

Aum Sri Sai Ram

Sathya Sai Center of East Brunswick



Sathya Sai Center of East Brunswick cordially invites you, your family and friends to a variety of programs.

EVERY SUNDAY

Children's SSE Classes, Study Circle, Bhajans, & Sewing Seva Activities

Day: Every Sunday (except vacation & holidays)

Time: 2 pm to 5 pm

Venue:

Central Elementary School,
371 Cranbury Road, East Brunswick, New Jersey 08816

EVERY THURSDAY

Center Bhajans At Ved Mandir

Day: Every Thursday

Time: 8 pm to 9 pm

Venue:

Ved Mandir,
1 Ved Mandir Drive, Milltown, NJ 08850

Center Website - <http://www.ebsai.org>



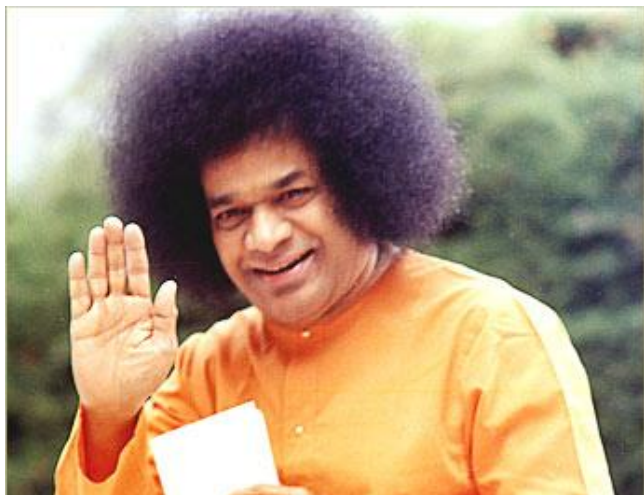
Sathya Sai Center of East Brunswick

East Brunswick, NJ 08816

We are extremely pleased to welcome you

This booklet is designed to provide a brief introduction to Sri Sathya Sai Baba and His teachings. Please feel free to contact any of the Center Officers to learn more about the Sai Center and its activities. Please feel free to borrow books, CDs, or DVDs from the diverse collection in the Sai Center library.

We thank you for your interest



Bhagawan Sri Sathya Sai Baba

“Hands that help are holier than the lips that pray”

Center Officers

Muthu Boopathi President	732-737-5964	presidentebsaicenter@gmail.com
Sandip Shah Vice President	201-694-8420	vicepresidentebsaicenter@gmail.com
Suresh Viswanathan SSE Coordinator	440-498-1733	educationebsaicenter@gmail.com
Dipika Mohanty Devotion Coordinator	732-635-1676	devotionebsaicenter@gmail.com
Ramavenkat Balasubramaniam Service Coordinator	732-734-4272	serviceebsaicenter@gmail.com

If you want to become the member of Sathya Sai Center of East Brunswick, please contact any one of the officers listed above.

◆ Recommended Books for Reading:

- 1 The *Vahini* Series (written by Sri Sathya Sai Baba); *Gita Vahini* (writings on the Bhagavad Gita); *Prema Vahini* (writings on Divine Love); *Dharma Vahini* (writings on Right Action, Duty); *Jnana Vahini* (writings on Spiritual Knowledge); *Dhyana Vahini* (writings on Meditation);
- 2 *Sathya Sai Speaks*, Vol. 1 – 35 (Five decades of discourses by Sri Sathya Sai Baba);
- 3 *Summer Showers* Series (Spiritual discourses by Sri Sathya Sai Baba given to college students during summer courses, 1972–2000);
- 4 *Sathyam Sivam Sundaram*, Parts 1-5 (Series on the Life of Sai Baba);
- 5 *My Baba and I*, by Dr. John Hislop;
- 6 *Conversations with Bhagavan Sri Sathya Sai Baba*, by Dr. John Hislop;
- 7 *Loving God*, by Professor N. Kasturi;
- 8 *Pathways to God*, Volumes 1 to 3, by Jonathon Roof;
- 9 *Sai Navratnamala (Nine Gems)*, by A. Adivi Reddy;
- 10 *Journey to Sathya Sai Baba - A Visitor's Guide*, by Valmai Worthington;
- 11 *Essence of Divinity*, by Elaine Gries;
- 12 *Finding God*, by Charles Penn;
- 13 *Sai Baba, Holy Man and the Psychiatrist*, by Samuel Sandweiss;
- 14 *Sai Baba, Man of Miracles*, by Howard Murphet;
- 15 *Sai Baba, the Ultimate Experience*, by Phyllis Krystal.

These books may be available at the Center or can be procured from the Sathya Sai Book Center of America at:

Address:

305 West First Street
Tustin, CA 92780, U.S.A.
Telephone: (714) 669-0522
FAX: (714) 669-9138
sathyasaibooks@sbcglobal.net
www.sathyasaibooks.com

◆ Sanathana Sarathi (Eternal Charioteer)

This monthly Spiritual Magazine, published from Prasanthi Nilayam, is devoted to the moral and spiritual upliftment of humanity. It contains Sathya Sai Baba's divine discourses, other inspirational articles, and news about organizational activities throughout the world.

An annual subscription for the periodical can be obtained by sending an international bank draft, money order, or personal check to:

The Convener

Sri Sathya Sai Books and Publications Trust
Prasanthi Nilayam P.O.
Puttaparthi, Anantapur Dist., A.P. 515134, INDIA

Please contact the Sanathana Sarathi Office for the exact amount of the subscription price.

◆ Recommended Websites or Links:

Center Website: <http://www.ebsai.org>
International Sai Organization: <http://www.sathyasai.org>
U.S. Sai Organization: <http://www.sathyasai.us>
Radio Sai Global Harmony: <http://www.radiosai.org>
Saicast Streaming Videos: <http://www.saicast.org>
Sri Sathya Sai Central Trust: <http://www.srisathyasai.org.in>

Thought For the Day:
<http://www.radiosai.org/pages/thought.asp>
The Discourses of Sathya Sai Baba:
<http://www.sathyasai.org/discour/content.htm>
Sathya Sai Book Center of America:
<http://www.sathyasaibooksusa.org>
Sai discourses and writings, with a search engine:
<http://www.sssbpt.info>
Sri Sathya Sai Books & Publications Trust:
<http://www.sssbpt.org>

I. Who is Sathya Sai Baba?

Sri Sathya Sai Baba is one of the most revered spiritual teachers in the world today. He taught not only through his writings and public discourses but more importantly through the example he set in his daily life. His life and his teachings have inspired millions of people from all walks of life and from practically every country to turn Godward, to practice brotherhood, to serve the needy, and to strive to lead constructive and moral lives.

Sathya Sai Baba was born on 23 November 1926 in Puttaparthi, in Southern India. From an early age, he began to demonstrate extraordinary, super human powers and displayed profound wisdom regarding spiritual matters. At age 14 he firmly declared that he had taken birth for the express purpose of leading mankind back onto the path of truth, righteous conduct, peace, love, and nonviolence. His fame spread throughout the world. However, he continued to reside in his ashram called Prasanthi Nilayam (abode of supreme peace).

Sathya Sai Baba has established modern, state-of-the-art hospitals, elementary and secondary schools, colleges, and a major university, all of which provide services to everyone without charge. He also constructed a massive free drinking water system for the benefit of millions in previously unserved villages and cities across India.

The once almost inaccessible village of Puttaparthi now hosts a commercial bus terminal, a railway station, and an airport.

Sri Sathya Sai Baba has setup an International Sai Organization with the main purpose to guide seekers in their quest for God by helping them to realize the Divinity in all.

The fundamental aim of the Organization is to establish the essential unity of all faiths, to understand and practice the principles of Truth (Sathya), Righteousness (Dharma), Peace (Shanthi), Universal Love (Prema) and Non-violence (Ahimsa) and the teachings of Bhagawan Sri Sathya Sai Baba.

Over 1200 Sai Centers within the Sai Baba Organization provide a platform where like-minded folks meet to conduct spiritual programs by engaging in devotional, educational and community service activities as recommended by Sri Sathya Sai Baba.

In line with the Sathya Sai Baba Organization's objectives, the Sai devotees of the Center conduct regularly study circles to raise the awareness of the Divinity inherent within him. They practice the teachings of Sai Baba, with emphasis on selfless service to others, imbibing the learned spiritual values.

II. Sri Sathya Sai Baba's Messages

Sathya Sai Baba stressed that man's basic nature is divine and that the purpose of life is the realization of that divinity. This will occur, he reminded, through leading a moral life, rendering selfless service to those in need, and developing love and respect for all life.

He emphasized the principles that form the foundation of the world's major religions are the human values *truth, right conduct, peace, love, and nonviolence*. He encouraged us to practice these human values in our daily lives and set an inspiring example by the way he led his own life.

He exhorted that faith and confidence are necessary requisites for a happy and successful life: "*Confidence leads to peace, peace leads to love, love leads to truth, and truth leads to bliss.*"

The responsibility for bringing about World Peace, said Sathya Sai Baba, rests with the individual. His prescription is simple, yet profound:

*If there is righteousness in the heart,
There will be beauty in the character.
If there is beauty in the character,
There will be harmony in the home.
If there is harmony in the home,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.*



VII. Recommended Publications and Websites

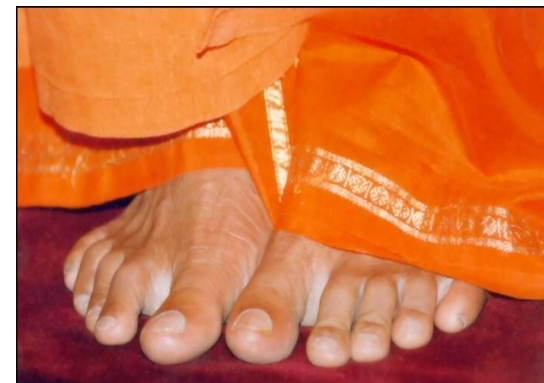
A large selection of publications is available on the life and teachings of Sathya Sai Baba. Some of the most well known books and websites are listed below along with the addresses of the sources.

A free catalog of available books, cassettes, CDs, DVDs, and photographs can be ordered from:

- ◆ Sathya Sai Book Center of America
305 West First Street
Tustin, CA 92780, U.S.A.
Telephone: (714) 669-0522
FAX: (714) 669-9138
sathyasaibooks@sbcglobal.net
www.sathyasaibooks.com

- ◆ Sathya Sai Newsletter, U.S.A.
This bimonthly newsletter of the Sai Organization of the United States covers Sathya Sai Baba's teachings, articles, and life applications. It can be obtained from:

Sathya Sai Newsletter, U.S.A
C/O Sathya Sai Book Center of America
305 West First Street
Tustin, CA 92780, U.S.A.
Telephone: (714) 669-0522
FAX: (714) 669-9138
ssnewsletter@sbcglobal.net.



VI. Protocols and Customs

Attire

For Sai Center or Organizational events, please wear clean and modest clothing that is comfortable and loose-fitting. Revealing clothes or shorts are not appropriate.

Shoes

Generally, shoes are removed and left at the entrance to the Center. This is a common custom in many countries. It signifies a sign of respect for the sanctity and dignity of the place. It also has the symbolic significance is to leave the ego, worldly desires, the "dust of the world" outside the place of event.

Greetings and Good-byes

Many devotees greet by saying "Sai Ram" instead of "hello" or "good-bye" to convey the acknowledgment of the divinity in each other.

Silence

It is customary to speak softly, obligingly or maintain silence at the Sai Center events. This helps to maintain spiritual calmness and will not disturb others in prayer or meditation. Sai Baba has urged us to "Practice silence, for the voice of God can be heard in the region of the heart only when the tongue is still. Silence is the speech of the spiritual seeker."

Seating

Men and women sit separately. This is needed to minimize distractions arising from curiosity or subtle attractions between members of the opposite sex. This protocol is followed in all Sathya Sai Baba functions throughout the world. Baba has stressed, "At Bhajans and at other meetings, men devotees should sit apart from women devotees. The rule should be applicable to all members - whether they are Indians or non-Indians, in India or elsewhere. It is part of the spiritual discipline that is necessary for devotees; mixing freely and sitting together do not promote a peaceful atmosphere. In sitting separately, sensory thoughts do not arise so easily."

Often, seating is on the floor. Chairs are provided for those who may need them. When sitting on the floor, it is proper for men and women to sit with their legs crossed. Select the seating option that is comfortable to you.

Time

Attendee are requested to arrive on time to quietly, comfortably seat before the program begins and assist in set up or clean up service activities.

Money

There is no cost to attend a Sathya Sai Center or to become a member. There are no membership fees or annual dues. No one is permitted to ask for money. Sathya Sai Baba urges utmost caution and honesty in all dealings involving money. Center service projects are run on voluntary and anonymous contributions from the members.

III. His Mission

Sathya Sai Baba stresses that he is not seeking to establish a new religion or to direct people toward a particular religion.

He encourages those attracted to his message to "*continue worshiping along lines already familiar to you.*"

He has also said, "Let the different faiths exist, and let the glory of God be sung in all languages and tunes. That should be the ideal.

Respect the differences between the faiths and recognize them as valid as long as they do not extinguish the flames of unity.

If each person lives the ideals propounded by the founders of their religion, unaffected by greed or hate, then the world will be a happy and peaceful habitation for mankind."

About his mission Sathya Sai Baba says,

I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster. I have not come to speak on behalf of any particular religion. I have not come on any mission of publicity for any sect, creed or cause; nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this universal unitary faith, this divine soul principle, this path of love, this duty of love, this obligation to love.

- Sathya Sai Baba (Sathya Sai Speaks, vol. 8, no. 22).

Believe that all Hearts are motivated by the One and Only God, that all names in all languages and all forms man can conceive denote the one and only God.

Cultivate the attitude of oneness between people of all creeds, all countries and all continents. This is the message of Love I bring."

IV. The Nine-Point Code of Conduct

Sathya Sai Baba has urged all His devotees to comply with the "Nine-Point Code of Conduct" and to practice a "Ceiling on Desires" for their spiritual development, as described below:

● **The Nine-Point Code of Conduct**

1. Daily meditation and prayer.
2. Group devotional singing or prayer with family members once a week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service work and other programs of the organization.
5. Regular attendance at the Center's devotional meetings.
6. Regular study of Sathya Sai Baba literature.
7. The use of soft, loving speech with everyone.
8. Not speaking ill of others, especially in their absence.
9. Practicing placing a ceiling on desires "consciously and continuously striving to eliminate the tendency to waste time, money, food, and energy" and utilizing the savings for service of mankind.

● **Ceiling on Desires**

Sathya Sai Baba has constantly reminded that one should not waste time, food, money, or energy. A program called "Ceiling on Desires" has been created to encourage aspirants to practice these principles.

"The object of the program is to prevent waste of money, time, food or other resources and to use all these for the welfare of the people. The money that is saved need not be kept for the Sathya Sai organizations. It may be used in the best way you choose for the benefit of others. Do not waste time. Time wasted is life wasted. Time is God. Sanctify all the time at your disposal by undertaking service (*seva*) activities in a pure and unselfish spirit."

Sathya Sai Baba has also emphasized that man has important obligations to society. He stressed the importance of performing one's duty in society for the benefit of all. It is the society that can provide an environment and a foundation for people to grow spiritually more easily. His teachings on serving society are summarized in His "Ten guiding principles":

V. The Ten Guiding Principles

1. Love and Serve your country. Do not be critical of others' countries.

"Have a sense of pride in your motherland. Just as your mother has given birth to you, so too the land has given birth to you. Whatever country you belong to, you should have a sense of patriotism. You should not indulge in criticizing other countries or people belonging to other nations. Having trust and faith in your own country, you won't try to put down any other country. Never bring grief or sorrow to your country. To have pride in one's own motherland is important."

2. Honor and respect all religions as pathways to God. "Never have hatred toward any religion. Honor and respect all religions equally. Even as you are a citizen of your motherland but respect all countries and all religions equally."

3. Love all humanity as part of your family. "Develop a sense of the brotherhood of man. Look upon each person as your own brother. There is only one caste, the caste of humanity. All of us belong to the human race, so everyone is equal. Therefore, love each one equally."

4. Keep home and surroundings clean. "Keep your own house and its surroundings pure and clean. This hygiene will keep you healthy and benefit your worldly life."

5. Help the needy with food, clothing, and shelter. Help them become self-reliant when possible. "Be discriminating when dispensing charity. In the name of charity or philanthropy, we tend to do injustice to this country. Charity does not mean that the land should be full of beggars. We can provide some support and means for the beggars, but provide food, clothing, and other conveniences in such a way that you are not encouraging laziness and begging."

6. Be examples of honesty. Do not participate in any corruption such as bribery. "Never give or take a bribe. Giving bribes, or accepting bribes, is contrary to the very name of Sri Sathya Sai organizations. Bear this in mind continuously."

7. Curb jealousy, hatred and envy. "We must seek ways to solve difficulties such as hatred, envy, and jealousy. To curb this sense of envy and jealousy, we must develop a broader outlook. Do not differentiate on the basis of race, caste, creed, or country. Follow your cultural and religious customs in your own home, but do not attempt to impose them on society. Rather than this, love each person as your own brother, not seeing him as belonging to another creed, religion, or country."

8. Develop self-reliance. "Members of the Sri Sathya Sai Organizations should do things by themselves; they should not depend on others. You may be very wealthy and have servants and assistants to help in a few tasks, but you must do your own work yourself. If you wish to be of service to society, serve yourself first. One who will not serve society has no right to belong to a Sri Sathya Sai Baba organization."

9. Observe your country's laws and be exemplary citizens. "Never ever go against the law of the land. Follow the letter of the law. The members of the Sri Sathya Sai organizations should follow the law in spirit also, and be models for the government."

10. Adore God, abhor sin. "You must love God and avoid sin. Love God incessantly. As long as you keep committing sins, God will never be yours."