



SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

October 2022



AUM SRI SAIRAM

**Children of Immortality!
Remember that you are created
in My image and likeness. Perfect !**

**Live up to this image, in every way, in all
planes.
Live like Masters!**

**Walk this earth with your heads held high.
Your spirits soaring.....
Your hearts open to love....
And believe in yourself and God within you.
Then all will go well.**

**Earth is but a manifestation of My Being.
Made out of My Life!**

**Wherever you look, I am there
Wherever you walk, I am there.
Whomsoever you contact, I am that person.
I am in each, in all My Splendour.**

**Seek Me everywhere.
Talk to Me and Love Me,
Who am in each.**

**Then , from each, I will respond
And bring you into Glory.
You cannot see Me in one place
And not in another, for I fill all space**

**You cannot escape Me
Or do anything in secret,
For there are no secrets with Me.**

**Live....Live....Live ...In perfect accordance
With My laws, and wonders will ensue!**

**Think now. Does error clog the free flowing
Essence of My Being through you?
Ask Me this moment to reveal to you your
errors
In the silence of your meditation.**

**Let old memories well up in you,
From My subconscious in you.....
Old patterns.....
Old forgotten feelings and thoughts.**

**Now plunge them into the Ocean of Light,
Burn them from consciousness
So that you may be
True emblems of My Being**

**Right now,
Visualise my burning Flame
Rising higher and higher
As it burns through you.**

**It is a flame that is cooling,
Cleansing and healing;
That soothes the hidden sorrow.....
And leaves you calmed and quiet.**

**Rest in My Love
Let all that you have been through
In your many lives up to this day,
Melt away in My Redeeming Light**

**Children of My Being!
Dissolve your sorrows and fears in Me.
Let me efface
All your Karma.**

**Come back into My Consciousness, which is
Your own true consciousness.
Let your petty human self fade away, right
now,
As you come to Me, who am your Inner Self**

**You are now My Radiant Glorious Self.....
No longer separate from Me
Melt with Me...Merge with Me!...
Become Me !**

GUEST COLUMN

Relationship between God and His Devotee



Sri. V. Sudhir

Alumunus of Sri Sathya Sai University &

Former District Youth Bhajan Coordinator

Where do I begin

To tell the story of how great a love can be

The sweet love story that is older than the sea

The simple truth about the love HE brings to me

Where do I start

These were the lines of a song that was sung in front of Bhagawan by students. Later when I got the opportunity to study in HIS university, watching HIM from close quarters, I realized that “where do I begin” is the thought, which probably strikes every mind that wants to speak about Bhagawan.

During a lecture in our college, towards the end, there was a general discussion and invariably Swami would be the center of such discussions. During one such discussion, one student asked the professor, “There is a lot of chaos in the world, Swami being God can solve all of it in no time. Then, why is Swami not solving the problems of the world?”.

To this, the professor replied, “Swami will not solve the problems of the world. He is not interested in the world.” We were all taken aback. But the professor wanted to drive home a different point. The professor, who had been closely associated with Swami, continued, “For Swami, only one thing is important - HIS devotee, HIS devotee and only HIS devotee. Nothing else. HE will be ready to sacrifice the entire world for the sake of even one devotee but HE will never sacrifice even one devotee for the sake of the entire world.” That profound statement hit me like a bullet. Can we ever fathom the depth of love and compassion that Bhagawan is showering on us!

Should we talk about the way Swami saved the life of a boy, who was about to get injured, by taking that injury on HIMSELF.

Or should we talk about the way Swami took it on HIMSELF the Asthma of a suffering student and cured him!

Or should we remind ourselves about the way Swami cancelled multiple cancers just by a word from HIS mouth saying “Cancer is Cancelled”!

Or should we soak ourselves in the miraculous resurrection of Mr. Walter Cowan after he was declared dead by the doctors!

GUEST COLUMN

Swami once said the purpose of HIS avatar in a poem,

*“Aa Nanada Balude Aananadabaludai
Tanavaruni Gurtimpa Tarali Vacche
Aa Ramachandrude Aaramachandrudai
Tana bantulanu Kanukonaga Vacche”*

which means,

“That same Nanda’s son (Krishna) has come down again as a blissful boy to identify HIS folk to play with. That same Sri Ramachandra has come down again as a peaceful being to identify HIS Sevaks to spend time with.”

Swami went even further, in one of the discourses Swami asked, “Who is Greater, God or devotee?”. Everyone said God is the greatest, supreme, almighty etc. Swami said, “No. Devotee is Greatest because that God, who is supreme, is locked by the devotee in his/her heart, filled with pure love and devotion.” Imagine the relationship Bhagawan wants to have with us.

Why did Swami create Sai Organization, institutions, hospitals and water projects? Not for money, not for fame, not for anything else. HE created all these just for our sake, both spiritual and material. HIS focus was always on HIS devotees. Rest all are frameworks and methods that HE employed to draw us closer. This newsletter Sai Brinda in itself is one such means to draw all of us closer to HIM. Any activity is a means (not the goal) to go closer to HIM. I believe that’s the way we need to practice.

With Swami’s 97th Birthday fast approaching, let us pray and make efforts, whichever way, however small, but with the right intention to develop pure love and devotion for our Dearest Lord and to move closer to HIM, which was the sole purpose for which HE incarnated.

JAI SAI RAM

INFORMATION BOARD

Pradosha Pooja

As a part of LOKHAA KSHEMAA prayers, Pradosha Poojas are religiously performed at 'Sai Pushpanjali' the District Bhajan Hall Centre, by the students of Veda Scholar Sri. Srinivasan. The well attended Pooja is fervently conducted by performing Abhishekam to Lord Shiva, chanting of Rudram followed by Sai Bhajans.

Sunday Bhajans at Sai Pushpanjali

Keeping in view that Sai Bhajans are the first windows for Sai Organizations, Sai Bhajans - group singing is held regularly at 'Sai Pushpanjali' the District Bhajan Hall Centre, on All Sundays. We invite all the members / general public / readers for the Bhajan sessions. For further details, please contact the nearest Samithi.

Temple Seva at Sundaram - (Sundays)

A rare opportunity is provided to all the interested members/general public / readers alike, to serve at Swami's Abode in SUNDARAM, Chennai. Please contact the nearest Samithi Convenors.

Temple Seva at Guindy (Thursdays)

Those members / general public / readers who desire their participation in Sai Bhajans at Guindy may contact Samithi Convenors for further details.

Veda chanting at Sai Pushpanjali

Every month, coinciding with Swami's Birth Star (Thiruvadira), a mass Veda chanting is being done exclusively by Mahilas in our District. The collective chanting is performed at Sai Pushpanjali. If the reader of this newsletter is interested in joining the program, may contact us.

Prasanthi Seva at Puttaparthi

We invite the readers / members & all the spiritual aspirants for Prashanthi Nilayam Seva as per the table furnished below. The Seva is open for all the spiritual seekers (Gents & Mahilas). For further details, please contact Mobile No.93807-98154 (Gents) & 97907-02659 (Mahilas).

Tentative Schedule for 2023

Seva	Seva Starts on	Seva Ends on
All India Seva	20.03.2023	30.03.2023
TamilNadu Apr - May	30.04.2023	15.05.2023
TamilNadu Oct - Nov	15.10.2023	15.11.2023

SAMITHIS - SPIRITUAL WING ACTIVITIES

NAVARATRI CELEBRATIONS



Thiru Nagar Samithi

Sahasranama Archana was performed on 2nd October'22 in Thiru Nagar Samithi in connection with Navaratri Celebrations. Around 40 - 50 Mahilas, Members, Parents, Children & others participated in this function.

A special feature of this celebration was the thematic Golu depicting the various activities under the three wings of SSSSO, aimed to create awareness amongst the general public.



Nungambakkam Samithi

Navaratri was celebrated at "Sai Deepam" Balvikas Center of Nungambakkam Samithi on 1st October'22. The talents of the students were showcased - in chanting Veda & singing bhajans.

There was also a talk about the significance of Navaratri Celebrations by a student on this occasion.

SAMITHIS - SPIRITUAL WING ACTIVITIES

BHAGAWAN'S 97th BIRTHDAY CELEBRATIONS



Valasaravakkam Samithi

On the eve of 97th Birthday Celebrations, the 97 bhajans were offered to Bhagawan in a public place in the befitting manner with a large number of Members, Balvikas students, parents, and general public participating enthusiastically.

Thiru Nagar Samithi

Members of Thiru Nagar Samithi offered 97 bhajans on 30th October '22 from 2 pm to 6 pm as part of Bhagawan's 97th Birthday Celebrations.

There was a good representation of Members across all age groups - Balvikas children, Youth, Senior Members & non-devotees.



Krishnapuram Samithi

On 22nd October '22, members of the Krishnapuram Samithi offered 97 bhajans.

It was heartening to note that as many as 22 bhajans were sung by Balvikas boys & girls. Balvikas Parents also participated in this program.

Nungambakkam Samithi

97 bhajans were offered by 31 members of Nungambakkam Samithi which include 6 Balvikas children on 14th October '22



SAMITHIS - SPIRITUAL WING ACTIVITIES

CELEBRATING THE ADVENT OF THE AVATAR OF THE YUGA

Kodambakkam Samithi



Bhagawan's Avatar Day was celebrated by the Members of Kodambakkam Samithi by providing Amrutha Kalasam to 9 paraplegic patients (spinal cord-affected patients) who are bedridden for life and in dire need for sustenance.

Along with Amrutha Kalasam, their medical needs such as catheters, uro bags, ointments for bed soreness etc were distributed. In some cases, vastra dhaan was also provided to them at their doorstep.

The Members of Kodambakkam Samithi had travelled quite a distance to reach out to the beneficiaries as these beneficiaries were located at different places on the outskirts of Velachery, Tambaram & Madurantakam. The beneficiaries have been typically the workers in the construction industry & in the age group of 25 - 45 years.

Rangarajapuram Samithi

Avatar Day Celebrations by Rangarajapuram Samithi started off with the chanting of Veda by Balvikas children followed by Sahasranama Archana by the Members of the Samithi.

Vastra Dhanam - 250 sets of sarees & dhotis were distributed to the needy people identified earlier.

Vegetables purchased from Koyembedu Market were delivered to Poorna Maha Meru Old Age Home. In addition, 27 workers in this regular vegetable supply center were also given sarees & dhotis.



Further, as a part of temple cleaning activity, the Samithi Members undertook the cleaning of Sai Murugan Temple Vel Mandapam & polished silver articles and cleaned pooja items belonging to the temple.

SAMITHIS - SPIRITUAL WING ACTIVITIES

CELEBRATING THE ADVENT OF THE AVATAR OF THE YUGA



T. Nagar Samithi

Avatar Day was celebrated at the Samithi on 20th October'22 in the morning.

Following Veda chanting & Bhajans, there was a speech by Smt. Lalitha Vasan on this occasion.

Valasaravakkam Samithi

The Avatar Day Celebrations at Valasaravakkam Samithi began with the Nagar Sankirtan with good participation. Members participated enthusiastically in the Narayana Seva provided to 250 beneficiaries. A special bhajan session held in the evening marked the completion of the Celebration.



SAMITHIS - SPIRITUAL WING ACTIVITIES

Silver Jubilee Celebrations by Nesapakkam Samithi cont..



On 2nd October'22, the Samithi had its Silver Jubilee Celebrations at Ayyappan Temple Kalyana Mandapam. The correspondent of SRNM Higher Secondary School was felicitated on this occasion.

The Chanda Vadhyam played by the students of SRNM School filled the air with a feeling of festivity. The cultural program by the Balvikas children - Dances (Garagattam & Bharathanatyam) & Drama on Karna enthralled the audience. There was an educative skit by the Disaster Management Team. Sri. Chandrasekaran, SP -SSSSO, honoured the Members who fostered the growth of the Samithi at different stages as also the auto drivers who volunteered help in the distribution of Sai Amudham during Covid Times.

Smt. Lalitha Srinivasan addressed the gathering - a motivating talk for the youth.

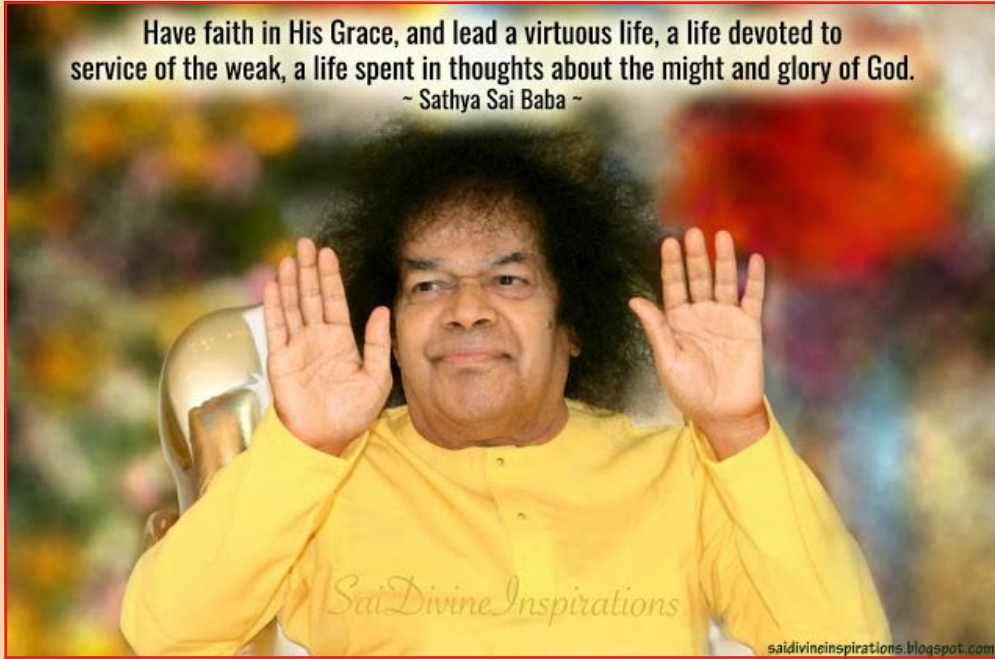
40th Anniversary Celebrations by West Mambalam Samithi



A well-planned day-long celebration program was auspiciously commenced by Nagar Sankirtan, well attended by the Members of the Samithi. Interestingly, the Senior Members of the Samithi enthralled the audience by recollecting their Sai experiences by quoting parables. Thus rekindling the faith in the name & form. The session proved to be useful as it refreshed devotees & the public for their faith in the name & form of Divinity.

The State President, District President & Sri. Sampath Kumar (Alumni of SSSIHL) addressed the gathering. The successful Balvikas children who appeared in the State Level Balvikas Talent Search (SLBTS) Competitions were duly awarded certificates. Chief Guest Smt. Usha Shankaranarayanan delivered a keynote address stressing the magnificence of the Paripoorna Avatar.

SAMITHIS - EDUCATIONAL / YOUTH WING ACTIVITIES



Opening of New Balvikas Center - T. Nagar

By the Grace of Bhagawan, on the auspicious Vijayadashami Day, a Balvikas Center at Bharathi Nagar was inaugurated on 5th October'22, well attended by the Gurus, Members of the Samithi & other Office Bearers.

Glad to share the inaugural class was joyfully attended by as many as 22 Balvikas children and the inaugural class was handled by one of the well-trained Gurus Smt. Sharmila.

Address:
*Sai Jyothi Rural Balvikas Center,
Sri Devi Muthumari Amman Temple,
Bharathi Nagar, T. Nagar,
Chennai - 600017*



Maha Mangala Aarthi was offered to our Beloved Bhagawan & prasadam were distributed to the children.

DISTRICT - SPIRITUAL WING ACTIVITIES

Navaratri Celebrations by Mahilas at Sai Pushpanjali



Navaratri was celebrated by the Mahilas of CMW at Sai Pushpanjali from 25th September'22 to 5th October'22. On the First day, Mahalaya Amavasya, Kalasha Prathista was done invoking the Divine Mother. Lalitha Sahasranama & Durga - Lakshmi - Saraswathi Ashotram were chanted along with Kumkuma Archana by the Mahilas from different Samithis on all the nine days with utmost love and devotion.

The Vilakku Pooja held on 30th October'22 turned out to be the highlight of the Celebrations with 105 Mahilas attending the same.

Prasadams were distributed to all the Mahilas every day during this Celebration.

It was a grand Celebration with the wonderful participation of Mahilas from the entire District. The nine-day Navaratri Celebration was well-planned, organized, attended & executed thus ensuring that the overall celebration was a grand success.

The Divine Master descends - CMW Celebrates Avatar Day at Sai Pushpanjali

Our District Bhajan Hall Sai Pushpanjali was filled with devotees to celebrate Bhagawan's Avatar Day.

The Members from different Samithis, following Veda Chanting, sang Bhajans which struck a responsive chord in the hearts of many.

The State Spiritual Coordinator (Gents) Sri. Rajagopal in his inspiring speech underlined the importance of basics - qualification of Members, Devotees, the importance of having the right attitude to perform Seva & the role of SSSSO in the spiritual upliftment of Members.



DISTRICT - SPIRITUAL WING ACTIVITIES

Chandi Homam



With the abundant Grace of our Beloved Bhagawan, CHANDI HOMAM was performed by our renowned Vedic Scholar Sri. Veda Srinivasan & his team during Navaratri on 2nd October'22, Sunday at our District Divine Abode 'SAI PUSHPANJALI'.

Swami's Divine Presence was experienced by all devotees at every stage. At the end of the Yagna, Kalashabhishekam was performed to Lalithamba with vibrant Bhajans of Sai Mata. In the Khalasham, Swami materialized a beautiful KOLHAPUR MAHALAKSHMI idol.

Subsequently, on the completion of Navaratri Celebrations on Vijaya Dashami day, the Kalasham which was sincerely worshiped for 9 days, was offered to Sai Lalithamba. During the Kalashabhishekam, again Swami materialized a beautiful ANNAPOORANI DEVI idol.

These idols are manifestations of His Divine Presence & Grace on this festive occasion reinforcing our faith in our Beloved Bhagawan. Is He not our Shrishti Kartha!! Both these idols (Vigrahas) are placed in Sai Pushpanjali.



ANNAPOORANI DEVI

KOLHAPUR MAHALAKSHMI

DISTRICT - EDUCATIONAL / YOUTH WING ACTIVITIES

97 Bhajans by Balvikas Children



“When one sings alone, the heart is merged in the song. But when many sing together it acquires a Divine Power” - Baba

True enough, Sai Pushpanjali Hall did reverberate with the Divine Vibrations even as 97 bhajans were offered at His Divine Feet by the Balvikas children & their parents on 9th October'22.

Sri. Murali Sairam & the Balvikas Gurus had trained the Balvikas students enabling the children to sing His Glory with perfection.

Parents of these children - 29 Mahilas & 5 Gents who were blessed to sing on this day were grateful to Bhagawan for this opportunity. 50 boys & 18 girls from 17 Samithis participated in this program. In addition, 76 parents also joined in this vibrant devotional offering to Bhagawan.

Participation of Balvikas Children in National Narayana Seva (NNS)

The initiative to involve Balvikas children in National Narayana Seva at Bharathi Nagar is in keeping with Bhagawan's contention that Anna Rasa is to be given to the underfed.

“Physical hunger must first be appeased by simple & pure Sathwik food” - Baba

The enthusiastic participation of the children in this Seva was a heartwarming experience to the beneficiaries as well. The young Sevadals in the making tasted the joy of serving & giving to the needy in the society.



The Balvikas children of KK Nagar, Nungambakkam & T. Nagar Samithis also have been blessed to be an integral part of this noble Seva in October'22.

DISTRICT - EDUCATIONAL / YOUTH WING ACTIVITIES

Gurus Meeting

The following were discussed in the Gurus Meeting held on 16th October'22 at Sai Pushpanjali.

- *Parents' participation in the offering of 97 bhajans at Sai Pushpanjali was applauded.*
- *Plans for conducting SLBTS 2022 were discussed. As also about the Alumni Meet to be held at Puttaparthi in January'23.*
- *Nomination for the Outstanding Alumni Award, State Level Essay Competition, National Level Quiz Competition, Mahila Vibag were discussed in the meeting.*

Balvikas Talent Search Competitions in CMW

Million Salutations to Sai Maa....The Educational Wing of CMW conducted the District Level Balvikas Talent Search Competitions on 30th October'22 at Vadapalani Higher Secondary School, Vadapalani. Under the able guidance of our DP & DEC, nearly 148 Balvikas students from all the three groups participated in different competitions totalling 34 in number.

The purpose of this Talent Search is to draw out the inherent talents of the children and they availed this opportunity with enthusiasm in a full-fledged manner. The judges discharged their duties to the best of their abilities.

The involvement of the Balvikas parents in this event was commendable & encouraging.



It was a well-coordinated effort of the entire team - DEC, Balvikas Gurus, Past Balvikas Students, Present Balvikas Students & their parents thus leading to successful conduct of the Talent Search Initiative.

STATE - LED / NATIONAL INITIATIVES

SPRITUAL WING ACTIVITIES

Navaratri Celebrations at Sundaram & Guindy Mandir

By the Divine Grace of Bhagawan Baba, the Kumkuma Archana was performed at Sundaram on 3rd October'22 by 65 Mahilas from Chennai Metro West District along with other 10 Mahilas. Prasadams were distributed at the end.

On 5th October'22, 16 Mahilas performed Kumkuma Archana at Guindy Mandir.



Rudram Chanting on a Relay Basis on Avatar Day by Mahilas of CMW



On the occasion of Avatar Day Celebrations on 20th October'22, as part of 97 hours - long mass relay chanting of Rudram, we are proud to share that mahilas from our District were blessed to chant Sri Rudram three times between 2 pm and 3 pm. The 13-member team chanted Rudram with a neat pronunciation & intonation & the flow was well coordinated & also synchronized, drew the attention & appreciation of the State & National Veda Coordinators.

It is noteworthy to applaud the efforts of our District Youth Coordinator

Raghuraman & youth member from Vadapalani Samithi Yashwanth for the quality audio streaming of the program.

We invoke His Grace for many more such opportunities in the future.

STATE - LED / NATIONAL INITIATIVES

EDUCATION/ YOUTH WING ACTIVITIES

Seva at Ladakh by Youth

The services in the medical front to the people in Ladakh was a Blessing to the Indian Team comprising of young messengers from SSSSO from all over the country. The following villages were benefitted by their dedicated & committed services.

Upper Domkar, Achina, Skurbuchan, Chiktan, Aryan Village

We are happy to share that our District Youth Coordinator (Mahilas) Kumari. Asha & Mahila Youth Member Kumari. Tejaswini of Thiru Nagar Samithi were part of the SSSSO contingent who did unique medical Seva from 23rd to 25th September'22 at the tough terrain of Ladakh.



Musical Concert by Past Balvikas Students at Guindy Mandir

Kumari. Bhargavi is a PBV student from Saligramam Samithi. She holds a Masters Degree in Carnatic music. She has won many competitions. She sings Sai Pancharathna kritis and also trains youth mahilas in our District.

She performed a music concert on 4th October'22 at Guindy Mandir.

Sri. Sai Srinath from the West Youth Wing also a PBV (Saligramam) played the Mridangam and was accompanied by Sri. Mukundan on Violin this concert. The performance of the youthful team in Bhagawan's altar was appreciated.

STATE - LED / NATIONAL INITIATIVES

CMBT Koyambedu Bus Stand Cleaning Seva



As part of the Prime Minister's Swatch Bharat Mission - as well as Sri Sathya Sai Seva Organization's (SSSSO) National Initiative - Swatchata Se Divyata Tak (Cleanliness next to Godliness) - was done on 16th October'22.

In line with the charter of our Organization, we have obtained prior sanction from the CMBT authorities for this public cleaning Seva. The authorities were kind enough to define & spell out selective strategic points for the scope of our public Seva. Accordingly, we drafted a plan (Sevadal allotment, cleaning materials needed, food & refreshments for the volunteers).

We commenced the Seva at about 6.30 am by a short Sai Bhajan to trigger the tempo. This Seva activity was taken up

by 120 SSSSO Volunteers, 25 Volunteers from NGO & CMBT regular workforce numbering 30.

After serving breakfast to all the Volunteers, the group was divided into 10 teams. Admittedly, all the Volunteers contributed in this Seva by their joyful participation (removal of dry garbage/cobwebs & sand from bay areas).

We have also put two counters - 1) Liquid Love counter 2) Sanathana Sarathi (Tamil) counter. Incidentally, we could identify 70 potential blood donors.

The two hours public Seva was concluded by a short talk by our SP Sri. S R Chandrasekaran. We offered Mangala Aarathi to our Bhagawan.

The entire Seva was well received by the general public & the CMBT authorities for the kind of awareness created by the Sai Sevadals.

Sri. Sarveshwaran, State Service Coordinator and Sri. Rajesh, State Youth Coordinator visited the venue. Our State President was given a walkthrough of some of the designated cleaning points and he was impressed and appreciated the overall efforts that went into the cleaning of designated points. He suggested that we take up regular cleaning of CMBT Bus Stand & create an overall awareness about SSSSO among the public.

Sri. Sarveshwaran, State Service Coordinator gave away mementos to all the participants (175) in this Seva.

We are highly appreciative & thankful for the unstinted support extended by the CMBT authorities for this service activity - the first of its kind.

The Convenors & Members of the different Samithis joined hands to render this Seva, in a befitting manner with that spirit of unity.

STATE - LED / NATIONAL INITIATIVES

Vadapalani Temple Seva during Navaratri & Kanda Shashti



Swami compassionately designs Seva opportunities for HIS SEVADALS at the famous Murugan Temple, Vadapalani more frequently. The Seva vigilant CMW members faithfully accept every single Seva opportunity perceived by HIM.

Further, Thakkar of the Vadapalani Temple and also one of the Trust members in Sri Sathya Sai Trust - Tamil Nadu prefers SRI SATHYA SAI SEVADALS as first choice volunteers for all the important functions/celebrations in the Temple. The EVER-READY sevadal brothers of CMW are gleeful enough for the bountiful Seva opportunities to serve HIM.

The Temple Authorities requested Sri Sathya Sevadals for the Navaratri celebrations held at the Temple precincts between 26/9 and 4/10. Each day, we deputed an estimated 10 Sevadals Brothers and 4 Mahila members during the said 9-day period function, to manage crowd/assist devotees and handle the general public in the Golu area & at the darshan areas.

Interestingly, the Vadapalani Temple Authorities sent an urgent call to CMW, requesting for a Special Seva during the Skanda Shasti function on 29th October'22. Unmindful of a call at short notice, nearly 10 sevadal brothers wriggled out of their personal plans and participated in the Public Seva with satisfaction. We also invite the readers to participate in the Temple Seva. All are welcome.

DIRECTIONS FROM THE DIVINE ON SEVA



Avoid the ego marring your sadhana

To isolate ourselves from society, to stand at a distance from society and to think that we are doing something great or something important is wrong. So first and foremost we must, to at least some extent, participate in service to society and thereby do good to our own country and its future by introducing and infusing sacred ideals into our thoughts - this should be recognized by the Sathya Sai Sevalal as their primary duty. Without taking part and participating in service, even if you do different kinds of Sadhana, you are not going to get any benefit out of it.

Jai Sai Ram