simply focus on fulfilling one's duty to the best of one's ability. However, as we reiterated over and over in class discussions, this phrase is far easier said than done.

Yet just a few days ago, I was able to successfully apply this aspect of the Gita to my real life -- and see it work.

To explain the story, I need to go into a quick background of myself. In high school, I've been a part of a club called Model UN, a debate and leadership club. As a part of Model UN, we go to national conferences and compete for awards, with the most coveted award being a wooden gavel for the best delegate in the room. Well, I've been a member for three years, and I had never won best- never "gaveled", as it's called. I'd come frustratingly close, several times in my career. But I'd always fallen short and the desperate desire to win the title of "Best", combined with the added pressure of being on a top national team, made MUN a very stressful and disappointing experience for me.

Flash forward to senior year. I had been on hiatus from all things MUN for over a year when I was suddenly called back to go to a conference. Initially I didn't even want to go, because I knew the question that was hanging over everyone's mind: would I finally gavel or not?



But I changed my mind. After three years of yearning for that coveted gavel, I decided it was time to finally drop that desire. Instead, I threw myself into doing research, and told myself, over and over, that this conference was no pressure. I had taught my partner, who was relatively new to MUN, everything I knew to help him succeed and gave the competition my very best-- and then left the rest.



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And as simple as that sounds, that's exactly what I did. While the rest of the club was plagued with pre-committee jitters on Thursday night, I was strangely detached and neutral. There was absolutely no stress on my end because I knew, heading in, that the fruit of my actions were out of my hands -- I could only do my best.

And for the first time in my MUN career, everything fell into place. It seemed almost unreal, but competition ran smoothly, and the young partner who everyone had thought would be a pain to work with actually became my perfect match for committee. Throughout the whole thing, I stayed detached and stress-free, telling myself over and over that I would be perfectly OK with an outstanding or an honorable and not a best. And for once, I had an absolute blast at MUN, both in and out of committee.



Finally, Sunday came and awards were announced. My entire team waited for the announcement with bated breath -- and after an initial misread that gave the entire team a collective heart attack, it was finally announced-- my partner and I had won best! At long last, I'd gaveled. The happiness and excitement from my teammates at my win was unbelievable.

But the story doesn't end there. Before awards were announced, the delegates who had flown in from China gave me some gifts to express their thanks -- one of them being a beautiful rosary with exactly 108 beads (he wrapped it around my wrist and called it a "friendship bracelet", so I didn't even realize what it was until I got home).

Coincidence? Perhaps. Perhaps not. But regardless, the simple gifts, and the note I received from one delegate (second picture) were worth even more than the gavel itself, and made the whole thing truly worthwhile.

Overall, my experience was phenomenal-- and although it's easy to say that I only feel this way because I gaveled, the truth is, gavel or not, the conference was the best experience of my entire MUN career. Because I was finally able to



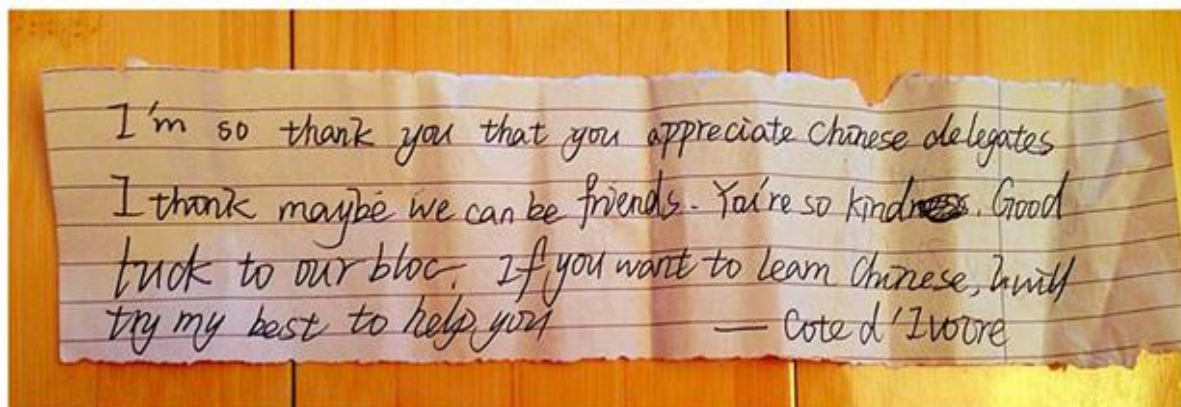
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wholeheartedly embrace the tenet of giving up the desire for fruit of one's actions and just focus on doing my duty (training my partner and competing to my level best) I was able to both have a good time and finally see the success that had eluded me for three years.

So, giving up the fruit of one's actions? Easier said than done, for sure.

But life has a way of giving you the results you want when you stop expecting them. Sometimes, I've learned, it's best to do your job, just let go, run with the flow -- and see what extraordinary things can happen all on their own.

-Namankita R. (Group 4)







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**3R'S** } **THE THREE R'S** } **3R'S**  
Sindhujā  
- Group 2

- Reflection: As is the object so is the reflection (A quote)
- Reaction: Reactions are always instinctive responses are always well thought of
- Resound: Resound added impetus by showing that good can actually be amplified beyond our imagination

**3R'S** By Sindhujā - Group 2

These 3R's are always connected **3R'S**

I got inspired by the 3 R's. I learned that don't ever act a bad reaction. Calm down and figure out something to tell everything to the people so they will calm down.

-Sindhujā B. (Group 2)



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# Sports and Spirituality

Sairam everyone! Let us March in Unity starting whenever the temperature rises above 60 degrees. March Past is a tradition that is very popular and is done on the sports days in Prashanti Nilayam. March Past is one activity that Swami loved and would watch through the entire rehearsal, enjoying it greatly. He would not have watched the rehearsals for many other activities but specifically made it a point to watch this one. It is extremely important as it builds unity within (in our thought, word, and deed) and with the group. It also helps us focus on a specific activity; not being distracted by anything else. Additionally, it builds up the confidence in each individual person by teaching them to walk with their head up in a straight line. A positive side effect of this is automatically improving your posture. March Past is interesting and fun for all with many advantageous effects!!!

Come join us on March *Past*,  
It won't be your *last*,  
As we'll have a *blast*,  
And the benefits are *vast*!!!

Stay tuned for more information either during the Assembly or in your emails!

-Varun B. (Group 3)





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### Hope for the Best and Strive to Win the Test

Have you ever played a sport and you get impatient with yourself and just want to win immediately? This happens to lots of sports players. The opponent keeps playing and doesn't get tired. People get very impatient and frustrated with the opponent that they want to go for the "kill" and win. This strategy of play doesn't work for any sport. If you get frustrated or impatient, you lose. To solve this problem you have to be patient and not to give up on yourself. You have to keep trying and at the same time be patient and calm. Your body has to stay calm and at the same time your thoughts and actions also should not think negatively or wander off. As Swami says *"Haste makes waste; waste makes worry; so do not be in a hurry."* This message works in sports as well. If you put the effort beforehand and practice, it will help you during the game or match. You shouldn't practice just for the sake of doing it. When you start to love the game and you put the effort you need to succeed, the game will love you back and you will surely do well. But in the end, Swami is the one who has to decide. I bet if you have direct faith in him as you put the effort in the game, he is sure to guide you in the right direction. All of these values will come together during the game and will help you stay focused.

**DO YOUR BEST and TRUST SWAMI to Take Care Of The Rest!**

-Siddharth S. (Group 2)



**"I'm a very positive thinker, and I think that is what helps me the most in difficult moments." –Roger Federer, Swiss tennis player**



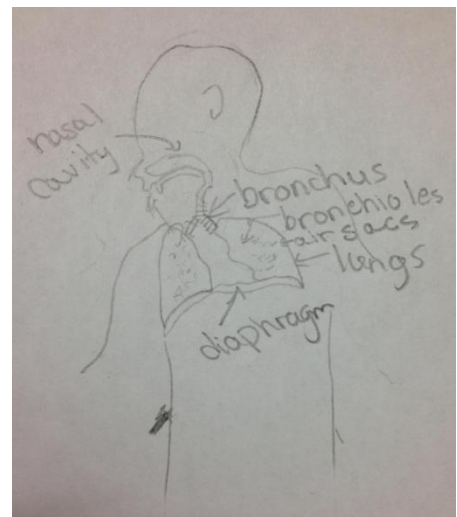
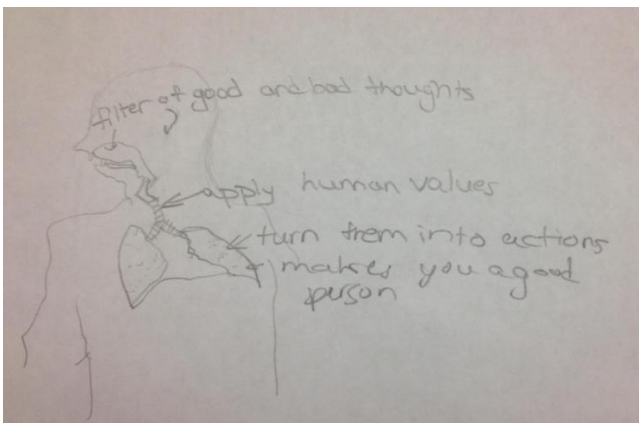
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# SCIENCE AND SPIRITUALITY

There is one thing that we all do no matter where you are and who you are with for every single day, hour, minute of the day. This is BREATHING! We all can't live without breathing. The human respiratory system takes in the air, which splits into Oxygen and Carbon Dioxide. We breathe in the air through our nose via the nasal cavity and then it goes down the trachea. After that it goes to the bronchus, which splits the air into Oxygen and Carbon Dioxide and fills both of the lungs with pure Oxygen. This is further purified by the bronchioles and stored in small tiny packets called alveoli. This purified air is used by all the important organs and in all the body functions.

Like breathing we should think about Śwami 24/7: no matter where you are and who you are with. Like the nasal cavity helps us to stop the germs entering in our body we have to filter out the bad thoughts and only take in the good ones. After that you should apply the 5D's: **Discrimination, Discipline, Devotion, Duty, Determination** and the five Human Values: **Love, Truth, Non-Violence, Peace, and Right Conduct**. The success in applying these human values to daily life would lead to a great spiritual lifestyle.

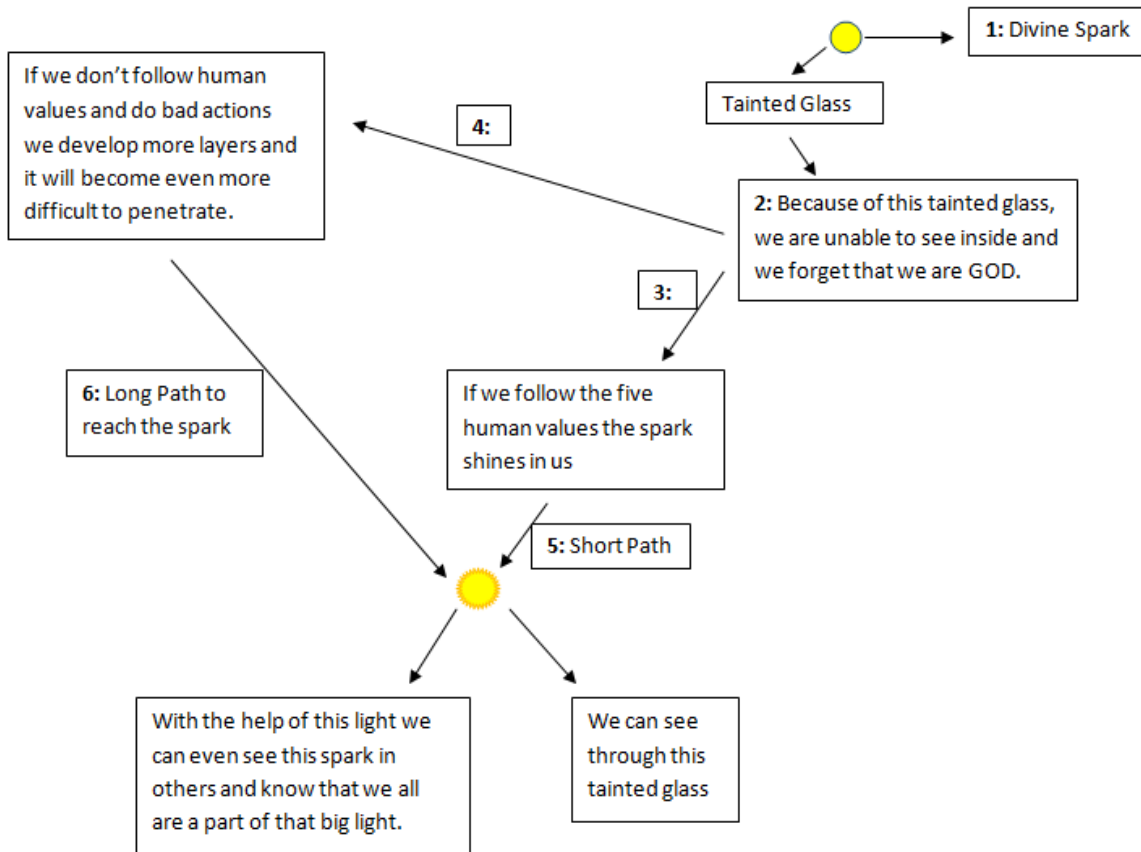
-Saket R. (Group 2)





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Dear brothers and sisters, you all know that nothing exists but GOD in energy form. Energy is blasted into billions and trillions of tiny sparks (Big Bang Theory) and this game of life is created just because we share the same family: we all have mom, dad, brothers, sisters, cousins, grandparents, etc. It makes perfect sense that we share the same energy from divine, and the same energy that is part of Him. We all are related and we are all the same.



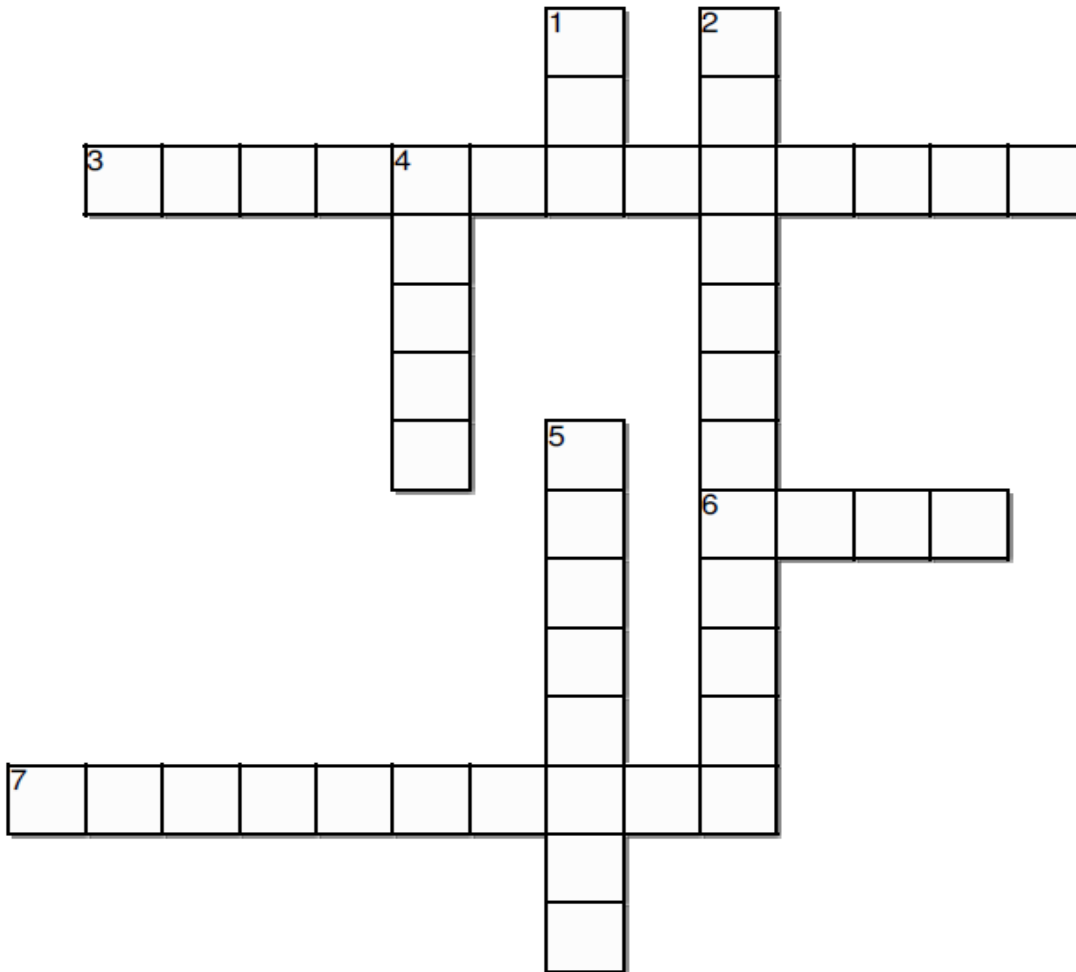
I felt all this when I was playing my Xbox game. Although the remote is in my control, when I'm playing I often forget that I'm the controller (GOD) and I involve in the game, I become one of the characters. When I lose I cry, when I defeat other players I enjoy completely, forgetting that it is just a game.

-Sharavan S. (Group 2)



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# ACTIVITIES



### Across

- 3. good behavior.
- 6. sub-values: Compassion, empathy.
- 7. Sub-values: patience, persistence, and perseverance

### Down

- 1. avoid bad company- (three letters).
- 2. the opposite of violence.
- 4. honesty.
- 5. dedication to god

-Aparajita R. (Group 3)



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### Sai Value Search

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

Bliss  
Purity  
Goodness

Patience  
Discipline  
truth

Compassion  
Respect  
Kindness

Devotion  
Divine  
Love

Peace  
Right Conduct  
Unselfish

Sruthi B (Group 1B)

### Sai Trivia

Use your knowledge about Sathya Sai Baba to complete the sentences.

1. Swami was born in \_\_\_\_\_ on \_\_\_\_\_
2. In Baba's name, Sathya means \_\_\_\_\_
3. Sai Baba's mother's name was \_\_\_\_\_
4. Baba always says, "Help Ever \_\_\_\_\_", "Love All \_\_\_\_\_", "Service to Man is \_\_\_\_\_"
5. Sports day in Puttaparthi is on \_\_\_\_\_
6. Avatarhood Declaration Day is on \_\_\_\_\_
7. Swami's Aradhana Day is on \_\_\_\_\_

-Sathya B. (Group 2)



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### Share your Love

On Saturday February 14th, the SSE children participated in an amazing seva opportunity at Lawrenceville Nursing Home. Being Valentine's Day, the theme was obviously the immense love that we shared with the residents. To begin the momentous occasion, we had Shivansh from Group 1 sing a song about The Bible and Jesus Christ. It was extremely cute and all of the residents loved it very much. Emma and Navi entertained the audience with jokes and stories about Valentine's Day. Greenidhi wowed everyone with a beautiful rendition of "Love" by Nat King Cole. We also played a fun game of "Guess the Movie" playing old movies from the 1950's to 1970's. To end our memorable day, we created Valentine's Day crafts gluing stickers to a large heart. They also had a ribbon so that they could hang it on their wheelchairs or hands. The service activity was excellent and everyone loved it. We are extremely grateful to both the residents and swami for giving this opportunity to serve. It was a perfect day as we expressed our immense love for the residents on Valentine's Day!!!

-Varun B. (Group 3)



Page 24 of 26



God is love. Live in love.



Winter 2015





Sri Sathya Sai Baba Center SSE, East Brunswick, NJ

### Animal Feeding

Every day, we feed animals using leftover bread. This helps them survive through the winter.

We take some bread (around 2 to 3 slices) that we won't use anymore and rip it into small pieces so the animals can eat it. Then we take the bread and put some on the ground (even when there is snow), so that the animals that cannot reach that high, like rabbits, can eat the bread from the ground. We also put some bread into our bird feeder so the birds can eat out of it. Finally we wait until the animals eat the bread. Then we can make some more bread for more animals all over again.

We find many animals' tracks in our backyard imprinted in the snow, for instance, deer tracks, that may have enjoyed the bread in the cold winter.

We feel good because we know that many different animals ate the food that we put outside. We feel happy that the animals get food in the winter. We also understand how giving is joy, because we are giving food to animals in need during the winter, and they feel joyful.

-Sathya R. (Group 1). Photos by Shreya R. (Group 2), Sharavan D. (Group 2)





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