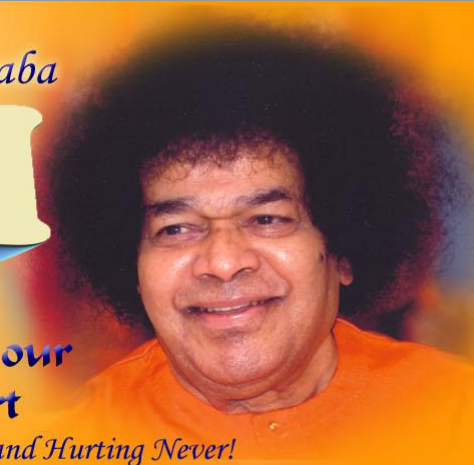


Aum Sri Sai Ram

Pranams at the Lotus Feet of Bhagawan Sri Sathya Sai Baba

Chicago Sai WATCH



Dear Swami, please help us to watch and control our Words, Actions, Thoughts, Character and Heart

So that we realize our inherent Divinity by Loving All, Serving All, Helping Ever, and Hurting Never!

Upcoming Events!

Saturday, November 4th, Food Packing Service Project (FMSC)
A Special Service Offering to Commemorate Swami's Birthday
 Time: 4:00 PM – 6:30 PM Venue: 1072 National Pkwy, Schaumburg, IL 60173

Saturday, November 11th, and Sunday, November 12th, Global Akhanda Bhajans
 Time: Saturday 6:00 PM – Sunday 6:00 PM Venue: Manav Seva Mandir



Love All , Serve All

Date	Calendar of Events
10/07 – Saturday	06:00 PM – 08:00 PM: Dinner Service Project at Sarah's Circle Women's Shelter (on N. Sheridan Road)
10/14 – Saturday	06:00 AM – 08:00 AM: YA Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.) 05:00 PM – 08:00 PM: Dinner Service Project at Northside Housing Men's Shelter (on Lawrence Ave.)
10/15 – Sunday	10:00AM – 11:00AM: Bingo with Nursing Home Residents (on North Ave., Oak Park)
10/21 – Saturday	06:00 PM – 09:00 PM: Dinner Service Project at Jesus People USA Men's Shelter (on Kenmore Ave.)
10/28 – Saturday	06:00 AM – 08:00 AM: Breakfast Service at Northside Housing Men's Shelter (on Lawrence Ave.)
	<p>Sunday Center Schedule: 09:00 AM – 09:30 AM: Center Setup 09:30 AM – 10:15 AM: Vedam/Bhajan practice 10:15 AM – 10:50 AM: Meditation and Study circle 11:00 AM – 12:00 AM: Devotional Singing and Concluding Prayers 12:00 Noon – 12:30 PM: Cleanup</p> <p>Ongoing service projects on Sundays:</p> <ul style="list-style-type: none"> • Sandwich preparation & delivery for residents of Northside Housing Men's Shelter (Lawrence Ave)



Power or mind, speech and action



Teachers who teach with the salary paid to them in their minds, and students who learn with the jobs they may procure in their minds are both pursuing wrong paths. In fact, the task of the teacher is to discharge his duty of instructing and inspiring the students so that they develop their latent talents and advance in the perfection of their skills. The task of the student is to unfold the divine in him and equip himself for serving society with his skill and knowledge.

Man has three instruments gifted to him: the mind which involves him in thought, the power of speech which enables him to communicate his thoughts, and the power of action by which he can execute his thoughts, alone or with others, for himself and for others. The mind designs thoughts which are either helpful or harmful. The mind can lead man into bondage, deeper involvement in desires and disappointments. It can lead man into freedom, detachment and desirelessness. The mind is a bundle of likes and dislikes. Manas (mind) is the seat of manana (chewing the cud of sensual and mental experiences.) The mind is engaged in two activities: Alochana or planning and sambhashana or dialogue. Both these follow different lines. Planning is intent on solving problems that present themselves before the mind. Dialogue multiplies the problems and confounds the solutions causing confusion and adoption of wrong and ruinous means to solve them. The inner conversation and controversial chatter continues from morning till night, until sleep overtakes the mind. It causes ill-health and the early setting in of old age. The topics on which the chatter is based are mostly the faults and failings of others and their fortunes and misfortunes. This perpetual dialogue is at the bottom of all the miseries of man. It covers the mind with thick darkness. It grows wild very quickly and suppresses the genuine worth of manhood.

The talk that inhabits the mind during the waking stage persists even in dreams and robs man of much-needed rest. And the sum total of all this exercise is, to speak the truth, nil. No man can call himself full and free unless he succeeds in stopping this evil.

The Upanishads announce certain remedial sadhanas to get rid of this obstacle to inner peace. The first sadhana is Pranayama, Regulation of Breath. Pranayama is no gymnastics, nor a formidable exercise. The inhaling of air is Purakam; the exhaling is Rechakam. Retention in between is Kumbhakam. The mind has to concentrate on the period of retention, on the process of inhaling and exhaling. When attention is fixed thus, the inner talk on other irrelevant matters will end and mental strength is acquired.

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The second Sadhana is: immersion in Karma, beneficial activity—that is to say, service to people which will help diminish the ego sense, acts that are good and godly. When one's thoughts are engaged in such activities, the mind turns away from the talk it indulges in.

Again, the Sadhanas of Sravana (listening to spiritual advice), Manana (reflection on spiritual directions), and Nidhidyasana (discovering ways and means of confirming faith in the Spirit), also of Japa (recital of the names of God) and Thapas (withdrawing the mind from sensual pursuits) have been prescribed by the scriptures more for the silencing of this mental chatter, this inner talk, as a preparation for attaining the Reality than for its Realisation. For it is only when the mind is cleansed and clarified that it can achieve such a profound task. Only then can the lessons taught and the experiences undergone be pure and unsullied.

The second instrument that is gifted to man for uplifting himself is speech—the use of words. Speech is charged with tremendous power. When through speech, we communicate to a person something which upsets his balance or shocks him into grief, the words completely drain off his physical strength and mental courage. He falls on the ground, unable to stand. On the other hand, when through speech, we communicate something happy, or unexpectedly cheering, he gets the strength of an elephant. Words do not cost anything but they are priceless. So they have to be used with care. They must be employed not for gossip, which is barren, but for pure and productive purposes only. The ancients recommended the vow of silence in order to purify speech of its evils. A mind turned inwards towards an inner vision of God and speech turned towards outer vision, both will promote spiritual strength and success.

- Excerpts from Vidya Vahini



Avatar Vani (Experience you innate Divinity)



Embodiments of Love!

MAN THINKS THAT HIS survival depends upon worldly possessions like food, raiment, shelter and wealth. But this is not true. The survival of man is dependent only on God's grace. There are many wealthy people in this world. Can they survive without God's grace? It is a fact that none can achieve anything in this world without the grace of God. Hence, first and foremost man should contemplate on God.

Educare Manifests Latent Divinity

One may read a number of books, acquire many high degrees and visit a number of countries, but these cannot help one to earn God's grace. People today are engaged in acquiring bookish knowledge. They feel very proud of their high degrees. They think that acquiring bookish knowledge is real education. No, that is not so. They forget that people in the past led a happier and better life without bookish knowledge. What is the use of that education which is devoid of educare? What is educare? Educare is that which brings out the latent divinity of man. Divinity is also known as consciousness. It is only because of the consciousness present in him that every individual is able to acquire knowledge of the world around him. But, unfortunately, no one is able to recognize this all-pervading consciousness. In fact, it is only this consciousness that is protecting every human being. In spite of their education and scholarship, people are not able to realize this truth. Education based merely on bookish learning is negative and artificial. People go to foreign countries to acquire such artificial education. What is the use of acquiring such education? Instead, everyone should strive to acquire educare. There is no need to go anywhere to acquire it. It is immanent in every human being. Unity of thought, word and deed connotes educare. One who realizes his true identity is an educated person in the real sense. People enquire, "Who are you?" "Who is he?" etc., but they do not ask, "Who am I?" Man may acquire encyclopaedic knowledge about everything in this world, but of what use is it if he does not know who he really is? Real education is that which concerns itself with enquiring into one's true nature. If you ask someone, "Sir! Where do you come from?", he may reply, "I am from India". That reply is negative in the sense that it limits one to a particular country or place. The real 'I' is to be explored. That 'I' is the real source. The reply that he comes from India refers to the body. The body must have travelled from India. But the consciousness is all-pervading. Without realizing the source, if one simply states that he comes from this place or that place, it is not the correct answer. One should know the source. When someone questions, "Who are you?" The correct answer would be, "I am I". We often say, this is my body, this is my mind, this is my intellect, etc. Then who am 'I'? One should know this real 'I'. It is the source. Nowadays, a lot of research is being conducted into the nature of the mind. Whatever research one may conduct, one has to understand that the basic quality of the mind is its unsteadiness. The mind is like a mad monkey and the body is like a water bubble. You are not this mad monkey. You are not this water bubble. The name given to the human race is "mankind". But today that kindness is gone and mankind has become monkey mind. Kindness and compassion are nowhere to be seen in human beings today.

Realize the Fundamental 'I'

When there are no thoughts, there will be no words either. Divinity is beyond thoughts and words. Man should transcend the mind to realize his innate divinity. Realizing one's innate divinity is educare. This innate divinity in man is also referred to as the Atma. Without realizing the nature of the Atma one cannot understand the nature of the body.

Educare helps one to realise the nature of the Atma or the Self. As long as you identify yourself with the individual 'I', you cannot understand your true identity. It is only when you shed attachment to the individual 'I' and develop the feeling of equanimity can you understand the nature of the Atma or the fundamental 'I'. This Atma Tattwa (principle of the Self) is equally present in every being. This is the fundamental principle. It is only because of this fundamental principle that every living being acquires value. One has to recognise this fundamental principle. Only then does one deserve to be called a human being. In this world, birds and beasts live along with human beings. Man can be differentiated from birds and beasts only when he realises the fundamental 'I' which is the Atma Tattwa. Since ancient times, people in India have been striving to realise this fundamental 'I' which is present in all beings. Life is present everywhere. Man today has lost his peace. There is restlessness everywhere. In fact, the whole world is in a state of turmoil. People are facing great difficulties and worries in their life since their awareness is limited to their body. This body consciousness makes their life artificial. It does not reveal their true Self. One has to strive to realise the fundamental 'I'. Human body is ephemeral and is bound to perish one day or the other. When we speak of 'I', it should not be limited to the ephemeral human body, but to the fundamental 'I'. Deha (body) with which we identify ourselves saying 'I' is subject to birth and death again and again. But Dehi (indweller) is the eternal Devadeva (God). While the vesture of Deha has birth and death, Dehi is beyond birth and death and is eternal. It shines in every being in the form of consciousness. When a beggar stands in front of your house seeking alms by saying Bhavathi Bhiksham Dehi (give me alms), he actually reminds you of your true nature, i.e., Dehi (indweller). The word Dehi refers to divinity. True education is that which gives us the realisation of Dehi. Education is not limited to reading of books and gathering bookish knowledge. Many times I ask Goldstein and Narendra Reddy as to why they publish so many books. Bookish knowledge enables one to merely eke out a livelihood. But there is something more to this bookish knowledge and livelihood, which all of you have to pursue.

Embodiments of Love!

Give up body attachment and realize unity and divinity that are all-pervading. That is real Sadhana. Today people undertake Sadhana, thinking all the while of something else. As a result, they are unable to achieve their goal. The fault lies with you and not with Jagat (world). When you correct your mistakes and do Sadhana in the right way, then you will be able to realize unity in diversity. Many people live long even for 100 years. But they are unable to experience unity. Instead, they see duality all their life. One who realizes non-duality is a real Manava (human being). Humanity lies in transcending duality. Hence, give up duality and experience the bliss of unity.

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– Excerpts From Bhagavan's Inaugural Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 3rd September 2005 on the occasion of International Sai Medical Conference.



Atma Thathwa is one and the same in all



There was a guru with a large number of disciples and the guru was telling them some good things. One day, when the lesson was going on, the teacher told the disciples that while they are engaged in puja and meditation, no matter what obstacles come their way, they must take care to see that their meditation is not disturbed. The disciples had great faith in the guru. There were also some disciples who were staying in the âs'ram itself. On a birthday of the guru, one disciple decided to offer special prayers to the guru by repeating the 108 names of the Lord. The disciple collected a photograph, 108 flowers and wanted to perform the puja in the traditional manner. One other disciple invited the guru and took him to his house. The guru while going told this other disciple, who wanted to do the worship at the âs'ram itself, to be careful and asked him to keep the front door closed. The day was very hot and the guru neither had slippers for his feet nor did he have sufficient hair on his head to protect him from the sun. When the guru came to the âs'ram and wanted the door to be opened, the disciple inside was engaged in offering puja. The guru knocked at the door and asked the disciple to open the door. The disciple replied that he was engaged in puja and that the guru must wait till the puja was over, as the puja was not to be interrupted. Today ninety-nine out of hundred people are like the disciple. They only worship the photograph of the person whose grace they long for, and continue to do so even when the latter is knocking at the very door of the worshipper.

Devotional Activities in Chicago and Suburbs

Activity	Time	Venue	Contact
Every Monday – Bhajans	07:00 pm to 08:00 pm	Aurora (Shirdi Mandir)	630-587-3031
Every Wednesday – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-519-1631
Every Friday – Bhajans	08:00 pm to 09:00 pm	Oak Brook	630-655-1718
1st Saturday of the Month – Bhajans	03:30 pm to 04:30 pm	Glenview	847-729-2779 / 773-510-5936
Monday, Oct 23 rd – Monthly 23 rd Bhajans	7:00 pm to 8:00 pm	Aurora (Shirdi Mandir)	630-587-3031

Role

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