

April 2009



NATIONAL
SAI YOUTH
CONFERENCE



May 29-31, 2009 Chicago, IL

Showers of His Love and Blessings!

We are indeed fortunate to be Sai Youth and Messengers of His Love.

As you know, for the past several months, the USA Sai Youth have been focused on preparations for the upcoming National Youth Conference. As part of the process, we have all continued our mission of self-transformation through personal and group spiritual discipline. These efforts are prompted by Sai, put into action by Sai, and ultimately, offered to Sai. It is with this knowledge that we are excited to share with you the latest news regarding our national conference.

With His divine grace and love, He has given us blessings for this first National Youth Conference (NYC 2009), and its many facets:

- On February 27th, Swami blessed our February NYC newsletter, along with an accompanying letter offering to Him our efforts, and prayers that He continue to give us energy and enthusiasm to follow His teachings.
- Also on February 27th, Swami was presented with a Program Overview containing highlights of the main topics and general format of the planned activities. Swami looked through the entire program, and gave His

blessings and approval for the program, speakers, and the conference.

- On March 5th, Swami blessed the Ceiling on Desires Garland of Transformation by examining the first few flowers from one end of the string. Swami blessed the box and said, “*Pettukko* (Keep it).” He also took the notes and letter about the garland.

We are indeed fortunate to have ongoing support and blessings from Swami. His acknowledgment of each step we take towards Him, whether shown by His outward blessings or through His continuous inner guidance and love, are rare blessings. May we always be aware of this precious connection with Swami, and may He continue to give us the energy, enthusiasm, and inner guidance to practice His teachings and be shining messengers of His Love.

As we prepare for this unprecedented event, we need your participation, and most importantly, your attendance. **NYC Registration is now open. The deadline is May 1st, so hurry and don't miss being a part of it! Visit www.saiyousa.net and sign up for this unique and special event!**

Jai Sai Ram!

We exist in energy levels

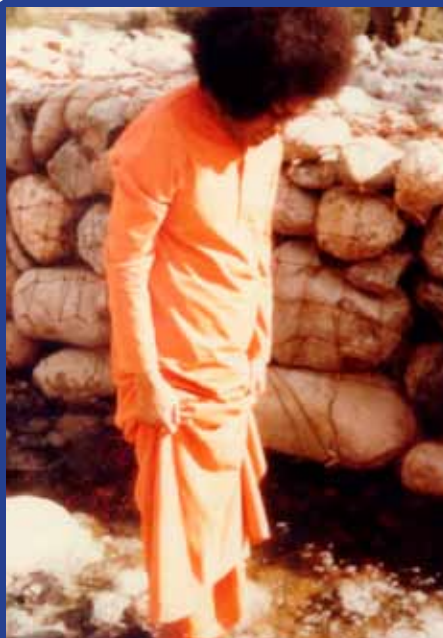


levels than those with feelings of hate, anger, jealousy etc. The positive feelings are exponentially higher in energy, to the extent that the energy generated by someone who lives at the “peace” level is equivalent to the energy generated by 10 million who live at a “destructive” level.

Swami has said that His mission is to raise the energy level of each of us closer to His, “to elevate man to the level of Supreme Consciousness”. In order to help us raise our level of consciousness, He has given us powerful tools in the form of the 4 NYC Initiatives - Gayatri, meditation, COD, and service.

*FOOTNOTE: More information on this book can be found at: <http://consciousnessproject.org/page.asp?PageID=7>

We often think of “energy” as something that relates to the external world - for example: electricity, movement, light. However, something we may not always appreciate is the energy level at which each of us exists - perhaps because this is hard to measure. Renowned psychiatrist Dr. David Hawkins has, through experimentation, been able to calibrate these energy levels. In his book “Power vs. Force,”* Dr. Hawkins has found that those who exist with feelings of peace, love, and joy are at much higher



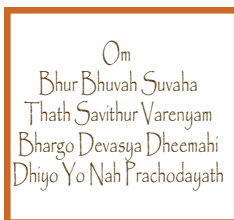
Sai Humor

Swami had come to one of the Institute’s schools to inaugurate a new solar-powered hot water heater. Swami was to open the tap from the heater, after which hot water would pour out into a container below. Unfortunately, when Swami opened the tap hot water sprayed everywhere, drenching the front of Swami’s gown. Everyone was horrified, but what could they do? Swami just laughed and said, “Not only did I inaugurate the hot water heater, but I also took the first shower.”

How 4 tools can affect our energy levels

Gayatri:

Swami has said that the inner facets of the Gayatri relate directly to the energies that exist within each of us. Because of this, the Gayatri helps to raise our energy level closer to that of Swami's:



“Solar energy has to be drawn down to re-enforce the inner vision of Man. That is the Soul Force latent in Man. When this Soul force is strengthened, the intellect, the senses, and the moral emotions are activated and guided along fruitful lines. Can darkness confuse the brain or hide the Truth, when the sun shines? ... Therefore rely on the Gayatri to draw down the Effulgence of the Sun so that it may impart Illumination to your Intellect.”

Meditation:

Meditation allows us to discover and channel the strengths of our tremendous mental energy. Our mind naturally tends towards disorderliness - which causes a drift and dispersion of our energy.



Meditation is a tool to confront this directly. It creates a focus of energy, which is the first step towards raising one's energy level. Swami subtly talks about the need for continuous focus on the divine:

“Always meditate on the divine name - not just contemplation, but meditation. That meditation should be with love for God. Without love, your meditation will not achieve the desired result. Your love for God should be continuous through day and night.”

Ceiling on Desires:

Just as the misuse of natural resources results in the pollution of our Earth, the misuse of thoughts, words, and deeds can lead to a pollution of our spiritual well-being. Swami says,



“Don't waste Energy.

People waste their energy by indulging in bad thoughts, bad looks, bad hearing and bad action.

The right royal road is:

See no evil, see what is good.

Hear no evil, hear what is good.

Talk no evil, talk what is good.

Think no evil, think what is good.

Do no evil, do what is good.”

Let us be aware of this throughout the month - practice being “green” and non-polluting both inside and out!

Living Service:

We can now choose to channel the raised energy levels from meditation, Gayatri, and COD, to either selfish or selfless motives. However, only through selfless acts can this higher energy level be retained and grown.



How can we ensure that we perform our acts/service with the right intention - selflessly?

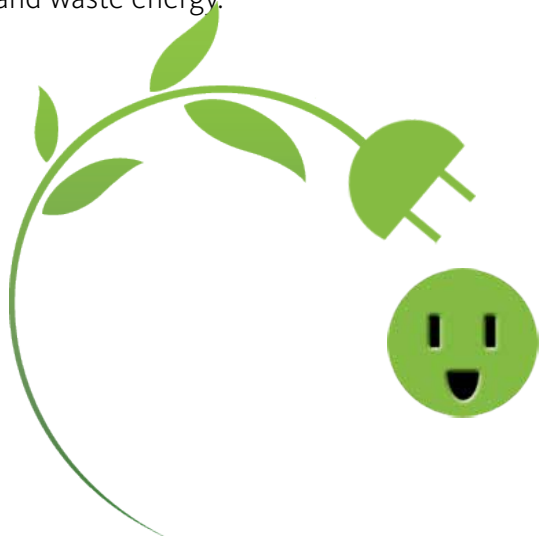
1. Dedicate the act to Swami.
2. Concentrate on the task at hand.
3. Sincerely listen to the conscience throughout.

This month's offerings from each tool

- There is a brand new energy workshop. Please join your local YA groups for the discussion and activities on building your inner energy and channeling it outward to help the world around you.
- Announcing the debut of an entertaining new mini-series, Light Travels! Check out the COD page on www.saiyausa.net to watch the exciting adventures of a group of YAs on their way to the NYC.
- Contribute your thoughts and experiences to the COD forum at www.saiyausa.net
- Continue practicing your personal COD discipline with renewed energy and vigor! Swami accepted the garland offering, so let's keep up with our commitments!

Tips of the Month

- Pull it out, pull it out!
 - Just because you power down an appliance, doesn't mean energy is being conserved. If there are unnecessary items plugged into outlets, they still absorb and waste energy.



- Sai-lence is golden
 - Not all energy is externally generated; mental and spiritual energy must be conserved as well. Try to reduce unnecessary chatter.

- Conserve the cruisin'
 - If you need to drive, use cruise control as much as possible.
 - Clear out unnecessary clutter in your car - decreasing weight can increase gas mileage by 1%-2%.

Living Service:

“Before embarking on a service project one must introspect and examine their equipment, which is, whether their heart is full of selfless love, humility and compassion; whether their head has an intelligent understanding and knowledge of the problem and its solution; whether their hands are eager to offer the healing touch; and finally whether he/she can gladly spare and share time, energy and skill to help others in dire need.”

For this month, some exercises are introduced to build this focus on performing service with the right intention. Remember that every act in our lives can be performed with an attitude of service - “Living Service.” Please refer to the Service Section on www.saiyausa.net.

Tips of the Month

- Participate in one small service activity that is happening in your community. Search online to find local volunteering opportunities, for example at www.usaservice.org.
- When volunteering, fill your act of service with energy - follow the simple suggestions online to build the right intention.
- Share your service experiences with other youth across the nation. Post pictures and stories on the Service Forum on www.saiyausa.net.

Superhero of the Month - Water!

Water stands out as the energy superstar! It's responsible for everything from generating electricity for large portions of continents to replenishing your body after a long day.

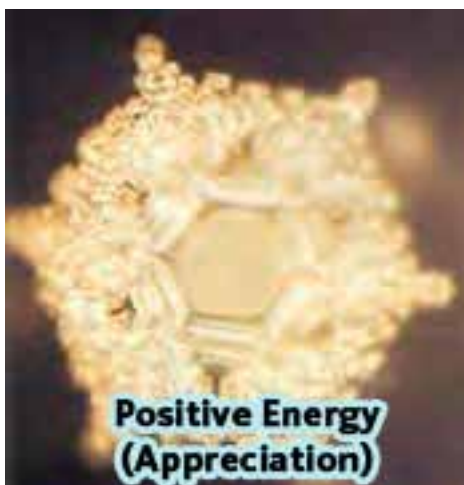
Water is a prime example of how simple creations can hold much energy and power. When left alone, it can be serene and placid, yet when churned through the right machines or when brought together in volume, its energy can be awe-inspiring. We can learn a lot from water in this way; if we come together as one "machine" of Swami's discipline, imagine the divine energy we can generate!

Water also has the unique characteristic of being able to absorb energy from external sources. Through a

series of experiments, Japanese researcher Dr. Masaru Emoto showed that the structure of water crystals changes depending on the vibrations to which it is exposed. As evidenced in the photographs below, the water crystals form to reflect the specific written word or music which is placed around the water. When the water is surrounded by the positive energy, its state is visually appealing thus creating joy and happiness for the viewers. When water is surrounded by the negative energy, its state depicts great turmoil, creating a restless environment for everything around it. (http://www.life-enthusiast.com/twilight/research_emoto.htm)

These photos give us visual proof that subtle thought and word energies have an effect on our physical world. Since our bodies are comprised of 75% water, we are similarly affected by the energies around us. In addition, the energies we generate affect other living things around us. Therefore, we need to be cognizant of our thoughts, words, and deeds so we only generate and absorb positive energy.

A "eco"-note: Though water is an amazing resource, there is a scarcity in many areas of safe drinking water. Learn more about this global crisis at <http://www.worldwaterday.net> and <http://www.unwater.org/worldwaterday/about.html>



Testimonials

A few months back, YAs from across the country came together to start a new service project. As we began by identifying a need, we soon realized the immense effect that poor health has had on our country, resulting in a 30% obesity and 8% diabetes rate.



We started our project with the intent to raise the level of health in our communities, and the group churned into action. However, the original energy of the group soon dissipated – something was missing. We realized that the real purpose of the project was not to change our communities – only Swami’s will allows for this to happen - but to raise our own level of complete reliance and faith in Swami; to let Him be in control.

Since this realization, the strength of the group has been tremendous. The energy and ideas we receive from each other have been truly inspiring for our spiritual growth. We are serving in ways that we are truly needed – this is the benefit of being “One for Sai.”

With Swami’s guidance, the cross-regional group has been beautifully supporting the implementation of health education classes in

Gainesville, Florida. Let’s see where Swami leads the project next!



Our regional YA meeting consists of a one-and-a-half hour workshop based on the material provided by the NYC COD team. Each meeting, we create a group action item and an individual action item to focus on until the next meeting.

In February, I decided to give up the snack bar at the office. It was extremely painful to stay away from an array of chocolates, cookies, snack items, and fresh morning doughnuts. But, by being involved with NYC planning and engaging in spiritual talks with fellow NYC team members, I was constantly reminded of benefits of controlling desires and controlling the mind. A month later, I have managed to stay away from the “junk food” area successfully.

Looking Forward...

- Registration is open! Have you booked your ticket??? Remember, the conference is the weekend **after** Memorial Day.
- Get involved: contact your regional representative or nyc@saiyausa.net. We are always looking for anyone who wants to help!
- Look for periodic updates to the conference program on www.saiyausa.net.
- Have you seen the NYC video? Or heard the theme song? Tune into www.saiyausa.net.

If you have any feedback or questions please email [**nyc@saiyausa.net**](mailto:nyc@saiyausa.net). Sairam!

