

Sathya Sai International Organization – USA



Sairam Regional Presidents and National Officers,

Why go on a pilgrimage?

“A pilgrimage is for softening the heart, widening the outlook, expanding the circle of sympathy, and not for collecting curios or pictures or blessed food packets (prasadam) or idols and images. It is more a matter for the eye (nethra) than for the vessel (pathra). Pilgrimages should be as silent as the eyelids dropping on the eye... People may say that pilgrimages are a waste of time and money, but let Me tell you that it is the best way to spend time and money, provided one has real devotion.” (SSS 02:11)

The registration for the National pilgrimage to Prasanthi Nilayam will close on April 30th. There are over 270 devotees registered. Music program songs have been identified and are being practiced by the registered devotees. With Bhagawan’s grace, we have been given an opportunity to serve 12 villages around Puttaparthi. Interested devotees can register at [this link](#).

To purify our mind and to develop more love in our hearts, the 4th step of the Sadhana of Love program is being launched for the month of May. Self-realization, the next step, builds on the prior steps of self-sacrifice, Self-satisfaction and Self-confidence. How can Self-realization be attained? Sathya Sai Baba provides the answer:

“When the rope of faith is strong and secure, the bucket can draw out the water of the five human values from the well of your heart. This process is called ‘Educare’. Educare is to bring out that which is in the depth of one’s heart. It is not something external. It cannot be purchased from the market. Nor, can it be taught by a teacher. You yourself have to strive for it. Only then can you attain self-realisation. For this, the prerequisite is self-confidence. In order to gain self-confidence, you must develop noble qualities.” (SSS 39:15)

Page 20 of Sadhana of Love provides a summary of eighteen ways to practice Self-realization with details being covered on pages 79-102. Select the one that connects with your heart and practice it this month.

[Link to Sadhana of Love](#)

We pray to our Lord for His continued guidance and offer our efforts at His lotus feet.

Lovingly in Sai Service

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