

# JOURNEY

## Journey of the Soul

*SSE children from the Greenville, SC group were asked to share their thoughts on gratitude and four seva activities.*

**What does gratitude mean to you, and why is it so important?**

"Being thankful for something you couldn't do without. Being thankful for your family, being thankful for a home and food." – Dhiren, SSE Group 3

"If you aren't grateful, you keep wanting more and more and that's called being greedy. It's a waste of time and money, so it's best to be content and happy with what you have." – Vidya, SSE Group 2

"There are people who aren't as lucky as us. There are people in Africa who are dying, and we're over here worrying if the Wi-Fi goes out." – Dhanesh, SSE Group 2

"We should be grateful for everything we have. We cannot take too much of an advantage of it and brag, so I think we should be thankful." – Eshan, Group 3

"It's important to be thankful because if we didn't have stuff, we wouldn't be able to do everything that we do today. I'm thankful for my parents, my house, God, my friends, and my teacher." – Dewia, Group 1

**What did you think about packaging 10,000 meals in Raleigh?**

"I like helping out in the community. We packed food that we shipped to other countries and so I felt very happy and so will other people who get those meals." – Eshan, Group 3

"We were helping people that didn't have food and we were working together in a team to do it." – Dewia, Group 1

**What did you think about the NHC nursing home seva?**

"All of them were so happy because no one comes to visit them." – Dhanesh, SSE Group 2

## Road Trip Happiness Ideas:

**Simple Conscious Acts of Kindness**

**by Sai Santosh**

*Brother Sai Santosh has become a well known Young Adult across many Regions. His heartfelt acts of kindness towards humanity has touched and inspired many people. Recently, he was given the opportunity to have an article published in the Huffington Post about his Service encounters. Here's a synopsis:*

Few years ago, I started this new and constructive habit of aligning my energy with kindness and sincerely looking for opportunities to serve during my solo or group road trips. For starters, I would pack cereal bars, jackets and other small items and distribute them to our homeless friends on the street. Sometimes it was an elderly man waiting at a light with a board seeking food or a lost young adult pondering if anyone cares. **Here is my entry from my Kindness journal, Dec. 2014.**

*"Today, I was driving from San Diego to Sacramento and felt a calling to share the winter clothes I was carrying in my car. Upon arriving at the outskirts of Sacramento, I checked straight into the cold and windy deserted streets. I rigorously searched for many miles but could not locate a single homeless person. Suddenly, my awareness was drawn to a security guard outside a store and he kindly guided me to the location of the local homeless around the vicinity. It was an absolutely deserted street with minimal lighting and my eyes spotted a gentlemen and couple of others in the dark alley -- "would you like some sweaters?" I asked them with a sweet tone. It was one of the coldest nights here in Sacramento (below freezing) and as I stepped out of my car, the wind chill froze my bones. Even in the dark alley, their eyes lit up with joy, as if I was Santa unpacking Christmas presents -- "Oh I like that one!" said one of the ladies. I gave her a jacket that perfectly fit and she giggled with joy at this unexpected gift on a cold night. Perhaps the warmth of LOVE was the only comforting factor for all us. (Continued on Pg. 3)*



## Q&A, continued

"We played bingo, and they really liked us. I felt that they're not that fortunate because their family has left them. At least we're able to serve them so that they have some company and enjoy themselves." – Vidya, SSE Group 2

### What are your thoughts on the Sai Beads activity?

"We did 108 gayatris and made bracelets out of the beads and they were given to sick people. The gayatri is supposed to be a really powerful chant, and with that power, the sickness should be gone." – Vidya, SSE Group 2

"All our power that we put in the beads will go to sick people, and that power will help them out. That was a very good seva." - Eshan, SSE Group 3

### What did you enjoy about the Miracle Hill Children's Home visit?

"We sang Christmas carols to the kids and had dinner with them. Hearing them singing along with us and seeing them smile made me happy and made me think about how they must feel without their parents." – Eshan, SSE Group 3

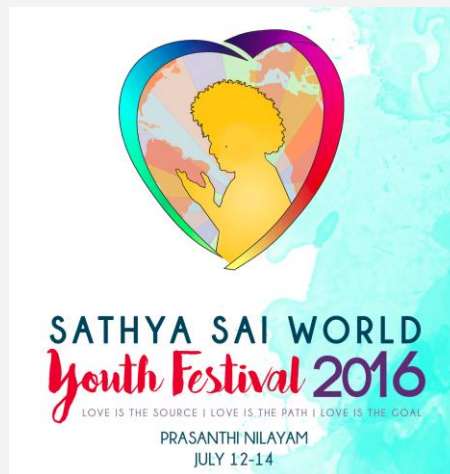
"This year, the kids actually listened and enjoyed the songs." – Dhanesh, SSE Group 2

"I enjoyed playing the piano for them and I also enjoyed playing games with them. The kids were actually very enthusiastic." – Vidya, SSE Group 2

What is one word that comes to mind when you think about service? We polled several Young Adults within our region, and this is what they had to say:



## Announcements



We are glad to announce that the registration for the Sathya Sai World Youth Festival is now open! Please register at your earliest convenience using the following link: <http://saiyouthfest.com>

## Journey on a Healthy Path: Vegetarian Chili

Try this recipe for your next Narayana Seva!

Cook Time: 40 min. Total Time: 50 min. Serves 4-6.

Ingredients:

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- ½ teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes, with their juices
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons lime juice for taste or vinegar



Instructions:

1. Start Chanting the Gayatri
2. In a [large pot](#) over medium heat, warm olive oil until simmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon salt. Stir to combine, then cook, stirring occasionally, until the vegetables are tender and onion is translucent, about 7-10 min.
3. Add the garlic, chili powder, cumin, smoked paprika (go easy on the paprika if sensitive to spice) and oregano. Cook until fragrant while stirring constantly, about 1 minute.
4. Add the diced tomatoes, the drained black beans and pinto beans, vegetable broth (or water) and one bay leaf. Stir to combine, then bring the mixture to a simmer and continue cooking, stirring occasionally, for 30 min.. Reduce heat as necessary to maintain a gentle simmer. Remove the chili from heat.
5. For the best texture and flavor, transfer 1½ cups of the chili to a blender and blend until smooth, then pour the blended mixture back into the pot. (Other options include blending briefly with an immersion blender or mashing the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
6. Add the chopped cilantro, stir to blend, and then mix in the vinegar or lime juice for taste. Add salt to taste, too—I added ¼ tsp more. Divide into bowls and serve with garnishes of your choice.
7. Say the Food Prayer and Enjoy!



## Road Trip Happiness Ideas, continued from Page 1

After all the three people received the goodies, I also handed them some food and bid them farewell -- "Much love, please take care." I was happy that I arrived at the precise point on such a cold night to provide these sweaters. I could not locate the guard who guided me to them!

I felt consciously inspired to act, explore and serve. Thus, I have learned to call them **conscious acts of kindness**. Yes, I diligently and consciously wrote about every act of kindness in my journal and realized integrating kindness with gratitude is a powerful way to experience genuine satisfaction and joy. You never know how your simple story might inspire others. They say a family that prays together, stays together. This fantastic philosophy can be expanded to selfless service too: A family that compassionately serves together, stays together with LOVE.

### TIPS TO INCORPORATE ACTS OF KINDNESS IN YOUR DAILY ROUTINE:

- Maintain a kindness + gratitude journal and share it with others.
- The most simplest way to be kind during your road trip is to share a positive word or an authentic smile. Hey! even wave at your fellow cars with a goofy smile.
- Before you step outside the door, set an intention to experience happiness by being kind to yourself and others.
- Explore and meet new people with warmth and expand your comfort zones by finding new and creative ways to share just like my parents.
- When you feel frustrated with traffic during your road trips, instantly switch your thoughts to gratitude. You are in an air conditioned car that takes you around, there are millions on the planet who may never experience this privilege, wow! so let's be kind and grateful.

For the full article, please visit [http://www.huffingtonpost.com/sai-santosh-bangalore/road-trip-happiness-simpl\\_b\\_8797486.html](http://www.huffingtonpost.com/sai-santosh-bangalore/road-trip-happiness-simpl_b_8797486.html)

## ARRYA 2016

We hope you all are excited for the upcoming ARRYA in Jacksonville! We have two wonderful speakers and plenty of interactive activities throughout the weekend, all planned by your fellow YA's! For example, below are some of the names of workshops that will be offered to attendees. For detailed information about the workshops, please contact your local or regional YA rep.

**Sai Youth 101**

**Linked withIN**

modern**Sai**family

**& FRIENDS**  
Sai's always there for you

## Journey to Sai – Inspirational Story

Swami was speaking to all of us during an interview. There was this lady who kept speaking up every time Swami paused, and she would say "Swami you must come to our town. We are doing a lot of seva, in our town." The first time she said that Swami ignored her; 2nd time, ignored her; 3rd time, I was beginning to get a little nervous. When Swami was still speaking about something, she said it again: "Swami, you must come to our town." So Swami looked at her and said: "But I have! I have come to your city!" "No Swami, You have not come to our city." Swami changed the topic, and suddenly looked at

her and said: "How is the service going on in your town? So the lady said: "Swami, when we started off there were 10 families who were putting aside the rice. Now we have a 100 people and we have about 25 kilos of rice that we collect. And we are feeding a lot of people. Swami, the seva is going wonderfully well!" Swami said: "Oh! Very happy! (In Telugu) And then suddenly out of the blue, Swami said: "What kind of rice do you use for cooking?" She said: "Swami, very good rice! 'We' use very good rice!" Swami said: "No, I am not asking about the other people, I am asking about you! What kind of rice do you keep aside for the seva activity?" She said: "Good rice." Swami said: "Oh really! Good rice?" She said: "Yes Swami, very good rice!" and in the middle, she kept saying: "But Swami, you must come to our city to see the seva!" Swami said: "Very good! Very good! Ah! I know 5 rupees rice for the family 2 rupees rice for the service, for poor feeding!!!" The lady said, "No, no Swami!" Swami said: "Yes, Yes! You don't believe me? Obviously the 5 rupees rice quality is better, the 2 rupees rice is not properly cleaned; not a good quality." She said: "No Swami, good rice Swami." And then Swami's whole smiling face changed!!! He said: "You don't believe me? Wait! I will show you. Did you not give the beggar who came to your house who said 'Mother give me rice?' a whole sack full of rice that you had bundled in a red cloth that you had kept aside for Narayana seva? Did you not give it to that beggar two years ago? You don't believe me? Wait!" And He walks into the inner room and comes out holding the red sack which was given to the beggar two years back filled with the two rupees rice! "Did you not give this to me? I have been to your city!!!" The silence was so stunning, so shocking in that room and imagine the embarrassment of that lady!!! She had tears in her eyes. It was such a moving experience for all of us. – Experience shared by Mrs. Geeta Mohan Ram. **"The safest way to wipe out all past Karma and to avoid accumulating fresh Karma is to see Swami in all. I'm everywhere. That way you would be good to everyone!" - Baba**

