



Children of SAI

Walk with values



**End of Education is CHARACTER  
End of Knowledge is LOVE**

**- Sathya Sai Baba**



**An Offering at the Divine Lotus Feet  
By  
SSIO-USA Sai Region 3 - SSE**





# Children of SAI

Walk with values



Om Sri Sairam,

Offering this humble endeavor at the lotus Feet of our Beloved Bhagawan Sri Sathya Sai Baba.

Respected elders, aunties, uncles, dear brothers and sisters, loving Sairam to each and every one of you.

The SSE Journal is a compilation of artwork, poems, stories, experiences, and value-based games, submitted by SSE children of all ages from across Region 3. We hope it will serve as a source of inspiration, and as a way to connect and share our learnings and experiences with the region.

For this special *Aradhana Day edition*, the SSE students were asked to spend minimum 10 minutes a day with Swami for five consecutive days and express their reflections with us. This helps the children to look within and bring out their true potential. By focusing within and tapping the source of our true being, we allow its energy to flow, bringing color to our thoughts, beauty to our words and joy to our actions!

The SSE students of Region 3 would like to extend our heartfelt gratitude to our parents and teachers, who have shared Swami's teachings with us.

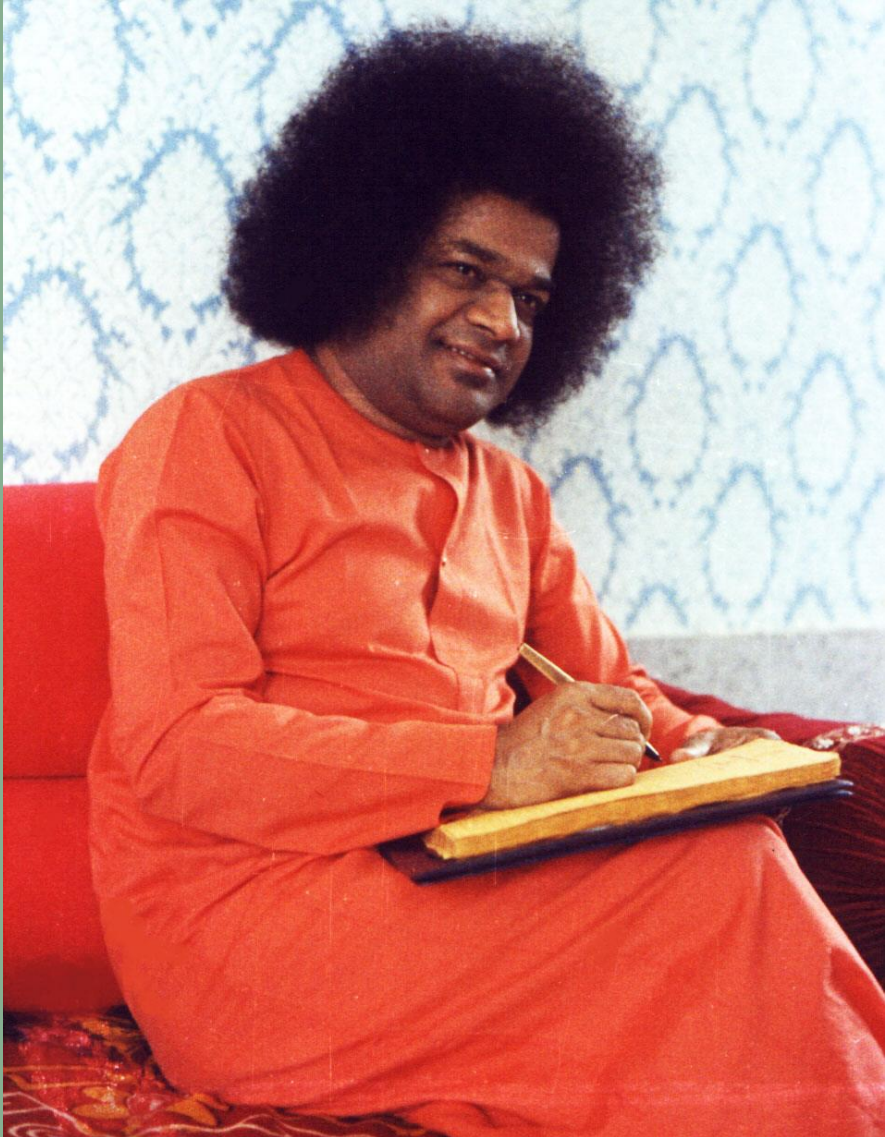
Thank you to all those who have submitted entries for the Retreat Edition of the Journal. Please submit entries, comments, and questions to:

[ssejournal@sairegion3.org](mailto:ssejournal@sairegion3.org)

Sairam, and Happy Reading!

- Sruthi B  
(Editor, SSIO US - Sai Region 3 SSE Journal)

## Take Refuge in SAI - Panacea for all Ills



PHONE NO 30  
PRASANNA NILAYAM P.O., ANANTHUR DISTRICT, (AP) PINCODE 515104

To

Sri Sathya Sai Hostel, Brindavanam

My Beloved Teachers and Boys! Accept my Love  
and Blessings!

In this world of change we meet with various  
vicissitudes of life, both pleasant and unpleasant  
we are afflicted with diseases both mental and  
physical. The body is stricken with diseases and  
the mind filled with worries. In this state of our  
unhappiness, turmoil and misery, there is only  
one way and that is to take refuge in SAI.

SAI alone can remove these difficulties and disas-  
ses and bring us health, peace and prosperity.

He who has got SAI's Name on his lips is  
a jivan-mukta, because continuous remem-  
brance of SAI eliminates the ego-sense and  
grants him the realization of his immortal  
changeless Self. Name is a link between the  
devotee and SAI. It brings the devotee face  
to face with SAI and enables him to attain  
the knowledge of his oneness with Him (SAI).

With Love

Your SAI, your own SAI

(Sri Sathya Sai)

To: Sri Sathya Sai Hostel Brindavanam

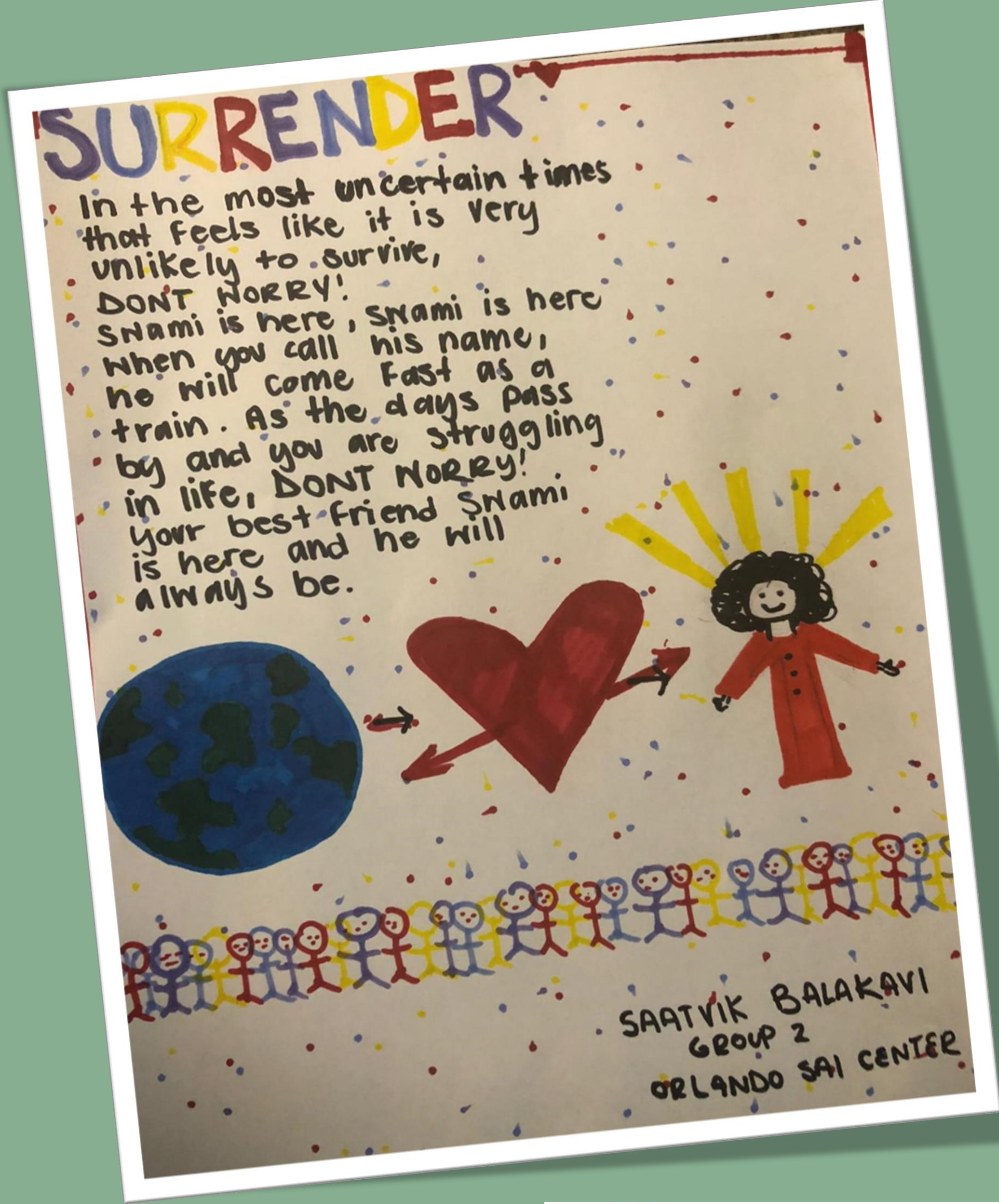
My Beloved Teacher and Boys! Accept my Love and Blessings!

In this world of change we meet with various vicissitudes of life, both pleasant and unpleasant. We are afflicted with diseases both mental and physical. The body is stricken with diseases and the mind filled with worries. In this state of our unhappiness, turmoil and misery there is only one way and that is to take refuge in SAI. SAI alone can remove the difficulties and diseases and bring us health, peace and prosperity.

He who has got SAI's Name on his lips is a jivan-mukta, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI).

With Love

Your SAI, your own SAI  
(Sri Sathya Sai)



What is true surrender?

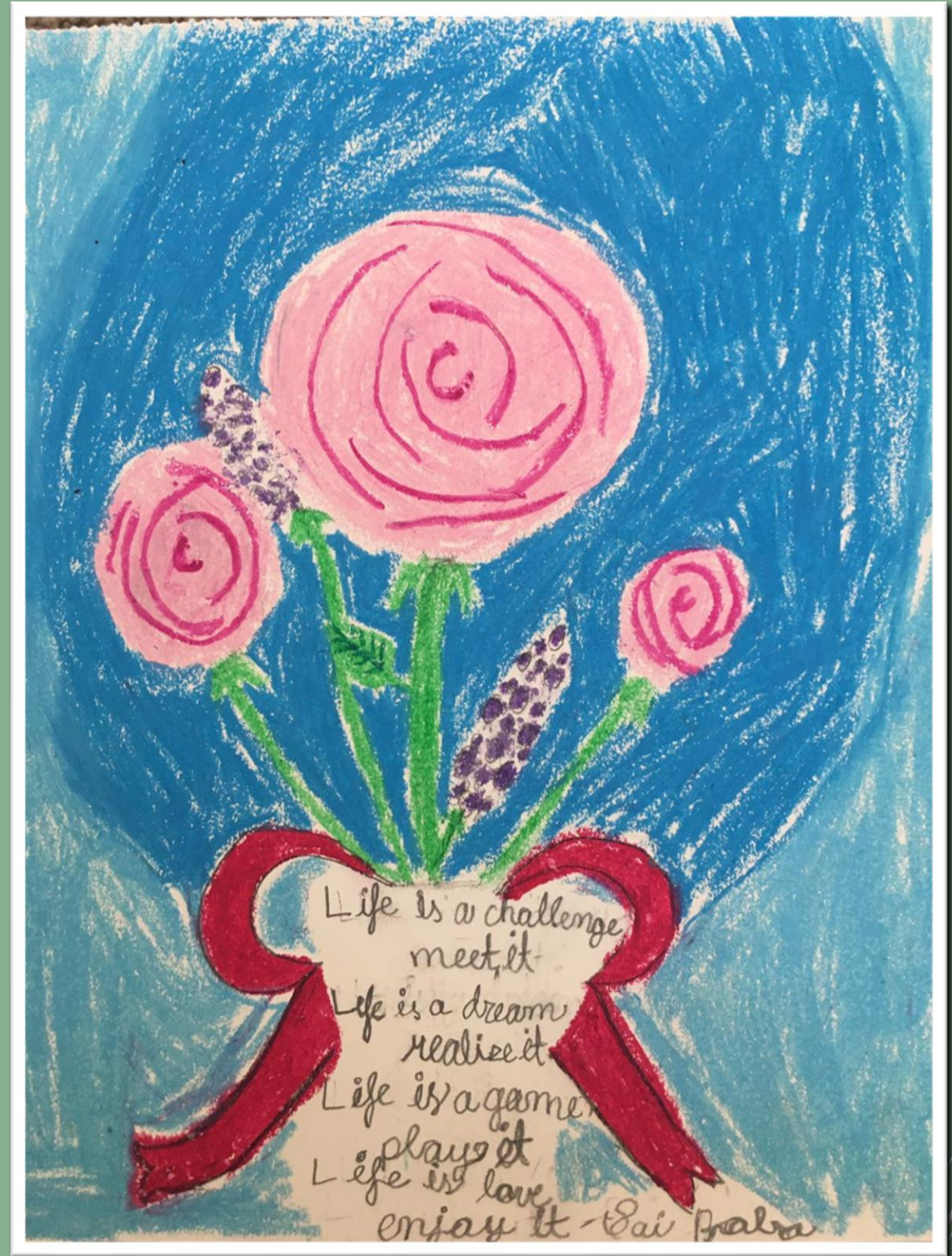
Irrespective of what happens to you, think of it as God's gift to you.

In any situation, joyous or sorrowful, tell yourself "This is good for me".

-Bhagawan Sri Sathya Sai Baba



Sarasya T.  
Group 2  
NE Atlanta



Life is a challenge  
meet it  
Life is a dream  
realize it  
Life is a game  
play it  
Life is love  
enjoy it - Sai Baba

Nature is the best preacher. Life is the best teacher. Fill yourself with awe and reverence at the handiwork of God, the manifestation of His power and glory that is called the world. This is enough instruction and enough inspiration for you. – Sathya Sai Speaks Vol.12/Ch 2.

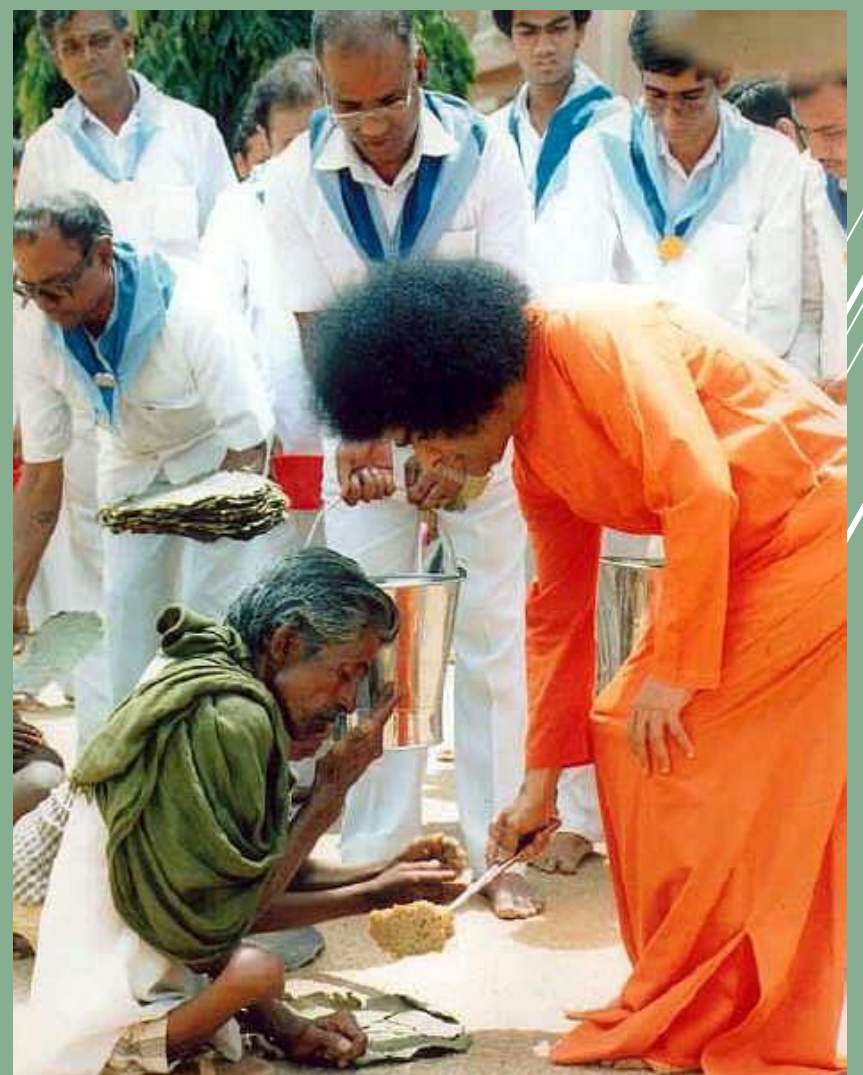


Nitya G.  
Pre-SSE  
Clear Water

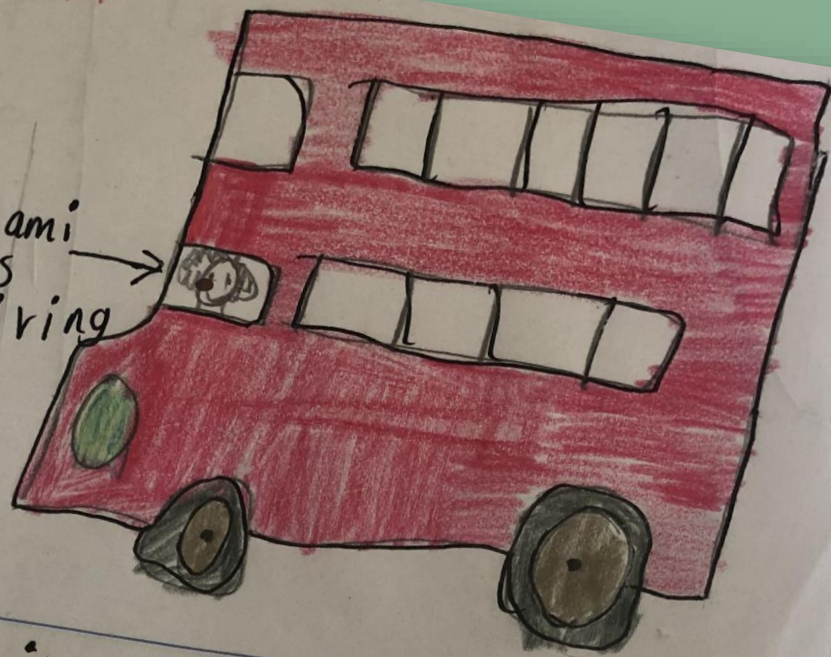


Ananda, Group 1  
Orlando

**“The hands that serve are  
holier  
than the lips that  
pray.”  
- Sathya Sai Baba**



Swami  
is  
driving



This is a London  
double-decker BUS!  
Swami is driving the bus  
because whoever gets on  
the bus will get blessing  
from him.  
Yajur Iyer group 1

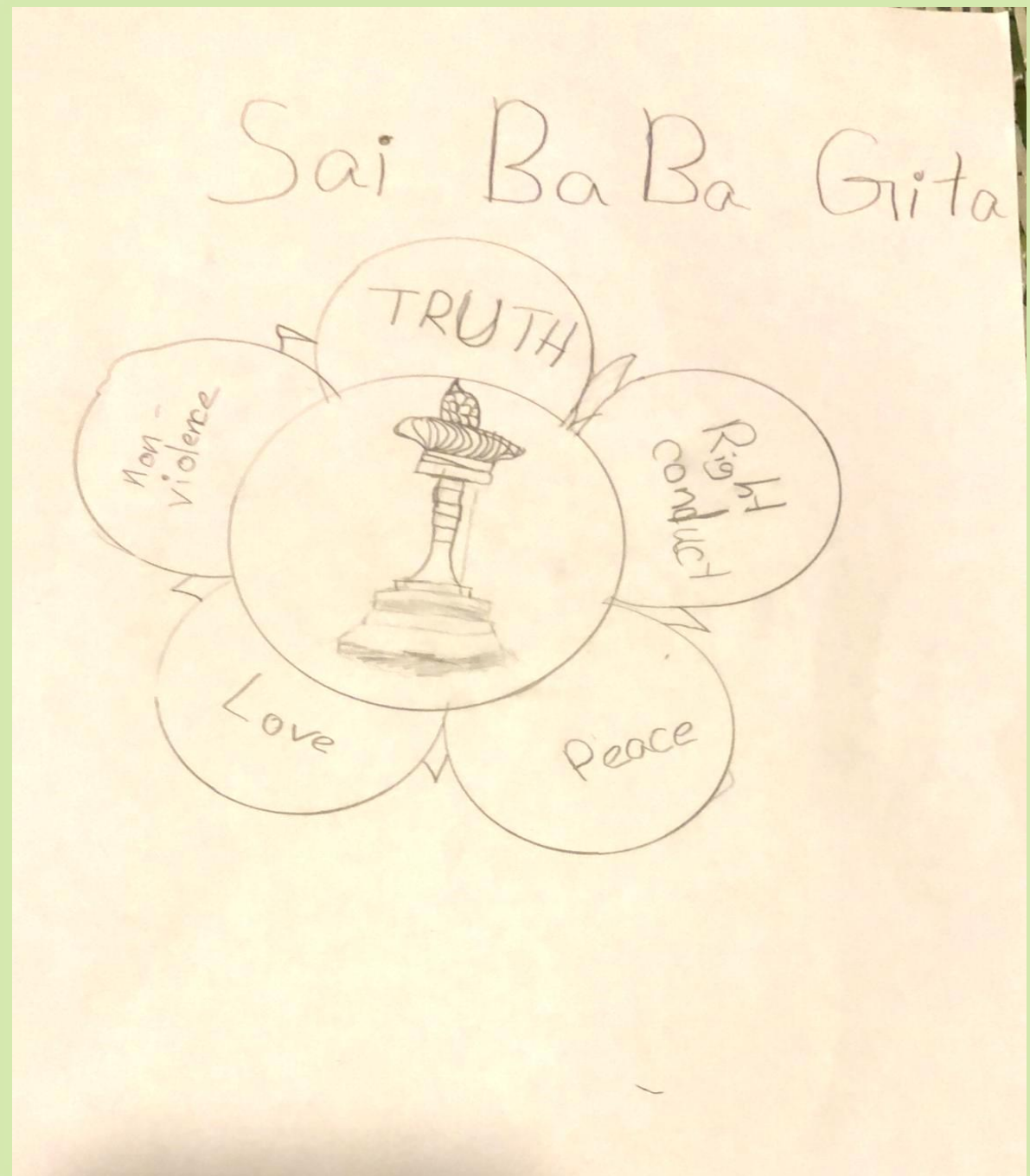
Yajur I , Group 1  
Fort Lauderdale





Vaishnavi G. Group 1  
Clear Water

Abhi Group 1  
Orlando

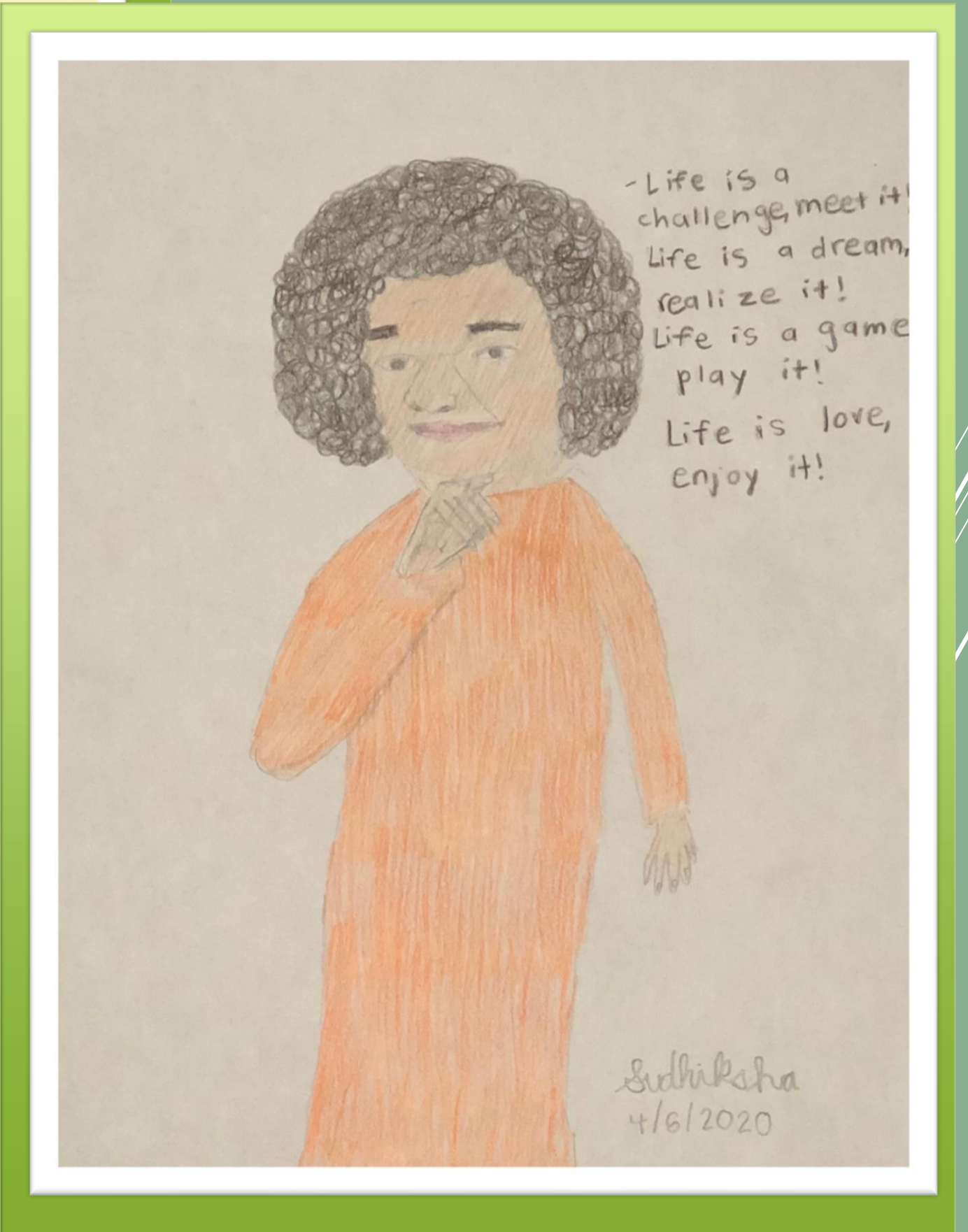






Shyam B,  
Pre-SSE  
← Ft. Lauderdale

Sudhiksha G.  
Group 3  
NE Atlanta



“Love All Serve All”

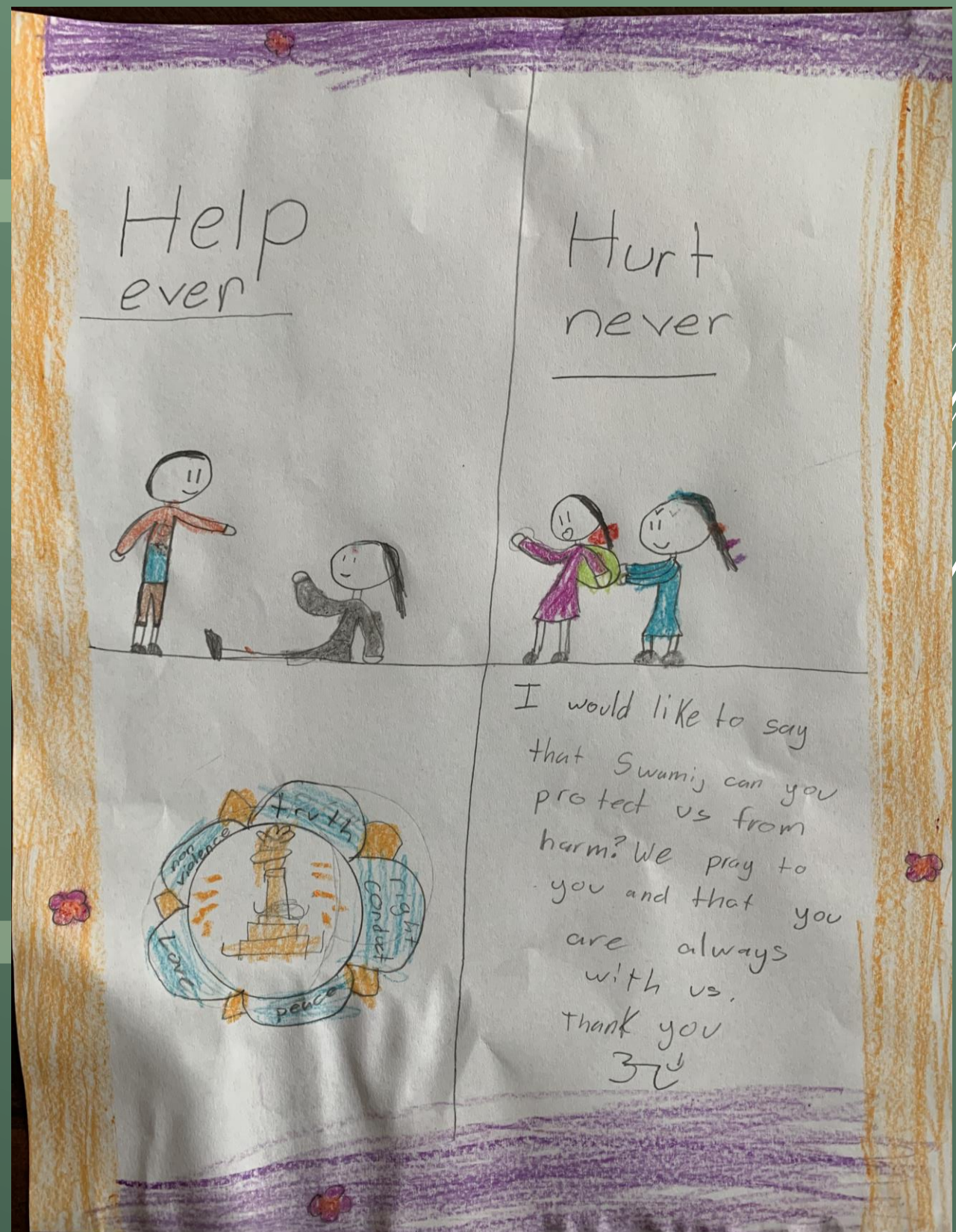
Tanav, Group 1,  
NE Atlanta



LOVE ALL - SERVE ALL

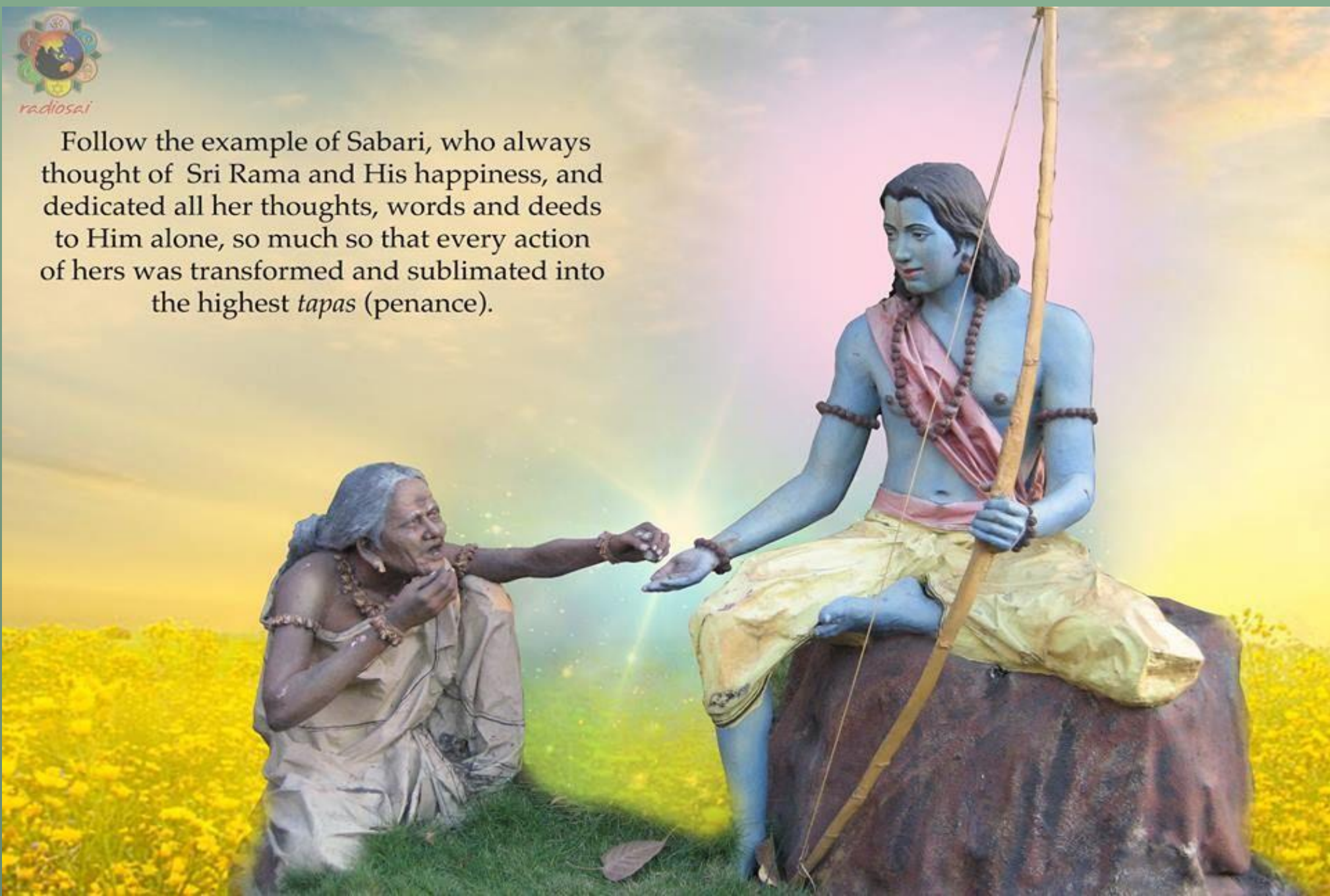
“Help Ever, Hurt Never”

Anvi K. Group 1  
NE Atlanta

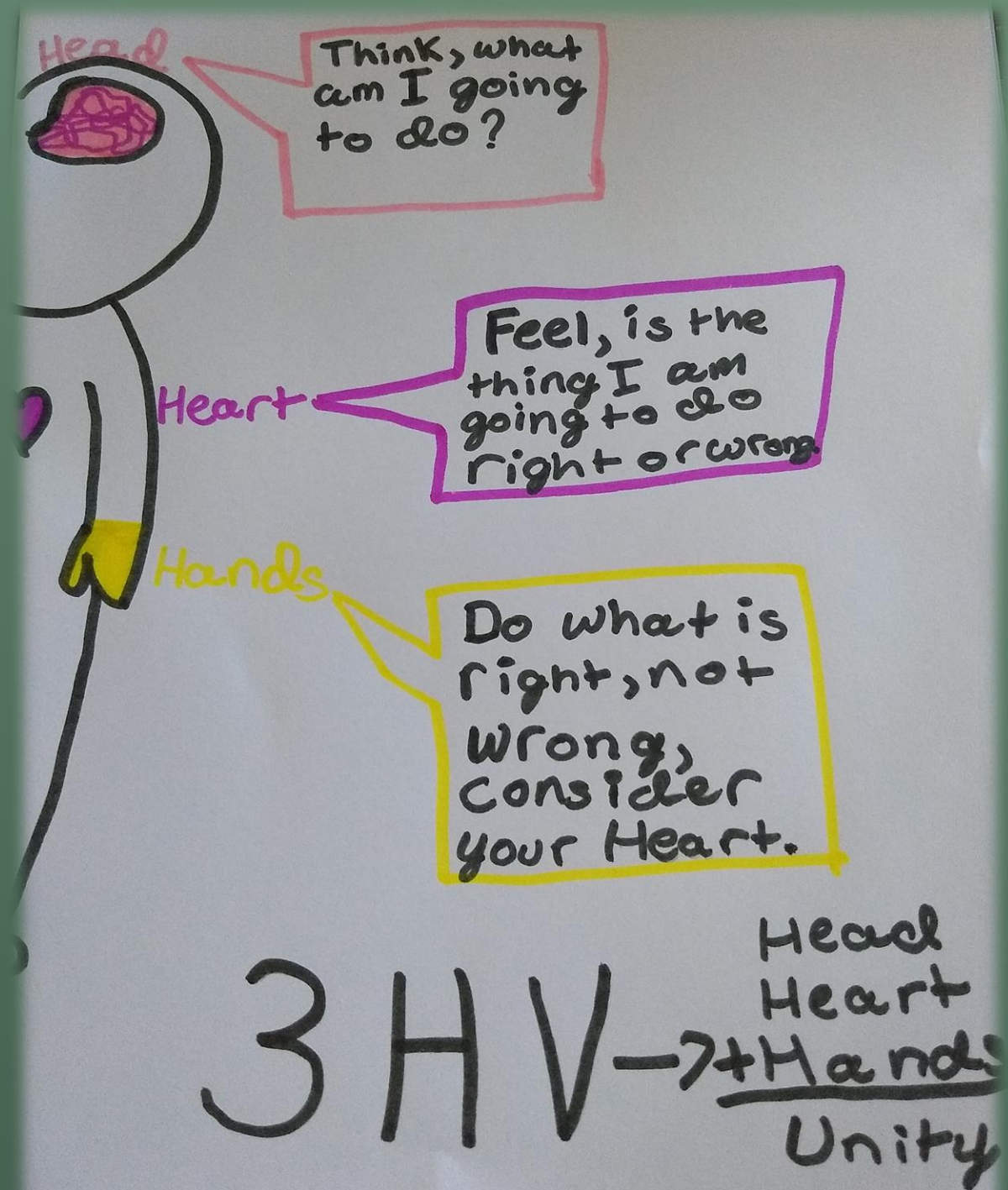




Follow the example of Sabari, who always thought of Sri Rama and His happiness, and dedicated all her thoughts, words and deeds to Him alone, so much so that every action of hers was transformed and sublimated into the highest *tapas* (penance).



## ALWAYS STAY TOGETHER



Sai Shrutika.P, Group 2, NE Atlanta

We all pray,  
and we stay, Om Sairam  
and while we pray,  
we will always stay Together  
Without you we wouldn't have  
the food or clothing or  
family that we have today.  
We all love you   
and we all serve you.  
You gave us all life and  
the place we stand is   
made by you.  
We are all next to you  
and we always will be.

Shreya P, Group 1, NE Atlanta

OM SAIRAM



Letter from a Butterfly

Dear Human,

I know the travails and thoughts that pass through your Mind,

I want to assure you, a deep golden treasure you'll Find,

As I once was hanging on a branch; I thought what a poor plight of Mine

Then slowly I saw that the process of beauty cannot be Confined

For I once was hung on a branch by a wooden shed,

As I was inside all by myself, my imaginal cells began to Bind,

And when I least expected it, something of Beauty popped out its head

I soon came to rely on a being that was so gentle and Kind

Don't despair, something of beauty is already Aligned...

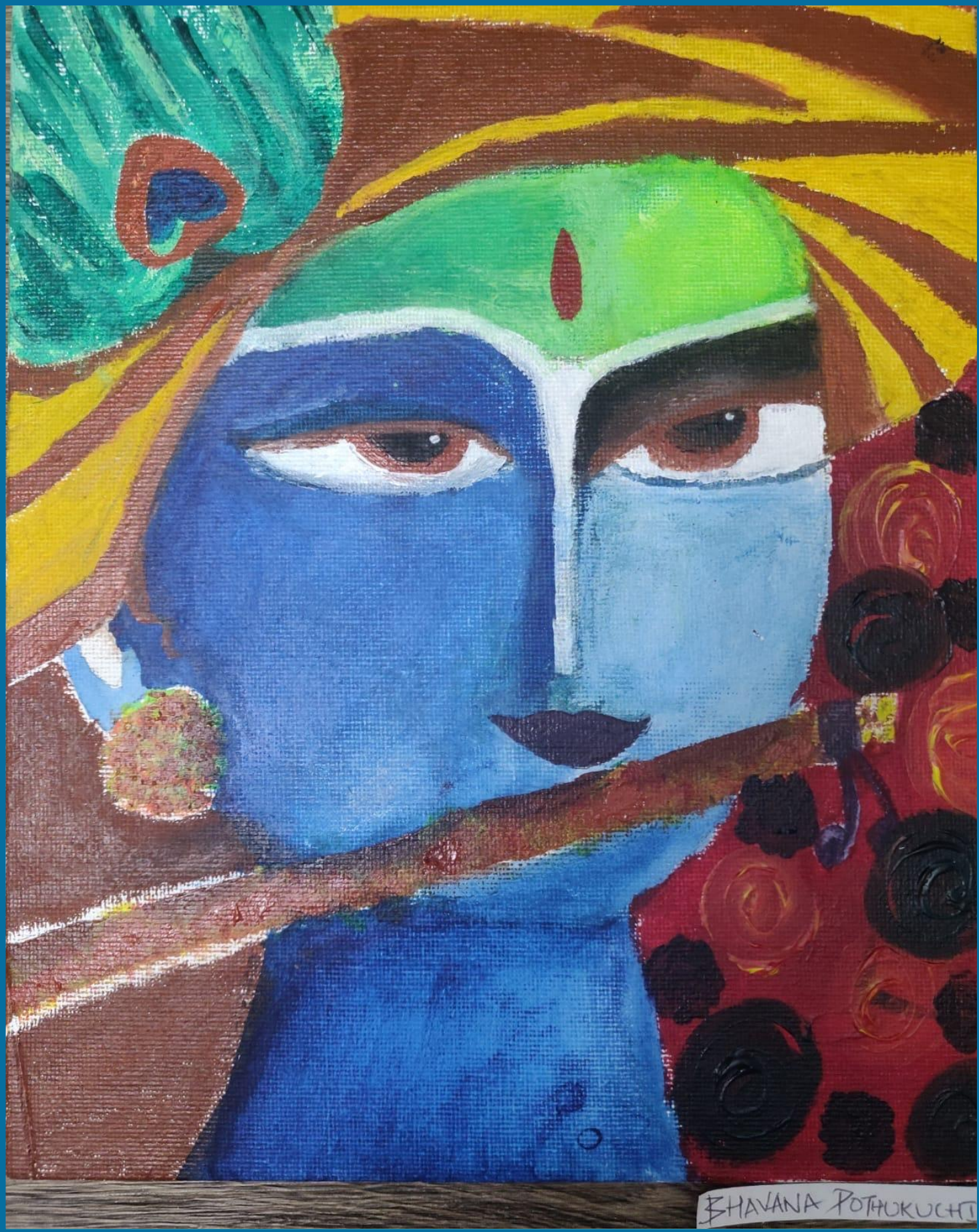


“Letter from a Butterfly” – Menaka, SSE Guru, Orlando





Vishnu Y.  
Group 4, NE Atlanta



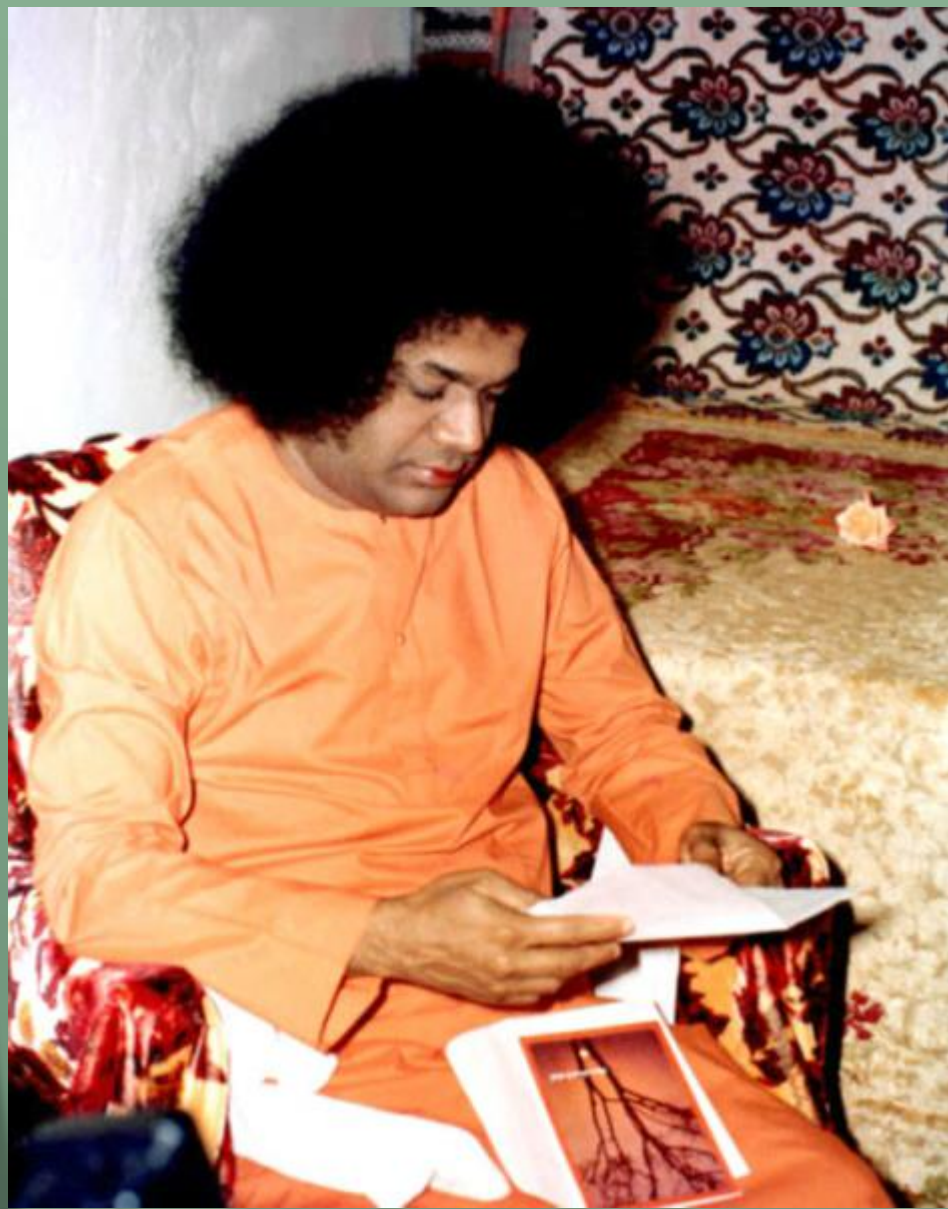
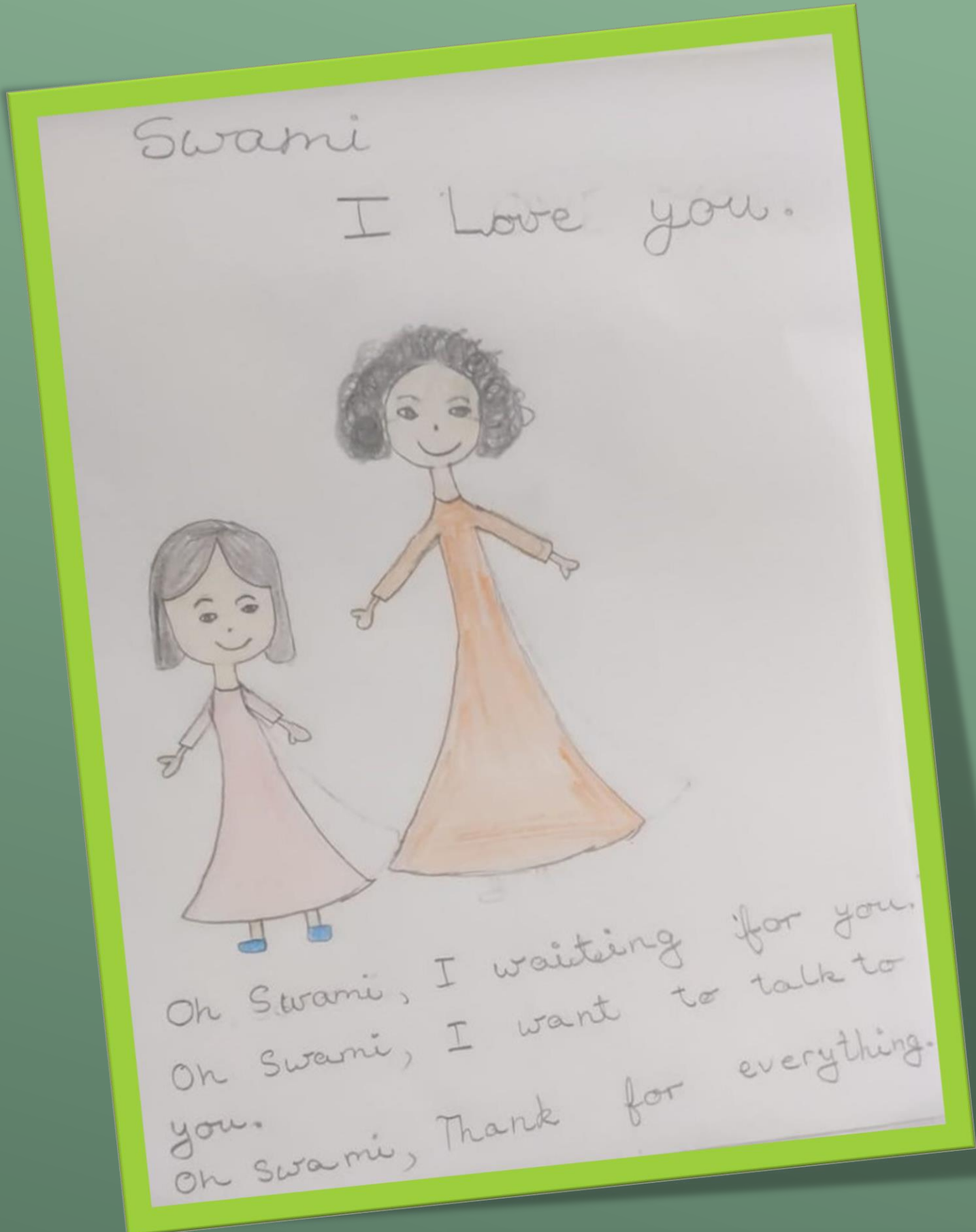
Sai Bhavana P.  
Group 3  
Ft. Lauderdale

“I am not like Krishna,  
I am Krishna.” – Sathya Sai Baba

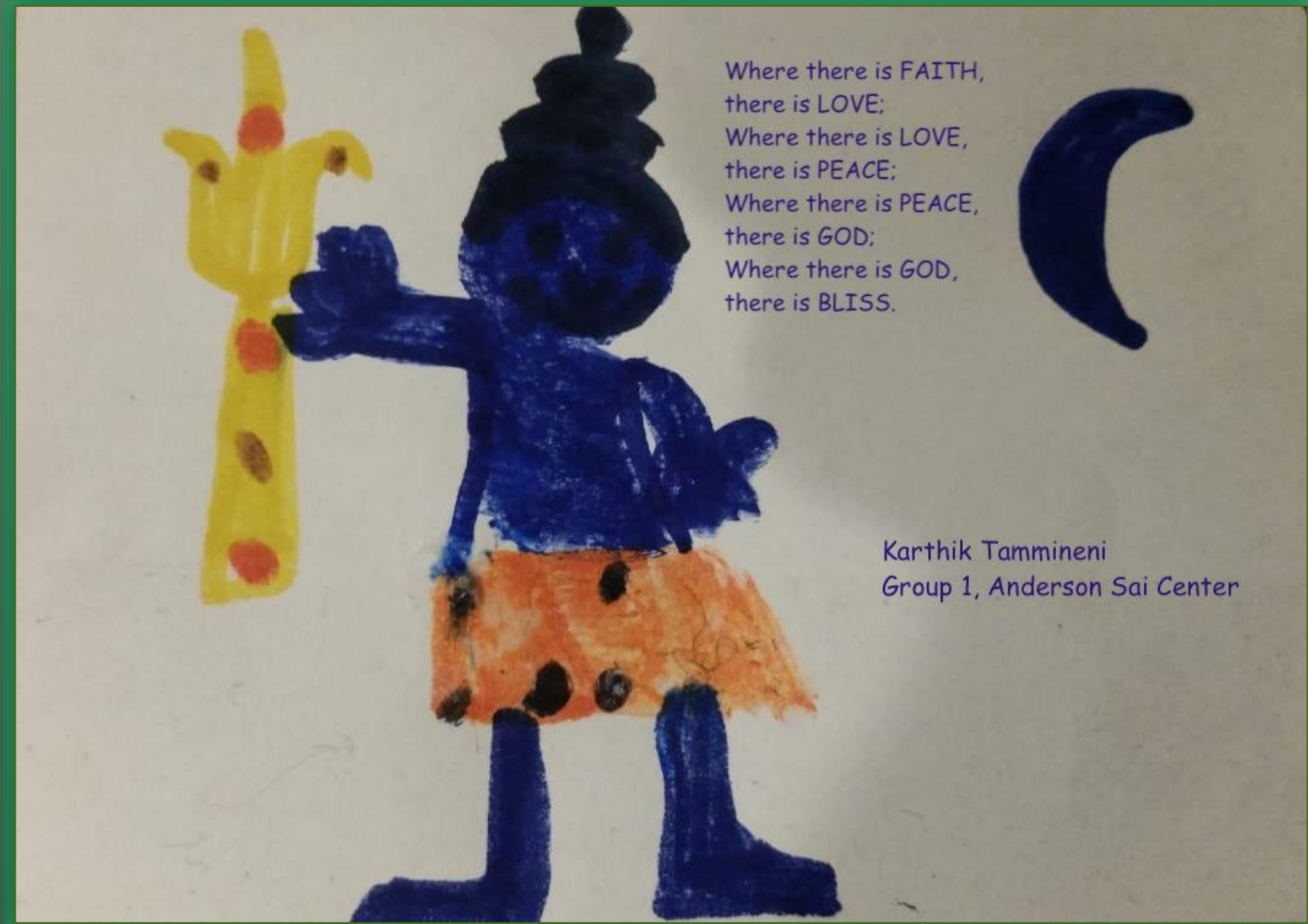


Ally M. Group 4  
NE Atlanta

“In all situations and at all times,  
your faith in God should never  
leave you” – Sathya Sai Baba




Mahalakshmi, Group 2,  
Orlando Sai Center



Karthik T, Group 1  
Anderson Sai Center



 P.A.W.S visit By: Meghana T.

Group 2, Anderson Sai Center

"I do not want to be in this kennel. Please adopt me!" - Reggie, this was the first thing that I saw at PAWS. After a few seconds it struck me that Reggie



was a dog, not a volunteer. One PAWS volunteer showed us around the shelter. We saw many senior dogs, big and small. We also saw only one puppy. There were no cats. One such senior dog, Chuckles, really touched my heart. When I first saw Chuckles, I loved him because he was sweet and made a funny squealing sound. When he saw me he tried to lick me and he scratched the door. Going to PAWS helped me feel what animals were feeling. This was my trip to PAWS. Thank you Swami for giving me this opportunity to serve these animals.

Meghana T, Group 2, Anderson Sai Center



### Why do animals matter?

"Why should you argue that animals, beasts and birds are bad? Each is treading its own dharma. It does not overstep or undermine. They have greater cooperation and mutual love than even men. Each has to be judged from the point of view of the equipment and the opportunity. Man can live better if he learns from the animals. He is degrading himself even lower. When the Lord incarnates, He has as one of His tasks the protection of sadhus, of beings with quiet, innocent natures. Among animals are countless sadhus, remember."

(Sathya Sai Baba in a question and answer session - Peggy Mason's Magazine, Summer 1996)



# Heart in Action

By: Saishree Patnaik, Group 3, Atlanta Sai Center

The definition of service, according to Google, is “the action of helping or doing work for someone else.” I believe that service is much more than that. In this context, Swami used a simple mathematical equation “ $a+b$ ” to explain this. If you multiply “ $a$ ” with “ $a$ ” the result is “ $a^2$ .” Similarly, multiplying “ $b$ ” with “ $b$ ” results in “ $b^2$ .” However, multiplying “ $(a+b)$ ” with “ $(a+b)$ ” the result is not just “ $a^2+ b^2$ ,” but has an additional factor “ $2ab$ ” that results in “ $a^2+ b^2 + 2ab$ .” Thus, Swami explains, that when many of us come together, “ $a^2$ ,” to do seva wholeheartedly “ $b^2$ ,” the result will not just be the additions of squares, but something more than to include “ $2ab$ ” we see in the equation. **This additional factor is Divine Grace**



By Swami’s grace, 60 of us from the Atlanta Sai Center were fortunate to come together in helping out in Heart Walk, organized by the American Heart Association, on September 28, 2019. It was a 5k walk or a mile walk for Survivors, senior citizens, and heart patients and was meant to raise awareness against heart disease and stroke, the #1 and #5 causes of deaths in the U.S. We set up 3 stations each a mile away from each other.

Station 3 was the first station the runners/walkers passed by. The volunteers in Station 3 were half-a-mile away from the start, as well as the finish, line. This station was called the **Survivor Station**. The volunteers were holding boards that said, “Survivors, take a U-turn.” There were many senior citizens and heart patients in this walk despite their conditions.

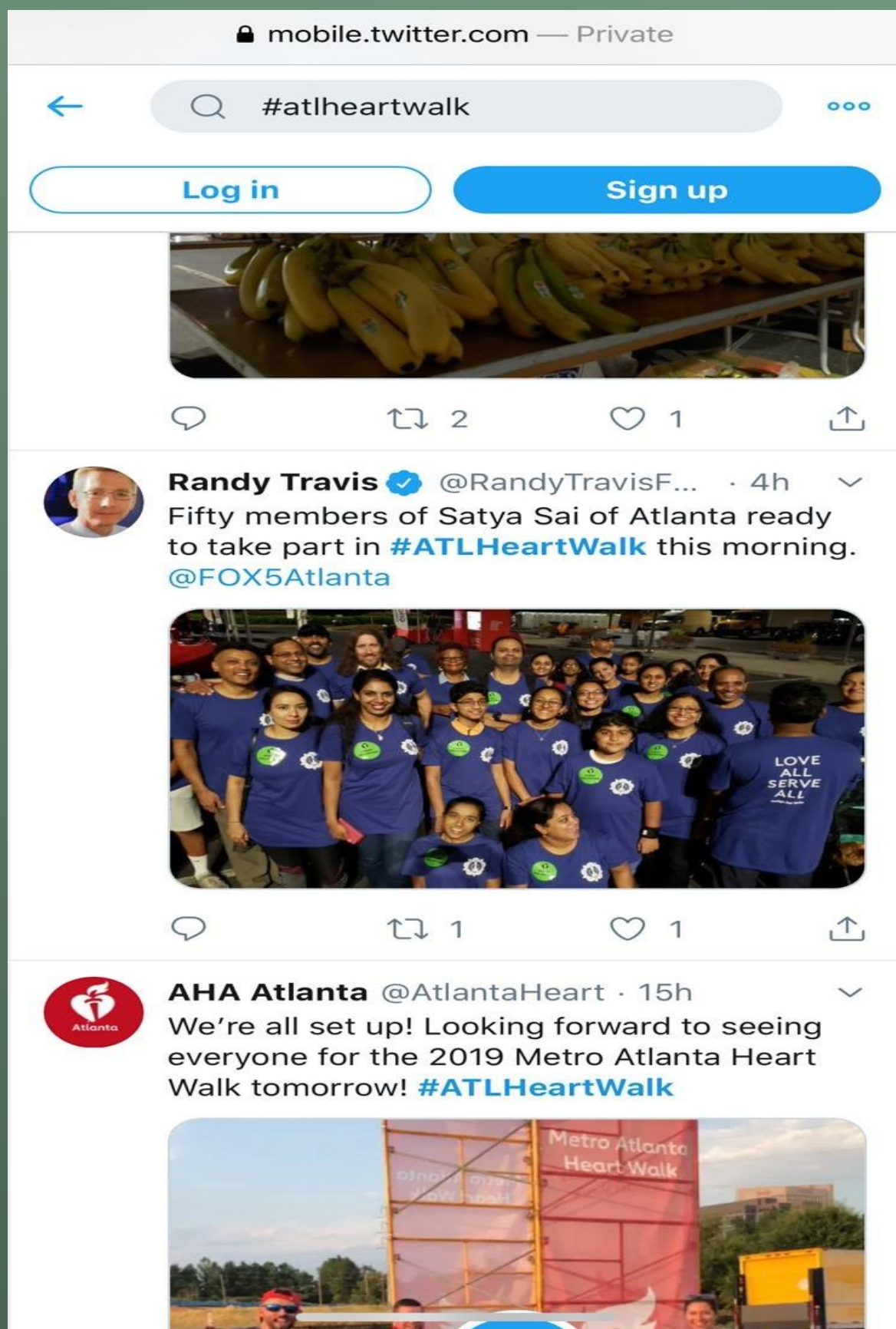


# Heart in Action

By: Saishree Patnaik, Group 3, Atlanta Sai Center

When they saw the “Take a u-turn” sign they seemed relieved because they at least walked a mile and helped the community. Stations 1 and 2 were the **Hydration Stations**. In these stations we filled cups with water and gave them to the runners/walkers as they passed thru, making them extremely happy and thankful.

One devotee in Station 1 brought her puppy too! Sunny, the puppy also did seva by bringing smiles on people’s faces. Sunny proves that not only human beings can do seva, but animals too have the ability in different ways.



At the finish line, our team with other volunteers greeted the runners/ walkers and made them relaxed with snacks and cold water. One YA displayed her skills on how to add Bhajan singing in a fun game. Her game taught us that **“Life is a Game. Play it.”**

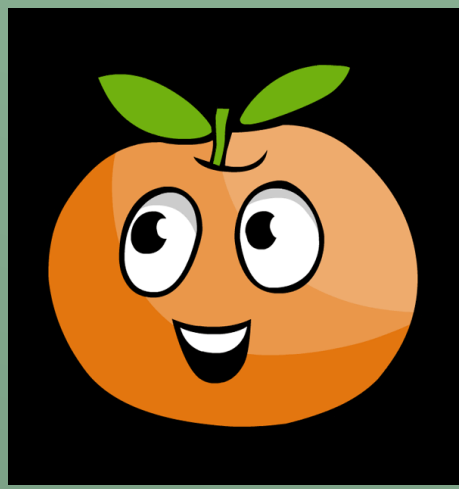
News Channels like Fox5 interviewed a few of us and asked about the organization we belong to and what we do. We responded that we were there to give back to the community. Also, many other community messengers were communicating in different channels, about the activities carried out by the Atlanta Sai Center.

Thus, service is much more than what we understand. True service is **“seeing God in everyone and helping everyone.”**

**HELP EVER HURT NEVER.**

**LOVE ALL SERVE ALL.**

# Orange



# Orchards



Dhruva G, Group 2 SSE student

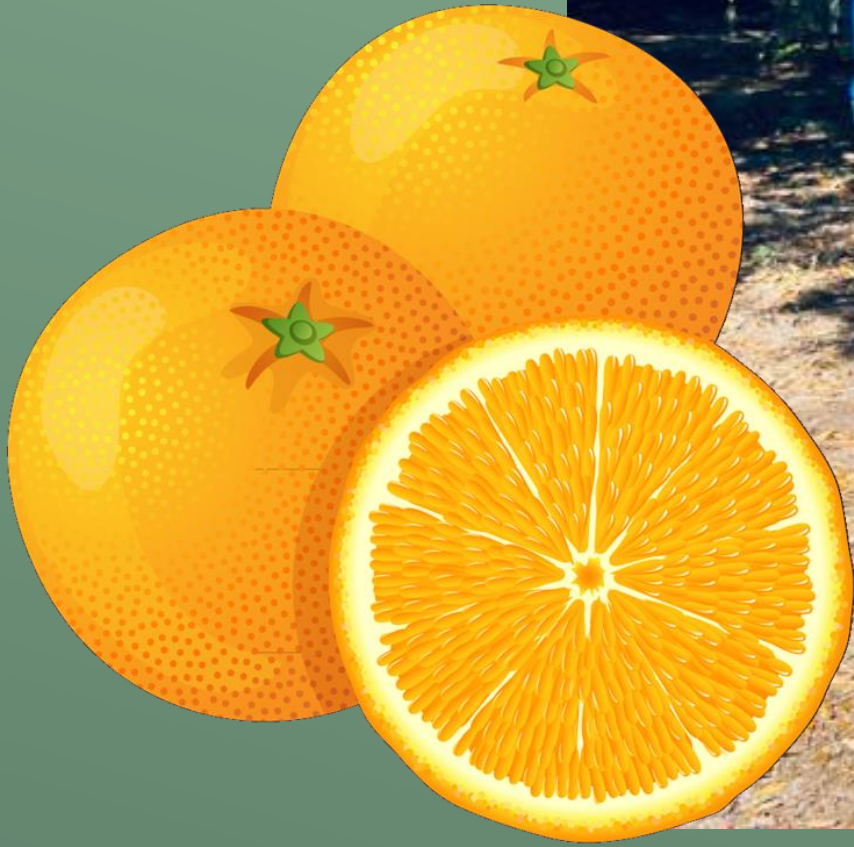
I saw a lot of interesting things when we first stepped on the grove. I saw so many cows eating “orange waste” only it wasn't waste it was left over oranges and peels. When I got farther in, I discovered that the damaged oranges were given to cows so that they don't get wasted. We also picked oranges; I LOVE HONEYBELLS! I chose eating veggies and a bunch of fruits for a life application.

Nathan Sai B Group 1 SSE student

I liked orange picking because you get to pick fresh oranges and eat them. The oranges are sweet, and Swami says do not waste food, so they give oranges to the cows too. The oranges were as sweet as Swami's love.

Ethan B Group 2 SSE student

When we were picking, I noticed that some oranges were a bit out of color and those were the ones with fewer bad qualities and more natural and fresher. It is as if these oranges have a character of its own, these oranges stand out when you eat them. When a person has good character, he/she stands out from everyone and people will try to learn good qualities from this person. Similar to the good oranges that are sweet we can relate to the good people that are sweet.



Nithya G, Pre-SSE student

I had fun at the orange grove while picking and eating oranges. I like orange juice and picking fresh oranges. I like watching the cows eat orange peels. I liked the orange picking trip because I love animals and plants and nature. I like picking oranges directly from trees before they go to the store.

Nihal K Group 1 SSE

I liked orange picking because the trees are nature and it helped us because oranges are healthy.

Pranav G, Group 2 SSE student

During our trip to the orange grove, we learned that it isn't good to waste food, and example of this in reality was that in the groves the cows eating the orange peels so that they won't go to waste. The grove makes orange juice, so they have plenty of left-over peels. They also gave us samples to taste so that we only pick the type of oranges that we liked and will want to eat so that the oranges wouldn't go to waste. After we went orange picking, we learned from our SSE class in the Orchard that we should help the environment and prevent global warming and not make it worst.

Saurish U, Group 3 SSE student

We learned that we should take care of the earth because if we pollute and destroy the earth we will be affected in the end. We should preserve the earth and keep it clean. Last week we went to the orchard where we picked honey bells and saw beautiful the views were. We also experienced how it is when we take care of the earth. The earth will be clean and produce natural and healthy products. We can make a change by cleaning up trash and by planting trees and plants. This will preserve our earth for longer.

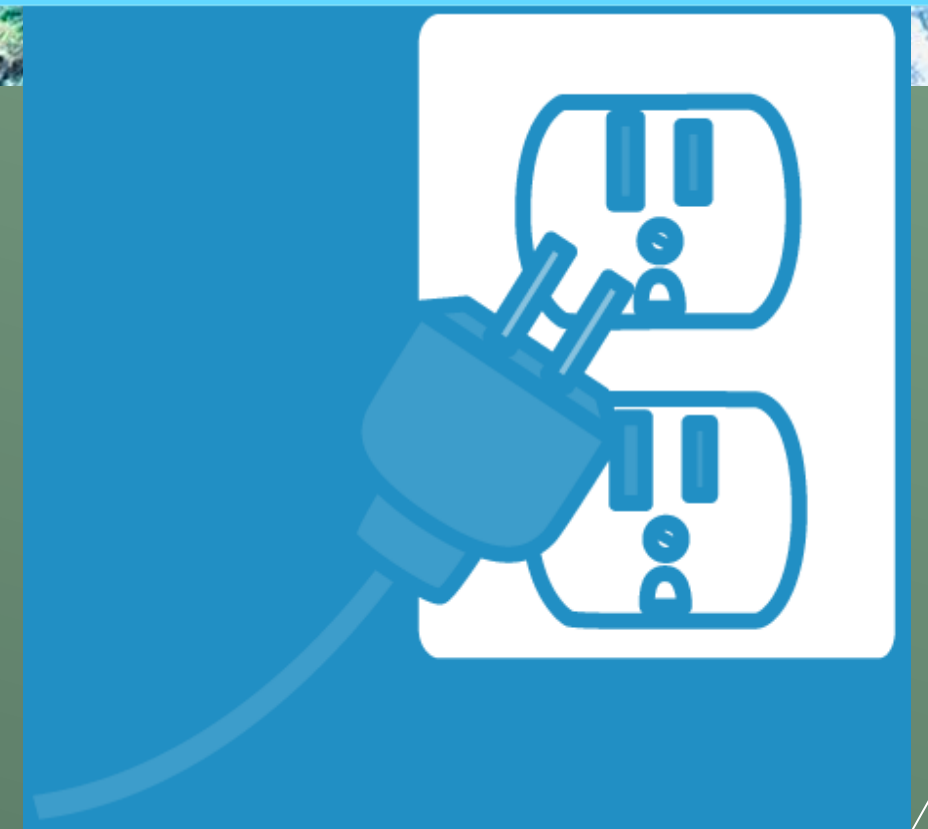
**Also one life applications that I applied was cutting down on vampire energy. I cut down on vampire energy by unplugging my computer before going to school. I also unplugged my phone overnight so that it doesn't drain energy. This will reduce the amount of pollution by cutting down on electricity. This contributes to our own act of keeping and preserving our earth for a longer time. Let's make our earth cleaner by applying a life application that we chose.**

Sharanya G, Group 3 SSE student

When I went to the orange grove for an SSE class, the first thing I noticed was a large group of cows. They were eating what looked like oranges and orange peels. We later found out that the people at the orange grove feed cows the oranges that aren't suitable for selling. These imperfectly shaped oranges are nutritious and equally healthy as the oranges that are perfectly shaped. They make sure not to waste their citrus fruits. I also enjoyed the peacefulness of being outdoors for an SSE class. We talked about how we must take care of the Earth and learned a new song relating to the earth. I enjoyed being in the orchard and looking for nice oranges to pick. I loved this experience and would enjoy doing it again.



## VAMPIRE ENERGY



Srijan R, Group 2 SSE student

What I learned is that the best oranges are bright orange with some brown spots and not perfect but that means they are the healthiest. There are also some bright oranges that are waxed to preserve them, and they look perfect, but they are not as natural. I noticed they give the perfectly healthy fruit that may not be perfectly shaped to the cows to eat so that good fruit does not go to waste. The cows loved that fruit. These fruits cannot be sold at grocery stores as they may not be within the rules of inclusion for selling at the stores. The Orchard people are helping the environment by not wasting food because food is worth a lot. I also like how the people who guided us were following Baba's teachings by helping nature and the earth. I really enjoyed picking the oranges because they tasted good and its better to grow fruits than buy them at the stores. I really think the people there, are doing the right thing by growing healthy fruits and helping nature.



Vaishnavi Gadipathi Group 1 SSE student

When I went orange picking it was the best, they did not waste any oranges or citrus peels after they made juice. They squeezed the oranges and let the cows eat the orange peels and drink the juice. We should give pure love to nature like Swami gives us pure love. Let's give love to nature by watering them and taking out weeds. You should also let people eat some of your fruits or let animals eat some of your fruits and vegetables.

Saipriya G, Group 3 SSE student

It was on a Sunday, I remember, that we drove for about an hour to pick oranges- something that I certainly looked forward to. My family and I met up with some other people from Sai Center before going to where the sweet fruits grew and thrived, and after we were finished, we even proceeded to have our SSE lesson at a picnic table (after a nice lunch)! We learned about the importance of helping Earth (and various ways to help) among other things, and selected life applications to follow that week. It was quite the fun and informative experience!



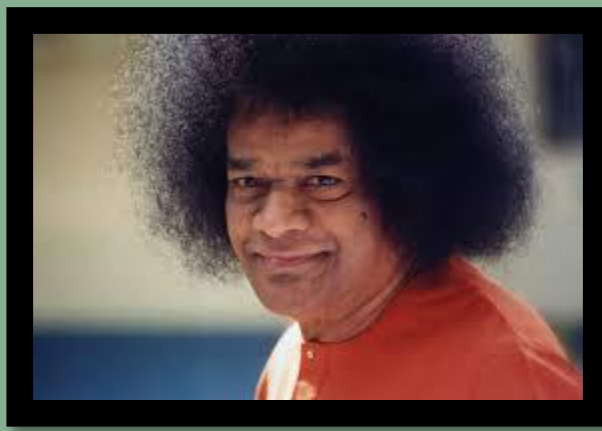
**“Discipline trains you to put up with disappointments, every rose has a thorn.”**

**Sathya Sai Baba**

This quote from our Beloved Sri Sathya Sai Baba connects with me. As an athlete, I face many physical and mental challenges while trying to master my craft. I am currently the Varsity Tennis Captain at Forsyth Central High School. Over the last three years in my high school tennis career, I have been faced with many disappointments and setbacks. For example, I was playing a kid that had defeated many of the top competitors in our region and I was coming off a disappointing loss to one of our regional opponents. I went into the match thinking, “I have to put up a crazy fight, and fight till the end no matter what the circumstances are.” That is my mindset going into any tough match, but as soon as I stepped onto the court, the nerves and pressure started to hit me. During our warmup, he was hitting effortlessly as the ball kept whizzing past me, and suddenly that inner voice started installing fear in my head. I had one of my favorite teachers come to watch as well as a bunch of friends, and the spotlight was on me. All the other matches had finished, and everyone's eyes were glued to our court. I was playing scared and reckless in the first set and lost (3-6). My coach came over and pumped me up, he gave me some tips and told me to be myself. I started loosening up, and suddenly I started winning games. Every time I won a game, I would chant the Gayatri Mantra, so Swami could continue to play through me. I finished off the set with an ace, and I screamed: “COME ON!!!”. The crowd was going crazy and my coach ran over to me and said, “I knew you had it in you. Let's finish this off, you've got the entire team rooting for you no matter what. Go play your heart out!” I went back onto the court filled with energy, but then everything went downhill. In the second game, I twisted my ankle and pulled a hamstring while stretching for a shot. At this point in the match we had already been playing for almost 2 hours and my body was giving up on me, and to make things worse I had injured my ankle as well as my hamstring. I lost the first 3 games and the momentum completely shifted and he was playing insane tennis. I went to the bench, and my coach came by and told me “Aniketh, you stay in there and you keep on fighting. Right now everyone thinks you're down for the count, but I know this is the start to something special. This is what separates good players from the greats, now go prove that you're great.” I was faced with disappointment after disappointment, an aching body, an ankle injury, and a pulled hamstring. I fought as much as I could, and the score was 3-3. My coach was so proud, and he told me “keep fighting man, with your back against the wall you just keep swinging for the fences and trust me you can win this.” I go back onto the court with the determination and willpower to win no matter what. I win the next two games, and now I have a Matchpoint at (5-3; 40-15). At this point, everyone thought I had the match in the bag, but suddenly everything started falling apart. I lost two games in a row, and once again the momentum I had shifted to my opponent. He won the next game making it (6-5) and now the match could go anywhere. He goes up (30-0) two points away from winning the match. However, I can see my coach from the corner of my eye clapping and hyping me up. I win the game and go on to win the tiebreaker (7-2)! The final score was 3-6; 6-0; 7-6 (7-2), and the match lasted two and a half hours! After this match, my coach gave me the nickname “Rocky” and he said “even looking adversity straight in the eye you still managed to overcome the setbacks and ultimately win the match. I'm so proud of you, and this is a huge win for us!” This match directly correlates with this swami quote, as he beautifully says, “every rose has a thorn”. Even though I suffered many disappointments, discipline and determination led me to a victory.

**- Aniketh V, Group 4, NE Atlanta**





SWAMI THROUGH MY EYES

BY: ANANYA TADEPALLI

When my mind has gone astray  
His presence is always guiding  
And the ease I feel when I pray  
Is one I am always reviving

Like an ocean without a wave  
Life wouldn't be there without him  
And the melodies that he makes  
Help guide me through the path I take

Countless hours singing your songs  
That show me every right or wrong  
Acknowledging your presence within  
And showing gratitude through my kin

Ananya T  
Group 3  
NE Atlanta Sai Center

# In Every Moment Of My Life Please Be With Me



## **Every moment is the right moment**

By: Nikhita Chinmay

Every moment, unlike another with you right by my side  
Adrenaline rushing through, a violently pumping chest  
But how is that with your one touch, everything is cured, away for good.  
The true pride and joy that you make me feel,  
Your endlessly forgiving soul, always giving me a second chance.

When I speak to you, every day and night, an overwhelming sense of passion  
towers above me.

You always remind me of compassion towards others,  
To serve them greatly, and most importantly never to hurt.  
But I keep delaying when I should start to sacrifice and love, even when others are  
hurtful, and you ever so admiringly remind me:  
“Every moment is the right moment”

Even through these catastrophic times in history, you are within each soul,  
Pure or evil, and never judging for every sin that we make  
How on Earth could I ever repay you, my one and only Swami?  
Always leading us down the right path, and staying with us through  
both our highs and lows.  
And every day will forever stay a gift from you, Lord.

**Nikhita Chinmay, Group 3,  
Noth East Atlanta**



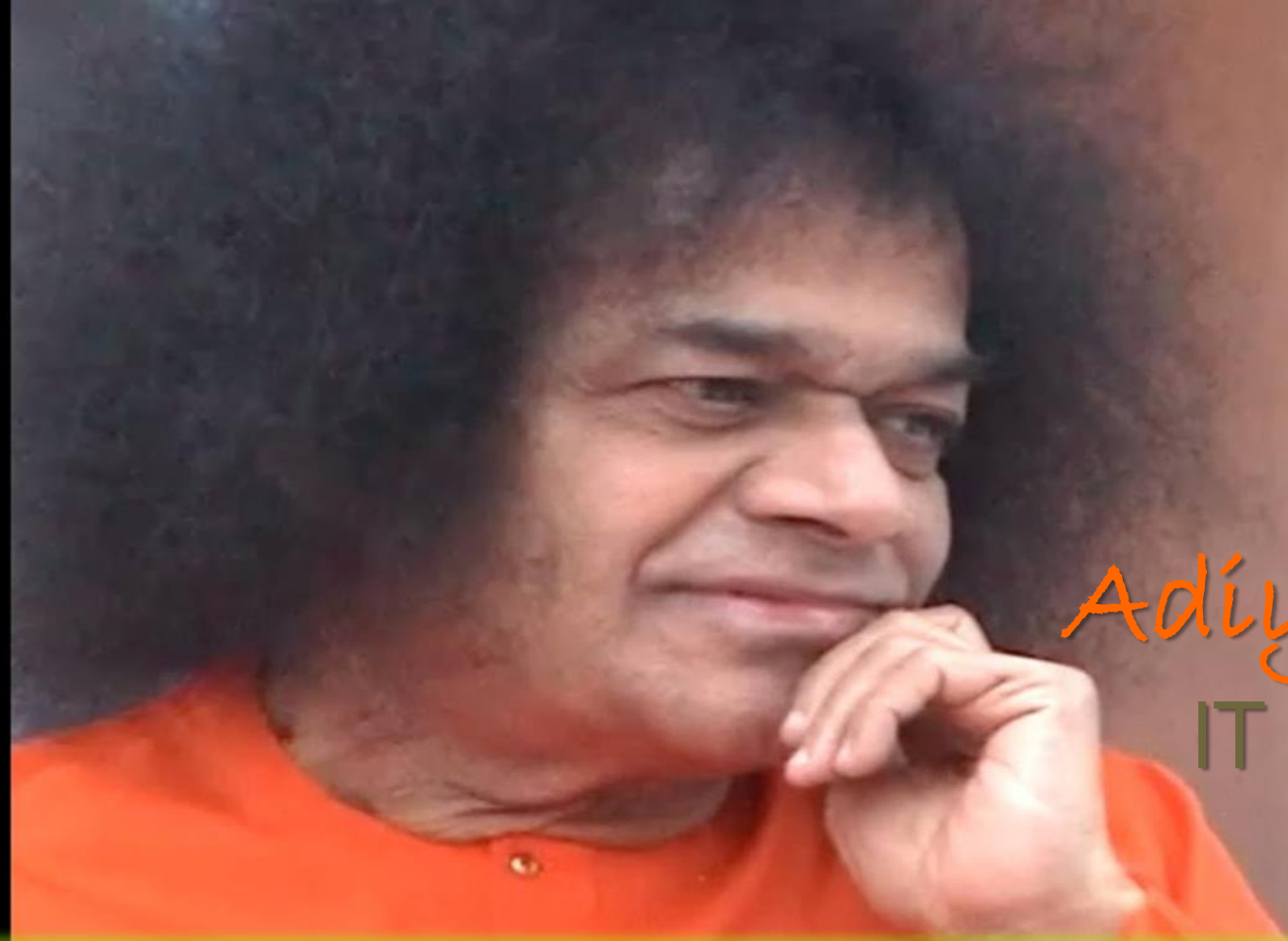
VSAI Somasundaram  
FLL SSE Gr4

There are days with struggles and pain  
Days when people think there is nothing to gain  
They think everyone has left forever  
But they forget Baba would leave them never

To Baba we must always pray  
So Baba will lead us the right way  
In doing this Baba protects us from bad  
He loves us because Baba is our Dad

Baba is always there even in the dark times  
He will always love us regardless of our crimes  
In Baba it is essential that we surrender  
Then Baba will take care of us in all His splendor





*Adiye Prema Bhandam*

IT IS THE BOND OF LOVE

Swami is forever giving  
In His praises we pray and sing  
His hands heal all  
On His feet we do fall

When we cry out for Him, He is there  
When we think of Him, He is there  
When we breathe, He is in the air  
He is everywhere

The sun shines bright with His love  
He looks down on us from above  
The grass and mountains are full of His creation  
He is present in every single nation

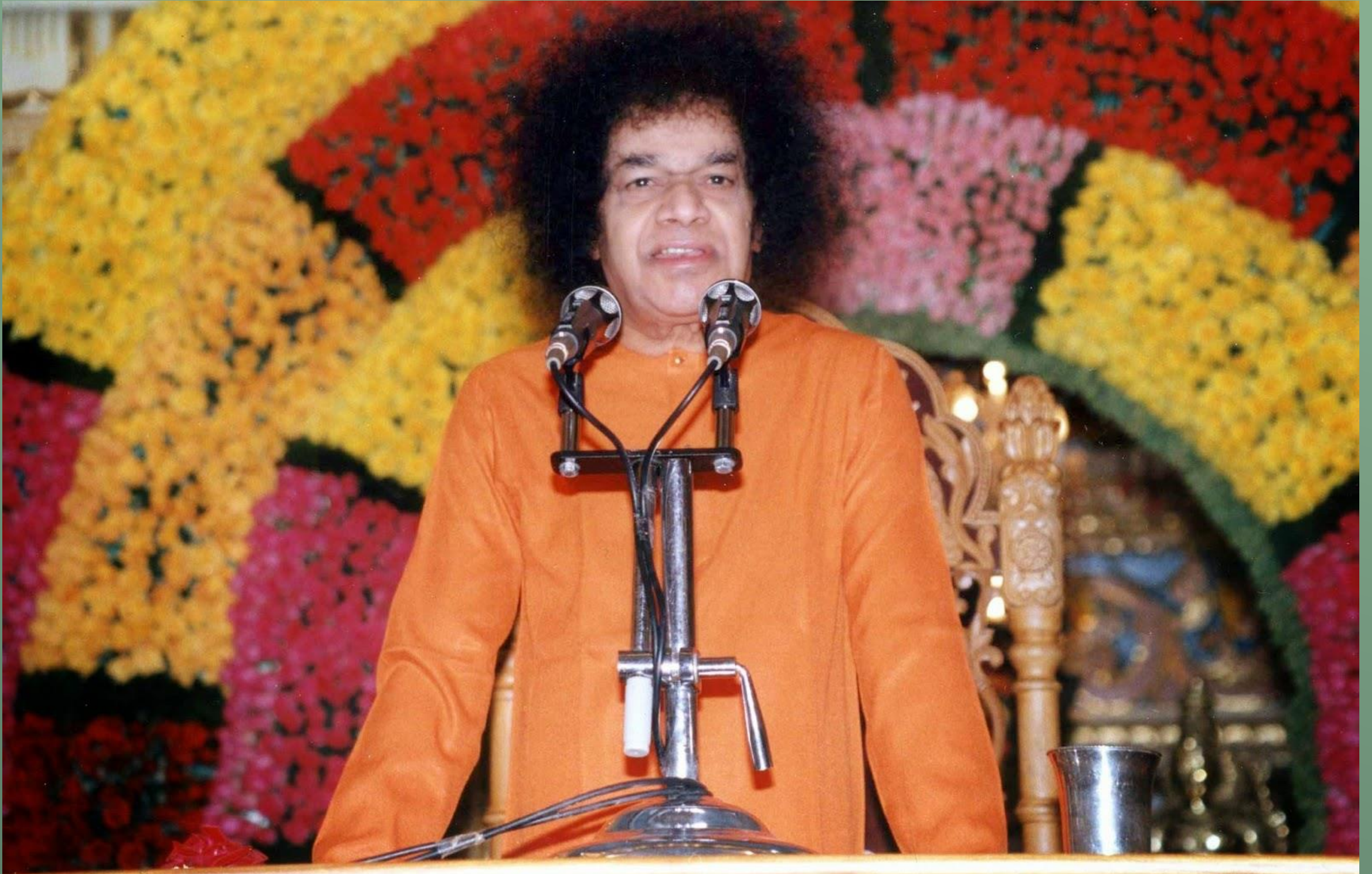
Whatever is needed He provides  
And to every one of our wishes He abides  
He asks nothing in return  
And when times get dark, He is our lantern

His love is like that of an endless ocean  
His words are a liberating potion  
We should have endless devotion  
And we should hope every moment with Him lasts forever in slow motion

Swami's love is incomprehensible  
Swami's love is beyond our understanding  
Swami's love is the force behind our life

SAIRAM  
JSAI Somasundaram  
FLL SSE Gr4

# My Dear Students...



Students! You have done well in your studies as well as in sports. What Swami wants from you is that you should conduct yourselves when you go out into the outside world in the same spirit of discipline and devotion, which you display here. You must realise that it is only in our Institute that the students have the opportunity to have continuous contact with the Chancellor Himself from day to day. You must make good use of it and hold yourselves forth as models for the world.

Students should realise that spiritual practice is as important as secular education. You should realise how much you owe to God for all the benefits you enjoy in life which are really gifts from God, including the air you breathe and the water you drink. Should you not be grateful to God for all this? Without gratitude, life is meaningless. Be loving even towards those who hate you. Control your anger and other evil tendencies.

Source: The True Glory of Sports, Discourse 13, My Dear Students Volume 5, Divine Discourse delivered on January 14, 1994

