



# SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

April 2023



## **GUEST COLUMN**

**Smt. Kalyani Sundararajan -**

*Dr. Kalyani Sundararajan - is a renowned psychological counsellor. She has worked at Apollo hospitals Chennai. She is a former District Spiritual coordinator of CMW district and an ardent devotee of Sri Sathya Saibaba. She is a founder member of Sai Sahara Samithi.*



*“Amazing grace how sweet the sound that saved a wretch like me  
I once was lost, but now I'm found was blind but now I see  
How precious did that grace appear the hour I first believed  
This grace that brought me safe thus far and grace will lead me  
home”*

**Sairam !**

*This hymn perfectly describes my life and journey with my dearest, loving Sai... a journey filled with trials and tribulations, music, and HIS teachings.*

*It was during our 25<sup>th</sup> Wedding Anniversary that Swami stormed into our lives unforeseen in a dramatic way! An 'empty nest syndrome' had set in when our children had left India. When an emptiness fills one's life, a spiritual hunger arises and, a Higher Power comes to our aid. During a sampradaya bhajan arranged for the occasion the picture of Sathya Sai Baba on the alter started clouding and becoming hazy. The bhajans picked up momentum and the vibrations became overwhelming... The haze became thicker ...Yes! it was vibhuthi and a beautiful fragrance filled the air. A miracle! I guess some people like us needed miracles to shake us out of our reverie. After the bhajan there was commotion and joy. As for me, I also was apprehensive never having seen this before. Swami had placed. HIS first 'visiting card'... Thereafter we visited HIS abodes at Whitefield and Prashanthi Nilayam every month for the following year. I visited Sundaram, the holy abode of Swami in Chennai and was greatly attracted and mesmerized by the Sai bhajans, so sweet and melodious. Being music lovers we started monthly Sai Bhajans in our home which we renamed as 'Sai Sahara', and every time the Bhajan would culminate in the appearance of an idol (vigraha) covered with vibhuthi, materializing on HIS chair without fail... each one more beautiful than the other, intricately carved and with minute details. After all the Craftsman was none other than the Avatar Himself. This happened for a few years and then Swami turned our attention away from materializations to HIS messages through Sai Literature. Study circles resumed and were attended by many with great interest. There is a purpose in all that Swami does.*

*These 'gifts' which HE calls 'tinsel and trash 'is to awaken us to HIS real Mission, that of INNER TRANSFORMATION. With the encouragement of senior devotees of the Sathya Sai Organisation a Bhajan mandali started functioning in our home. Sai Sahara. It soon became a Samithi with all the activities running as ordained. We were also gently but surely dragged into the Paduka movement by Sri. Subramanya Chettiar who had the opportunity to install many of the marble idols in Prashanthi Nilayam.*

*During that time songs/ Bhajans on Sai used to enter my head which I would immediately record and they were released in CDs. sung by famous singers and some by myself. Swami graciously blessed every CD sweetly in Prashanthi Nilayam, with a smile, placing HIS hand on each one of them every time.*



## GUEST COLUMN Cont.



One of the many materializations was the silver vigraham of Sri Ramar, Seetha, Lakshman and Hanuman which appeared a couple of weeks before the big marble idols were installed in the main entrance of Sai Kulwant hall in Prashanthi Nilayam in 1999. The vigraham was a replica of the main marble idols. We understood that it was for the benefit of Sri Subramanya Chettiar who saw the vigraham at Apollo Hospitals where he was admitted but passed away before the installation of the marble idols.



Swami is a Musician par Excellence, Nada Swaroopa, Nada Brahma and Nadapriya..the Embodiment of Music itself. HE says, "Life is a song sing it!" Shakespeare calls it the "food of Love". The musical journey Swami took me through is like a dream which I often recall with humility and gratitude. It all began when Swami quietly ushered me into The Spirit of Unity Concerts for Universal Integration conducted by T.V.K Shastri, who surprisingly came home telling us that he had prepared a slot for me to sing in HIS Presence at Poornachandra Hall. I dismissed the thought thinking it to be a leela. But it happened. It was overwhelming to join Bombay Jaishree and the Priya sisters in the birthday song chorus for Swami on HIS 70<sup>th</sup> birthday at the Hill view stadium. Subsequently my musical journey continued with opportunities to sing the prayer song at the Small General Hospital (called the Little Hospital) in Whitefield in HIS Presence during its 25<sup>th</sup> anniversary. (Now it has merged with the bigger hospital) and a song on Goddess Gayathri which Swami inspired me to compose and sing at the time of its installation in Prashanthi Nilayam., Sitting right in front of the beautiful marble idol, I was awestruck to witness Sai Gayatri put Navaratna in the pit where the Goddess would stand.

However, the pinnacle of my joy in this musical ride was when I was given a full 45 mins concert time during the Paduka pooja, in 1998 Swami 'delays' they say but never 'denies'. There was no inkling of the concert happening as Swami walked away towards HIS residence after the bhajans by HIS students. But, lo and behold! HE swiveled around making a U turn and came back! The sevadals and students quickly got the stage ready below the Ganesha statue, which was there at the time and HE sat demurely with the students. That day, with the Kulwant Hall lights on the Avatar in front of us, the whole atmosphere was such that I thought I was in HEAVEN. Having finished the 45 mins, I looked at HIM. HE lifted up the little finger of HIS right hand and said, 'one more'! What a moment that was...The euphoria cannot be described. After the song HE called "Photograph! Photograph!" and we had photos with Him.

In Kodaikanal in May 2007 mahila youth were called to sing. It was a great opportunity for me and HIS grace to help them and train them for this great occasion. They sang well, and Swami produced vibhuthi for them. HE materialized a diamond necklace and I was sure that it was for a devotee close by. However, I was stunned when HIS wheelchair came close to me and HE put the necklace around my neck.



## **GUEST COLUMN Cont.**

*HE has reminded us often that “the more is given the more will be demanded”. I was neither delirious with joy nor thrilled as I was absolutely aware that there is a reason behind every action of HIS. I wondered what was in store for me. HE also says “Die Mind” So a lesson emerges from every one of HIS actions. Numerous tests and trials in my life followed after this incident but we were kept safe in HIS fold secure and guarded. Swami reminds us, 'Pain with Gain'. HE is the Charioteer of our lives and steers the path for us. It is no surprise then that it was in SAINATHAPURAM, Vellore that I graduated in Counselling in the Christian Counselling Centre under the guidance of Dr. PRASHANTHAM.*

*I didn't even know about Swami then so it was HIS calling indeed, not a coincidence, as I realized later. Swami planned my entire counseling career by providing opportunities to work with a variety of patients, substance abusers, alcoholics, terminally ill cancer patients, married couples in conflict, etc. in Apollo Hospital, school children, youth, and HIV and AIDS patients(Unicef Project). Finally HE guided me to start my own Counselling center. I could feel HIS divine Presence while dealing with each and every patient.*

*HIS is the love of a 'thousand mothers' HE is the 'Heartist' Who dwells within, saving and protecting us at every step. A vivid example of Swami's immediate answer to a rescue call was at Rochester, New York where my son was doing his Ph.D. Working in the Computer Science building a few yards away from his apartment he realized the time to be 3 A.M. and that a severe snow storm was raging outside. Numb and frozen in the bitter cold, he was only able to take a few steps, and held on tightly to the vigorously shaking college flagpole. Chanting the Shanthi panchakam with a SAIRAM following it he was amazed when the entire storm and wind came to a sudden halt. Having reached his apartment he looked through the glass door and was astounded to see the storm raging again as before. Swami is the Master of the elements. The elements derive energy from Him. Swami answers our sincere prayers...We need to follow HIS 3 P's. Purity, Patience, and Perseverance.*

*My daughter, a pediatrician was to send me photo copies of the latest research articles from the library in the hospital where she was practicing in the USA, as this was for a research paper I was working on. The copies were to be brought by a doctor friend who was travelling on Monday back to India. In the middle of the task the machine stopped working. Effort at fixing it herself by reading the manual failed. Nobody could come to repair it as it was the weekend. She returned home disappointed. The next day, Sunday evening she decided to give it one more try. She said, OM SRI SAIRAM three times and most miraculously the machine started churning out perfect copies! Her eyes fell on an interesting article in Pediatrics but the machine would not budge! Next morning when she saw the Service personnel working on the Xerox machine, he informed her that an important part of the machine had broken down and the machine had to be replaced.*

*The greatest miracle in our lives was in UK in 1976. Swami is the Creator and Saviour. On a visit to Dr. Tempest's (Head of the Plastic Surgery Unit) home we saw a picture of Baba smiling with the abhaya hastha. HIS picture Swami has often reiterated is the greatest focus and is equivalent to seeing Him in Person. We dismissed this darshan lightly and even forgot about it for years to come. One week after that visit, just before his FRCS exam, my husband had to undergo an extremely serious emergency surgery having been diagnosed with cancer of the esophagus in which the prognosis is very poor with a life span of only six months thereafter.*

## **GUEST COLUMN Cont.**

*A six-hour surgery took place with my chanting the Lalitha Sahasranama fervently with fear gripping my mother-in-law (who came on hearing the news) and me, and just a faint hope. Swami says that 'those who suffer have My grace' for it is only through suffering will we look inward. Swami is so merciful reminding us that JOY and GRIEF are the obverse and reverse of the same experience, quoting the example of a sugarcane which is subjected to torture before it sweetens the tongue in the form of juice. The biopsy miraculously showed the absence of cancer! Who but Swami could cancel the cancer! HE confirmed this years later in the interview room at Prashanthi Nilayam, when my husband thanked him for saving his life. Swami said with a smile, "Yes! I know, I know" and in Tamil again, "Enakku Theriyum"*

*Swami is the Healer of healers...Doctor of doctors..Omniscient Omnipresent and Omnipotent. HE can change the impossible to possible with HIS sankalpa.*

*As the District Spiritual Coordinator for the Metro West District, Tamil Nadu, for a year, I, along with the team were able to reach out to youth from the city colleges. The then educational coordinator and myself encouraged by the District President had the opportunity to introduce talks on Educare in a few Women's colleges. We jointly held a very successful Bhajan Sadhana Camp, 'Bhajan Surabhi 'at Vaishnav college attended by nearly 250 people. Priya Sisters were the Chief guests who explained musical nuances.*

*Finally, Swami had one more big task in store for me. I was sent to Dharmakshetra in 2009 to do a Diploma in SSS Educare and EHV followed by the Faculty training course. Swami is the 'Sai-Chologist" Who knows what is best for us. HE shaped me to become a part of HIS mission, as National Faculty. Addressing teachers and administrators of the 100 + Sathya Sai schools across India, registered under the National Council for Schools headed by the Sri Sathya Sai Organisation, India was a rewarding experience. Opportunities to address Balvikas PARENTS, and parents' meetings in schools, and special educators was an added impetus...I am forever indebted and eternally grateful to Swami and HIS organization from the bottom of my heart for all the openings that continue to prod me on in my spiritual path.*

*To conclude, it is indeed HIS grace and our good karma to be in HIS fold... We have been chosen and we cannot afford to lose the opportunity that is exclusive and special. It is HE WHO is our Guardian Angel, our Friend, our philosopher, our mother, the Parama Purusha, the loving eternal Companion. I am a traveler on this continuing spiritual journey. HE is leading me on towards my destination...*

**JAI SAI RAM**

## **NEW OFFICE BEARERS**



***Sri. C N Ramesh from Thirunagar Samithi, has been nominated as the CMW District Coordinator for Sri Sathya Sai Prema Tharu Program, one of the three recently launched new initiative announced during 97<sup>th</sup> Birthday celebrations of Bhagawan.***

***He is an ardent Sai Devotee and a retired Central Govt Staff. He has been into Swami's fold since 1996, and has been involved in multiple service activities such as Liquid Love, Prashanti Seva, Sundaram Seva, Narayana Seva etc.***

***We welcome Sri. Ramesh and seek Swami's Blessings to perform his new role to the best and contribute towards the overall success of the new initiative!!***



## INFORMATION BOARD

### *Information Board*

<i>Periodicity</i>	<i>Spiritual Wing</i>	<i>Educational Wing</i>	<i>Seva Wing</i>	<i>Youth Wing</i>
<i>Daily</i>			<i>Narayana Seva (min.of 65 food packets)</i>	
<i>Weekly</i>	<i>** Bhajans (Sundays)</i>	<i>Balvikas classes (across centers)  Narayana Seva on Sundays  Grp-3 Gurus Intensive Training (Wed)</i>	<i>Guindy Shirdi Sai Mandir Seva (Thursdays)  Sundaram Seva (Mondays)</i>	<i>Participating in Samithi activities &amp; District-led initiatives in all the three wings</i>
<i>Bi-Monthly</i>	<i>** Pradosha Pooja</i>	<i>Grp-1 Gurus Training</i>	<i>Pradosha Pooja</i>	<i>Pradosha Pooja</i>
<i>Monthly</i>	<i>Mass Veda Chanting by Mahilas (3rd Thursday)</i>	<i>** Bhajans (4<sup>th</sup> Sunday)  *** Prema Pravaham</i>	<i>Mobile Medical Camp</i>	<i>** Bhajans (1<sup>st</sup> Sunday)</i>

**\*\* All these activities are conducted at Sai Pushpanjali. \*\*\* Conducted Online.**

**The Seva, activity is open for all the spiritual seekers (Gents & Mahilas). For further details, please contact**

- **Spiritual Wing - Mobile No. 98846 91871(Gents), 91761 08480 (Mahilas)**
- **Educational Wing - Mobile No.98848 99764**
- **Youth Wing - Mobile No. 95513 05300 (Gents), 99626 38255 (Mahilas)**
- **Parthi Seva - Mobile No.93807 98154 (Gents), 97907 02659 (Mahilas)**

## SAMITHI ACTIVITIES

### ARADHANA DAY CELEBRATIONS BY SAMITHIS

#### **Kodambakkam Samithi**

*With Swami's Grace and Blessings, service was provided to 25 differently abled people in the form of Amrutha kalasams and medicines for a month. In addition, notebooks were provided to visually impaired people and Narayana Seva was done as part of Aradhana Day celebrations.*

*Bhajans were also done at multiple Balvikas centers by Balvikas children.*



#### **Krishnapuram Samithi**

*With the divine blessings and grace of Swami the members of the Samithi distributed Amrutha kalasams to 5 differently abled people and Narayana Seva was done for about 100 beneficiaries on 24<sup>th</sup> April'23 as part of Aradhana day celebrations.*

#### **Nesapakkam Samithi**

*Nesapakkam Samithi started the celebrations with Nagar Sankirtan by 4 Mahilas, 6 Gents and 2 Balvikas children on 24<sup>th</sup> April'23 followed by Mahanarayana Seva on the occasion of our Swami's Aradhana day to nearly 350 persons in 2 different locations - Ramapuram and Varasakthi pillayar temple Nesapakkam. There was good participation from Sevadals and Balvikas children.*



#### **Nungambakkam Samithi**

*The Aradhana celebrations commenced with a visit to a senior citizens' home along with 8 Balvikas children, 4 mothers, 2 mahilas and 2 gents on 23<sup>rd</sup> April'23 and a bhajan session was conducted to benefit the inmates. Again, Narayana Seva was done to 60 beneficiaries on 24<sup>th</sup> April'23.*



## **SAMITHI ACTIVITIES**

### **ARADHANA DAY CELEBRATIONS BY SAMITHI**

#### **Rangarajapuram Samithi**

*As part of Aradhana Day celebrations, Narayana Seva was done to 22 students of Sringeri Mutt Vedapatsala, provisions for their one month user and stationery items were distributed by the Samithi. Narayana Seva was also done in Sai Murugan temple to 100 beneficiaries .*



#### **Saidapet Samithi**

*Aradhana Day was celebrated by doing Narayana Seva to 250 beneficiaries on 24<sup>th</sup> April'23. 8 Gents, 7 Mahilas and one Balvikas child participated and received Swami's Blessings.*



#### **Saligramam Samithi**

*Aradhana Day was celebrated by distributing buttermilk to 250 beneficiaries on 23<sup>rd</sup> April'23. Further, Narayana Seva was distributed to about 250 beneficiaries on 24<sup>th</sup> April'23.*



#### **T.Nagar Samithi**

*The Samithi members distributed hygiene kits to 25 beneficiaries (15 students and 10 needy parents) and 08 Amrutha Kalasams, to needy persons on 01<sup>st</sup> April'23 at Sri RKM Sarada School, T.Nagar. There was enthusiastic participation from all the Volunteers & Sevadals in the bhajans that preceded the function.*





## **SAMITHI ACTIVITIES** **ARADHANA DAY CELEBRATIONS BY SAMITHI**

### ***UI Colony Samithi***

*The celebrations commenced with Special bhajans followed by Narayana Seva on 24<sup>th</sup> April'23 for about 250 beneficiaries.*



### ***Valasaravakkam Samithi***

*Sri Sathya Sai Aradhana Mahotsavam was observed by the Samithi with Swami's Blessings. On 23<sup>rd</sup> April'23, Nagar Sankirthan was conducted with 31 Sevadals participating. On 24<sup>th</sup> April'23, Amrutha kalasams were distributed to 20 visually challenged beneficiaries with 33 items in each bag.*

*Further, Narayana Seva was done for about 300 beneficiaries. In the evening special bhajans were conducted with 60 devotees attending. May Swami*

*bless all the participants and beneficiaries.*

### ***West Mambalam Samithi***

*Sri Sathya Sai Aradhana Mahotsavam was observed by the Samithi with Swami's Blessings. On 24<sup>th</sup> April'23, Narayana Seva was done for about 300 beneficiaries.*

*The Samithi extended their celebrations with special bhajans and Veda parayanam on 29<sup>th</sup> April'23.*



## SAMITHI ACTIVITIES

### **Nungambakkam Samithi**

#### **Classes to Madras Seva Sadan inmates**

With the Grace of Bhagawan, Coaching Classes for the hostel students of Madras Seva Sadan, a Home for Destitute Women and Children at Chetpet, Chennai were taken by Sevadals of the Samithi. The classes were conducted by our Sai Sisters, Smt. Anita Sundar and Smt. Mandhakini. The students were encouraged to speak in English with the teachers. Explanations of the lessons were bilingual in order to help in better understanding.



The students were diligent and they showered lot of affection on their teachers. They also bonded with the teachers by sharing riddles and lighter moments with the teachers. The Coaching classes for the current academic year were started in end January and concluded on 9<sup>th</sup> April'2023. The Samithi also looks forward to have more volunteers to coach the new batch in the coming academic year. Both the Mahila Sevadals, conveyed their heartfelt thanks to the Samithi and Bhagawan for granting this noble opportunity.

#### **Support to a Balvikas child for medical expenses**

With our immense prayer and with the Grace of our Beloved Swami, Baby Armitha, Balvikas student of Sai Deepam Center, was provided with cash assistance by Nungambakkam Samithi to meet a part of her medical expenses on 09<sup>th</sup> April'23. We thank the loving souls for their contribution.



### **Rangarajapuram Samithi**

#### **Buttermilk distribution**



Buttermilk distribution seva was undertaken by the Samithi on 30<sup>th</sup> April'23 and about 200 litres of buttermilk was distributed. 5 Balvikas children, 5 Gents and 3 Mahilas participated and received Swami's Grace.



## SAMITHI ACTIVITIES

### **Saligramam Samithi**

#### **Anniversary Celebrations Mathru Puja**

The Samithi arranged Mathru puja and it was performed by 57 Balvikas and Ex Balvikas students as part of the Samithi Anniversary celebrations. It was well attended by about 150 members including Balvikas children and students. May Swami and Eswamma bless the children. this Seva.



#### **Temple cleaning Seva**



Temple cleaning of Sri Valampuri Vinayagar and Sara Parameswari temples at Mullai Street Saligramam were undertaken on 09<sup>th</sup> April'23. 4 Mahilas, 5 Gents and one Balvikas child participated and received Swami's Blessings

### **T. Nagar Samithi**

#### **Temple cleaning Seva**

With Divine Grace, cleaning of the "Aswatha Vinayagar Temple" at Ramanathan Street, T. Nagar was undertaken by the Samithi members on 08<sup>th</sup> April'23. Bhajans were performed at the start of the Seva and 14 Sevadals participated and received Blessings of Sai Ganesha.



#### **Tamil New Year Celebrations**

With Bhagawan's Blessings, Tamil New Year was celebrated with Veda chanting, special Tamil bhajans and Maha Managala Arathi on 14<sup>th</sup> April'23. In total 47 members (27 Mahilas, 18 Gents and 2 Balvikas students) took part in the celebrations.

## SAMITHI ACTIVITIES

### *Summer Camp at T. Nagar*

*With Swami's immense Blessings, a 3-day Summer Camp was conducted by the Samithi at RKM Sharada school during 29-30<sup>th</sup> April '23 and 01<sup>st</sup> May '23.*

*It had many aspects of spirituality, learning and value system building for the children. Few key aspects covered are Yoga, Bhajans, Shloka chanting, Meditation, Story-telling, Value building games with fun, Colouring activity, Buttermilk Seva, Importance of Gayatri Mantra, Painting activity, Effective time management, Talent Show and Parenting session for parents including parental love, guidance and care.*

*In total, 102 children participated and got benefitted. May Swami shower HIS Blessings on all of them!!*

### **Virugambakkam Samithi** *Disaster Management Training*



*With Swami's Grace, a Disaster Management training was conducted on 16<sup>th</sup> April '23 by Mr. Venkat, District DM coordinator and supported by brothers Karthik, Saikrishna and Venkat.*

*The program was well received with participants asking for such programs in college/apartment societies. There were 33 participants in the DM training program.*



## DISTRICT - SPIRITUAL WING ACTIVITIES

### ***Tamil New Year celebrations***

*Tamil New year Shobakrith was celebrated on 14<sup>th</sup> April'23 at Sai Pushpanjali.*

*Devotional songs and Bhajans by Youth boys and girls were offered to Bhagawan during the occasion. There was a divine discourse followed by Maha Mangala Arathi.*



**CLICK ON THE LINK TO VIEW THE PHOTOS: <https://tinyurl.com/y5vm53zf>**

### ***Swami Aradhana Mahotsavam***



*With the immense Blessings of Bhagawan, the Aradhana Mahotsavam was celebrated well on 24<sup>th</sup> April'23 at Sai Pushpanjali. The Gents team offered beautiful Bhajans to Bhagawan, followed by our team of Mahilas offering Sai Pancharatna Kritis in most effortless manner.*

*The entire Mahilas team needs to be appreciated for their commitment, involvement, dedication and sustained practice behind scenes. It was a wonderful offering from the Mahilas team.*

**CLICK ON THE LINK TO VIEW THE PHOTOS: <https://tinyurl.com/r9e7hrmm>**



## DISTRICT - EDUCATIONAL WING ACTIVITIES

### *National Narayana Seva by Balvikas Children*

*National Narayana Seva was done by the Samithi, with support from Balvikas children at Bharathinagar colony on 22<sup>nd</sup> April'23. 7 Balvikas children participated and received Swami's Blessings.*



*With Swami's Grace, National Narayana Seva was done by the T. Nagar Samithi with support from Balvikas children at Bharathi Nagar on 15<sup>th</sup> April'23. In total 5 Balvikas children participated and received Swami's Blessings. The Balvikas children got an opportunity to interact with Mr. Anwar, an auto driver who regularly participates and supports in distribution of Narayana Seva and learn the importance of offering food to needy people and opportunity to serve the needy and helping others. May Bhagawan bless the children!*



*With Swami's Grace, National Narayana Seva was done by the T. Nagar Samithi with support from Balvikas children at Bharathi Nagar on 15<sup>th</sup> April'23. In total 5 Balvikas children participated and received Swami's Blessings. The Balvikas children got an opportunity to interact with Mr. Anwar, an auto driver who regularly participates and supports in distribution of Narayana Seva and learn the importance of offering food to needy people and opportunity to serve the needy and helping others. May Bhagawan bless the children!*

## DISTRICT - SERVICE WING ACTIVITIES

### *Cool drinks Distribution during Ramzan*

*By Swami's Grace, Sri Sathya Sai Seva Organizations, CMW district distributed about 912 no. of cool drinks packets to Muslim brothers after their Namaz prayers on the occasion of Ramzan on 22nd April'23.*

*13 Sevadals from Ashok Nagar, Vadapalani, Rangarajapuram, Nesapakkam and Saligramam samithis participated in the event.*

*On this occasion, the Imam of the Ashok Nagar Mosque was honoured by the District Service Coordinator.*



## DISTRICT - YOUTH WING ACTIVITIES

### *Study Circle by Youth Gents and Mahilas*

*With Swami's abundant Blessings our District Youth Mahilas have embarked on a new venture by discussing on the topic 'Messengers & Instruments of Sai'. During HIS early days, Swami mentioned 'My Life is My Message and in HIS later years, HE stated 'Your Life is My Message'. For being a messenger of Swami, one must have IMPLICIT FAITH towards Swami like Bhakth Prahalad and possess SELF-CONFIDENCE that we all are Divine. Those who practice faith and self-confidence will rise to the level of TOTAL SURRENDER (Sharanagathi) and UNCONDITIONAL SURRENDER like Gopikas.*



*They have also discussed about the greatest Sadhana of Kali Yuga 'NAMASMARANA' with an example from Swami's ardent devotee Rama Brahman and explained the difference between Kirthanam, Sankirthanam and Namasankirthanam by sharing anecdotes from the life of Sri Annamacharya and an incident happened with students during Shivaratri. They have also explained the importance of SEVA by sharing an anecdote from Swami's devotee Girija Bai.*

*The session concluded with the message that let's all unite together and perform all our duties by being an instrument of Sai and ended with a Bhajan 'Sathya Sai Padhaambujam'.*

*Selvi. Bhargavi (Dist. Youth Bhajan Coordinator - Mahilas), Selvi. Anusha & Selvi. Aishwarya (West Mambalam samithi), Selvi. Reshika, (Saidapet samithi), Smt. Indumathi, (Krishnapuram samithi), and Selvi. Niveditha, (Saligramam samithi) were the speakers in the study circle.*



## STATE - LED / NATIONAL INITIATIVES

### SPRITUAL WING ACTIVITIES

#### *Tamil New Year Celebrations at Prashanthi Nilayam*



The Tamil New year was celebrated at Prashanthi Nilayam on 13<sup>th</sup> and 14<sup>th</sup> April'23 at Sai Kulwant Hall.

On this special occasion, the following 4 unique seva initiatives/ activities undertaken by the Chennai Metro West district got featured in the Audio Visual presentation in front of Bhagawan on 13<sup>th</sup> April'23 at Sai Kulwant Hall as part of overall Seva activities of the Tamil Nadu State.

1. Ramayana Pravachanam by Group 4 Balvikas children.
2. CMBT Koyambedu bus stand cleaning Seva.
3. Artificial limb provided to a needy person by Rangarajapuram Samithi.
4. 8000 cakes prepared by Mahilas of Sri Sathya Sai Skill Development Center- Sai Pushpanjali.

On behalf of District Office, we want to thank all the Convenors , Balvikas Gurus , each and every member of all Samithis for their active support, cooperation and understanding

CLICK ON THE LINK TO VIEW THE VIDEO: <https://www.youtube.com/watch?v=YB4U85U-0c8>

(Note: The AV presentation by State President (TN-North) highlighting the entire Tamil Nadu state activities can be viewed from 26<sup>th</sup> minute to 34<sup>th</sup> minute)

#### *Aradhana Mahotsavam at Sundaram and Puttaparthi*

As part of the celebrations, Chennai Metro West district Mahilas had the unique opportunity and privilege to offer Sai Pancharatna Kritis to Swami at Sai Pushpanjali, Sundaram and Puttaparthi almost at the same time.

It was a wonderful effort and dedication by the Mahilas team. Kudos to the entire Mahilas team.



## DIRECTIONS FROM THE DIVINE ON GRAMA SEVA



*Spirituality does not mean leading a solitary, ascetic life. Spirituality means looking upon the whole of mankind as one family and realising the unity in diversity. This is the essence of Indian Culture.*

*This ancient culture, rooted in the villages, spread over the. Years to the cities. Today the situation is reversed. The practices of the cities are spreading to the villages. Modern education and modern ways of living cannot serve to improve the quality of life. People must ponder over the values of the culture that has come down to us from ancient times. The well-being of the village determines the well-being of the nation. By providing the essential amenities for the people in the villages, promoting mutual co-operation amongst them and developing fraternal feelings among them, the progress of the village has to be ensured. At the individual level, there may be differences. But these should be set aside and all efforts concentrated on the development of the village as a whole. When rain falls from the sky, the rain water is totally pure. But depending on the nature of the place where it falls, the name and form of the water become various. Likewise, there may be diversity among men on account of regional and other factors, but the historical reasons for this diversity will have to be borne in mind.*

*- Sri Sathya Sai Speaks Discourse, Vol-25 dated 16<sup>th</sup> Feb'92*

*Jai Sai Ram*

**WE WELCOME YOUR FEEDBACK & SUGGESTIONS / EMAIL- [saibrinda.cmw@gmail.com](mailto:saibrinda.cmw@gmail.com)**