

Vol. 1

August 2020

# Sai Creatives

Baba's Children Edition



A creative effort by the children



SHIRDI SAI  
GLOBAL  
FOUNDATION

SAI DIVINE FOUNDATION

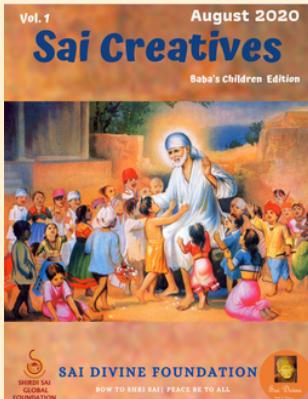
BOW TO SHRI SAI | PEACE BE TO ALL



Sai Divine

Faith & Patience

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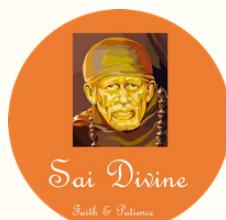
*Amrutha Ayyappan*

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**SAI DIVINE FOUNDATION**



# EDITORIAL

"Constant and loving remembrance of Baba in whatever manner is the best path and the best pooja", these are the words of the divya guruji Shri Chandra Bhanu Satpathy Ji and these words hold more relevance now than ever. The SARS-COVID19 pandemic has forced us to drastically change our lifestyle and our social accord. But there is indeed a good outcome that came from this pandemic and that is, we are spending more time with our family members and indulging in the exploration of sacred texts like the Guru Bhagavat. Covid-19 has provided a golden opportunity for everyone to learn more about themselves and understand the teachings of Shirdi Sai Baba and implement it onto their own lives.

Sai Divine Foundation, Dallas has always believed that children play an important role in the sustainability of not only the organization but also the teachings of Shirdi Sai Baba and Guruji. We have organized multiple programs so that these children can learn about the culture and also learn more about the homeland. Connectivity to our roots and culture has always been the foundation of our organization and we believe that these programs enables the children living in the United States get in touch with their roots. These programs are designed in such a way that the children are in control so that they can find the best way for them to learn. Under the guidance of pujya Guruji, Sai Divine Foundation, Dallas is proud to present the first issue of "Sai Creatives" – Children edition.

Children are the ones that are most affected by this pandemic because their learning has been limited to online teaching. In order to indulge the children, the first edition of Sai Creatives is dedicated to all the children of Sai Baba so that these children can get a platform to express themselves and convey their creativity during this pandemic. Every single content in this magazine has been created by these children and it is clear that they are capable of producing some of the finest work. This magazine is also the gateway for parents to learn more about their children and reflect on the hard work that they have provided into the development of their children. It is really fascinating to see how these young minds perceive the world and how they manage to understand the spirituality.

I hope that you will experience the same journey that I went through when I read and looked at some of the amazing pieces of work and understand how these children of Sai Baba have evolved to a new level. These children of Sai Baba are also active members of the charity program of Sai Divine Foundation, Dallas and help us in arranging various charitable work through which we are able to help the ones in need. So far, efforts have been made in lending a helping hand to old age homes here in Dallas who are in dire need for medical supplies like masks and gowns. Children have also worked hard on donating school supplies to those who are in need and by doing so have provided opportunities for others to pursue their education.

All of humanity is going through a big challenge in life as we are all dealing with this deadly virus. Although it is very scary out there, we have faith and believe in Baba, and his blessings give us all the courage and strength to get through this difficult time. This, in fact, has brought us together in separation. Congratulations to the entire team and families of Sai Divine for releasing this digital edition of Sai Creatives. The kids have done a wonderful job with their contributions. We are very thankful to Guruji Dr. C.B Satpathy Ji for their blessings and continuing guidance. Guruji have always preached and emphasized the importance of involving kids in this movement. That truly defines the future of our faith. We are all very blessed to see that turn into reality. There can be nothing more satisfying to see the enthusiasm of the kids and involvement in the noble cause. The Sai Divine team's efforts to continue with charitable work even during the pandemic needs to be applauded. Congratulations to everyone involved with this!

I would like to end with this note – “The more love we have in us, the more we experience Baba. Ultimately, we will experience that Baba, God and Our self is one and the same thing” – Dr. Chandra Bhanu Satpathy. On behalf of Sai Divine Foundation, Dallas stay safe, continue helping others and use this golden opportunity to learn not about yourself but about the world.

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**Rajnish Mittal**  
Editor - Sai Creatives

# HAPPY JANMASHTAMI



वसुदेवसुतं देवं कंसचाणूरमर्दनम्  
देवकीपरमानन्दं कृष्णं वंदे जगद्गुरुम् ॥

I worship Lord Krishna, Who is the spiritual master of the universe, Who is the son of Vasudeva, Who is the Lord, Who killed Kansa and Canura, and Who is the bliss of Devaki.



## **GURUJI'S MESSAGE**

I saw the pictures of the drawings. Happy to see the initiatives taken by the children in creating drawings based on various themes of Shirdi Sai Baba , our Guru .

I'm delighted to learn that a magazine will also be published soon with the involvement of children. Please convey them my best wishes for spending their lockup time creatively .

Best wishes to the parents and organisers as well.

May Shri Sai bless you all .

**-Dr. C B Satpathy  
Gurugram, India**

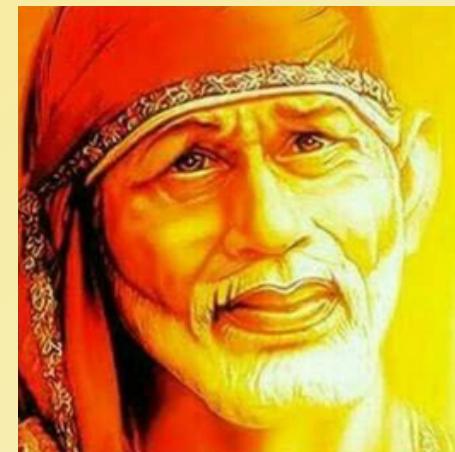
# FAITH

There are numerous kinds of different people in the world and each person is exotic in their unique way. For example, everyone has a different opinion or belief about a variety of topics but the one thing that brings us all together at length is the Almighty God. We all see the world differently through our eyes but despite our differences, the one thing that brings us all together is the Supreme power or SatGuru we refer to as Sai Baba. To some, Baba is their soldier or guard who protects them from all the adverse circumstances that have headed their way but to others, Baba is their mentor or their teacher who helps them pave their path through the thick and thin.

"Keep faith and patience and your prayers shall be answered" ~ Sai Baba. People often lose faith in Baba if things don't turn out in the way they wished for, but something that they fail to understand is that it all could be a test which you need to pass to prove yourself worthy of Baba's blessings. The devotees should fake the opportunity as a tool to reconnect with Baba to strengthen the faith and belief that he has a better plan for you and those plans would make you happier than you ever thought you will be. Baba's devotees who have shown faith in him have encountered various such scenarios where Baba took the burden upon him and helped them sail through all odds. Loyal and faithful devotees of Baba have had glimpses of Baba in some way or the other, be it in their dreams or any other form. We should make Baba the sole object of our thoughts and aims, and thus we will gain the supreme goal. One of the many ways through which we can play a part in thanking him for all his good deeds is feeding the hungry or homeless people thru any form of charity, spreading love all around, and sheer faith without hesitating about the outcome.

One night I dreamed a dream.  
As I was walking along the beach  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Sai.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.



This troubled me, so I asked the Sai about it.  
"Sai, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome times of  
my life, there was only one set of footprints.  
I don't understand why, when I needed You the most, You would  
leave me."

He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

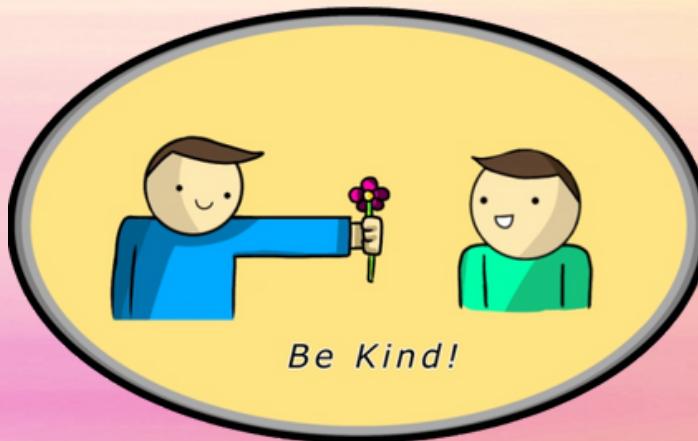
Manan Puri  
Plano, Texas

# HOW TO STAY MENTALLY HEALTHY DURING COVID-19

The world is currently being hit hard by virus known as Covid-19, and it's affected a lot of people financially and emotionally. During this stressful and trying time, however, it's important to remember to take care of yourself and your mental health. Doing so will allow you to fight the emotional battle of the virus as well as handle the taxing stress of work, family, and so much more. Here are some tips and tricks you can do to remain mentally healthy throughout this

## TIPS & TRICKS

Be kind and stay positive!



Being kind to others is key during this time.

Staying positive will put less mental pressure on you and keep you mentally healthy. Keeping yourself positive in this situation by always looking for a way to help someone or even simply smiling a little bit more also contributes greatly to a good mental health.

By focusing on the positives and following proper health guidelines and rules, we can help lower the spread of the virus, save many more people, and in turn keep ourselves and our families mentally healthy.

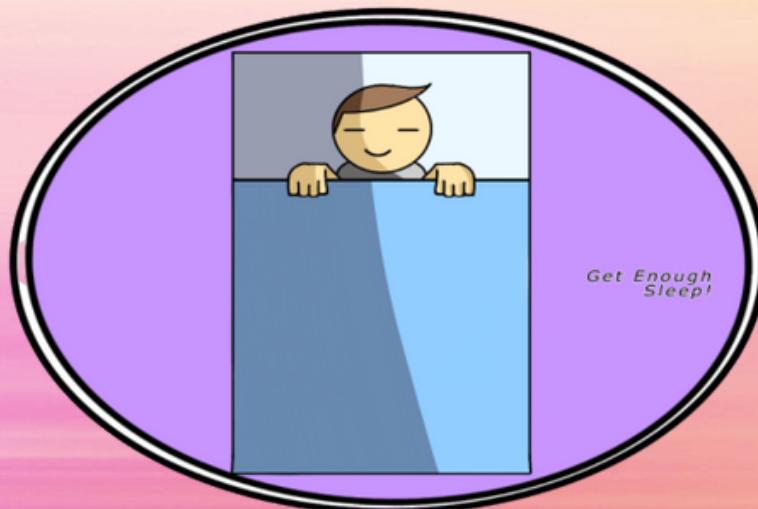
## Stay in touch with others!



Maybe call a friend, write a letter, or just check in with a family member to make sure they're doing okay. Through this you can keep yourself and others happy and healthy!

## Stay Healthy !

Getting at least 6-8 hours of sleep every night and exercising for at least 30 minutes a day keeps you physically healthy, and by maintaining your physical health, you are also maintaining your mental health.



Fun fact: When you sleep and exercise, your body releases a hormone known as dopamine, a type of endorphin (a mood hormone). Dopamine, known as the "Feel-good" hormone, is responsible for **keeping you happy**, so more sleep and exercise mean more happiness all throughout the day!

This period of the virus is a tough one to endure, but by following the above tips and helping those around you, we can not only raise ourselves but raise others. Additionally, healthcare workers are doing everything they can to reduce the situation by treating those who are sick and they're doing their best, so it's our job as the general population to do our best by helping others and staying healthy.



Keeping yourself mentally healthy can be challenging at times, but the important thing to remember is that this situation will not last forever. Because of this, it's important that we stay positive, happy, and healthy while we are in the situation. By helping others, we can help the world become just a little bit better.

**Aakrish Mittal  
Plano, Texas**

# My Visions for Better Future

The Srimad Bhagavad-Gītā is a philosophical poem and an essential pillar that has held up the foundation of Hinduism for centuries. In its essence, this sacred text describes a conversation between the Pandava warrior Arjuna, his fellow men, and his advisor the Beloved Lord Krishna. Arjuna is fighting in a war against his cousins, the Kauravas over his kingdom and seeks help from Lord Krishna during this turmoil. The Gita covers many important lessons on how one should compose themselves and approach life. Specifically, one of the most important teachings addressed relates to the significance of mental health.

**Mental Health:** *“a person’s condition with regard to their psychological and emotional well-being.”*

-Oxford Dictionary

Over the years, stigmatization over mental health has been very prevalent and saturated within cultures. For example, in Ethan Watters’s *Crazy Like Us* (“The Mega-Marketing of Depression in Japan”) he sheds light on the brief history of the Japanese perception of the mental state. Culturally, the topic of mental illness was largely associated with negative connotations and hysteria. Anxiety, depression, and other disorders would result in patients being admitted unnecessarily to hospitals for years. Discussion of mental health was frowned upon, and it was common for people to hide their diagnosis from friends and family due to shame. Similarly, we have seen such stigmas within the Indian culture as well. In 2010, NPR.org published an article headlining “In India, Stigma Of Mental Illness Hinders Treatment.” The publication of this article, was one of the first drastic signs of international awareness to the growing issue within India.

Before you continue reading, please do me a favor. Disconnect yourself from the culture, religion, stereotypes, experiences, etc. that define you. Simply as a human being, what is your pure opinion on mental health? And then after immersing yourself in the Bhagavad Gita, ask yourself this question again, and question/analyze how your perspective changes.

What makes the Bhagavad Gita such a powerful scripture within Hinduism, is its ability to provide its readers solace and guidance. However, when it comes to reading such religious/spiritual texts, one must note that their experience in translating the text and absorbing the lessons taught by Lord Krishna, will be different from others. (Thus, I advise reading the scripture at least once on your own. The following points are my takeaways and how I related the Gita to the discussion of mental health.)

Given the nature of the war and Arjuna’s ongoing conflict with his own family, we see that he begins to fall into despair which develops into depression. Within the Gita, symptoms of depression are described through negative thoughts, immense guilt, and even destructive death wishes. Thus, Arjuna seeks counseling from Lord Krishna to learn how to restore equilibrium to his psyche. Lord Krishna shines light on the possibility of restoring balance to one’s mental state through constant “practice and detachment.” He describes the mind as having a malleable nature which can be easily affected by external forces whether they are good and/or bad. Therefore, look at the mind as you would an innocent child, You must train the child and instill discipline within their life so that they do not wander down a loophole, and the mind doesn’t waiver. In addition, children also develop attachments to materialism at a very young age which in the long run can grow into greed, selfishness, and never-ending discontent; thus, reinforcing the idea of discipline and structure within one’s headspace. “The embodied soul may be restricted from sense enjoyment, though the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness.”

In order to bring forth this discipline within oneself, one must “consis[tently] practice and detach” themselves. Here are 10 mental health techniques conveyed by Lord Krishna in the Gita:

1. **Swadharma;** One's life dharma, or duty of self-realization and unique importance in the universe followed by fulfillment.
2. **Karmanyे Vadhikaraste, Ma faleshu Kadachana.** Ma karmafal hetu bhuh, ma te sangah astu akarmani; Performing one's duty without attachments/ego/or expectations of an outcome. Even if this duty will hurt be extraneous he shall persevere and complete his mission.
3. **Apne Uhvati Pran am;** Prioritizing prayer regularly.
4. **Yuktahara Viharasya;** Following yoga, eating food in moderation, speaking with intention, exercising, meditating, etc. to eliminate stress.
5. **Yedaasamharatechaayam;** Awareness of senses.
6. **Na hi jnanena sadrusham pavitram iha vidyate;** Recognize the importance of education, and the need for clarity in thinking as these are essential to our reality. Acceptance that our role in our physical bodies is temporary and relative.
7. **shakti haiva yah soshum;** Showing purity in emotions and overcoming impulsive behavior, anger, and other negative emotions.
8. **Shraddha Mayoyam purushah.** Yo yat shraddha sa eva saha. Having faith in a higher power or belief. What determines a man's strength, is their foundation within their faith. This also transpires in one's thoughts, desires, and actions.
9. **Swalpam apy asya dharmasy trayate mahato bhayat;** Consistent practice of prayer and meditation help develop happiness, peace, and fulfillment within.
10. **Nasti buddhir ayuktasya;** One shall synchronize the head, the heart, and the hands to feel happiness and encourage equilibrium within the body mentally. Being unsynchronized causes stress, anxiety, depression, and essentially breaks down one's mental health.

As time progresses, we are advancing towards a digital lifestyle which undermines reality. The importance and significance of the term mental health is increasing every day. However, the idea is the same as it has been for centuries, as shown through the sacred Śrīmad Bhagavad-Gītā. Managing a healthy ecosystem in the mind is a fundamental pedestal to leading a happy life that reflects acknowledgment and appreciation for its purpose. Raising awareness of the importance of mental health and teaching children discipline through meditation, mindfulness, etc. is imperative towards creating change within society, and our culture. We must work to break such negative stigmas and encourage flourishing within the soul.

Shreeradha Mohapatra  
Allen, Texas

# A LOOK INTO THE FUTURE

BY- ADITYA PANIGRAHI  
PLANO, TX



Eleanor Roosevelt, the first lady of the United States, once said "the future belongs to those who believe in the beauty of their dreams." Back in 1945, while the world was recovering from the great war, visionaries like Eleanor Roosevelt started to focus on the construction of a future where war is just a figment of history textbooks and prosperity is a family member in every household. Even famous words like "I have a Dream..." by Dr. Martin Luther King sparked one of the major movements in the entire world which we now know as the civil rights movement. Throughout history, advancement in both technology and humanity has been constructed by such visionaries, and it is because of their hard work we are here today to start dreaming the future that lies ahead of us.

Currently, the world has been halted by the pandemic cause by the SARS-COVID 19, and because of that many obstacles has been placed into the path of the future. Where other see the pandemic as an obstacle, I see it as a transition point to an alternate future. Many great things have come out of pandemics, for example, Isaac Newton came up with the theory of motion, which currently is the baseline of our modern physics, during the plague. What this pandemic has taught us is that, better precaution has to be implemented with the help of the technology. Zoom is a great example on how the lives are shaping today and how the mode of interaction has drastically shifted from physical to digital. I envision a future where new technologies would enable someone to talk to another person on the other side of the planet and it would feel like you are having a physical interaction with that person. We are already seeing that in the form of holograph technology where deceased are brought to "life" through holograph imaging so that families do not feel the absence of the deceased person. Another advancement that I envision for the future is the dependence on artificial intelligence and robots. This would enable to create a new era for manufacturing engineering where necessary medical products like ventilators can be produced in a matter of hours and in huge quantity as well. This brings us to another form of vision that I have for the future and that is the generation of new kind of vehicles especially in the Aerospace sector. I envision that in future, we will see transport and passenger aircraft capable of flying at supersonic speed and shorten the time and increase connectivity between parts of the world. We already have companies like Aerion and Boom aerospace who want to start supersonic program again and continue where Concorde left off. There is a common theme in all of the vision and that is that we need to start focusing on the advancement of the technology in order to create the dreams that can shape our future. It is time that these dreams start to take precedence and pave a way to a brighter future where we can avoid pandemics like SAR- COVID 19.

In conclusion, it is a difficult time that everyone is going through but at the same time this is one of the opportunities in our lifetime that we cannot miss. This is the perfect time to shift out focus on technological advancement. What this pandemic has done is that it has shown that technology is the basis of humanity. If technology advances, then the humanity also advances. Even Albert Einstein said, "It has become appallingly obvious that our technology has exceeded our humanity." We are looking at a future where technological advancement becomes the necessity for the humanity to survive and thrive. According to Captain Jean-Luc Picard of the USS Enterprise, a character in Star Trek Next Generation, "Someone once told me that time was a predator that stalked us all our lives. I rather believe that time is a companion who goes with us on the journey and reminds us to cherish every moment, because it will never come again. What we leave behind is not as important as how we have lived. After all Number One, we're only mortal."

# SERVICE OF MAN IS DUTY TOWARDS GOD

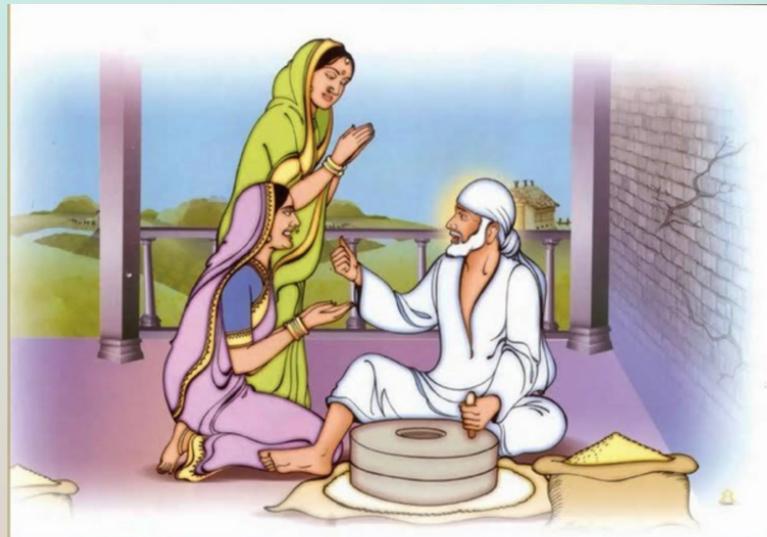


There is immense pleasure in contributing back to the community. However, to experience that joy, service must be humble and seek purity from the heart and mind. The word "community" emphasizes extreme warmth and happiness. Society provides so much for us...then why shall we hesitate to give back? The community depends on its residents to help them advance and prosper.

There are various ways to contribute to the community. For example, charity is a noble quality that brings welfare to society. Charity is essential to assist people in different parts of the world, especially people who are victims of tragic incidents. When charity is a selfless deed, it marks a precious moment in the heart. But it should be noted that one should contribute according to their capacity. Several institutions contribute in different ways. Some organizations host food, clothing, and toy drives. Others expand educational opportunities by teaching the underprivileged. In both of these practices of charity, relative measures are taken to help improve society.

Ultimately, volunteering to help a community is essential. However as the proverb follows "charity begins at home," we must first help our neighbors, relatives, and friends. Since charity originates in our hearts, we should first assist those close to us, then we should extend towards helping the needy.

# BABA'S STORY AND THE PANDEMIC



In the Sai Satcharitra Chapter 1, Shri Sai Baba saved many people's lives through his leela. 'It was sometime after 1910 A.D.' when the Cholera Epidemic was on its way to the Shirdi village. Meanwhile, Baba used a winnowing fan and hand-mill and began making preparations for grinding wheat. When the villagers heard of this news, they immediately rushed to the Masjid to witness it themselves. From the crowd, 4 women got the courage to go to Baba and help him and started grinding the wheat. Once they were done grinding, they divided the flour into 4 portions and began to move them one per head. When Baba noticed this, he got angry and told them to take the flour and dump it on the outskirts of the village. The purpose of this was to protect the villagers from the Cholera Epidemic because Baba knew it had entered Shirdi. The wheat symbolized the epidemic which Baba crushed and pushed out of the village. Also, the hand-mill had a philosophical significance because it described 3 things. 'The two stones of the mill consisted of Karma and Bhakti, the former being the lower and the latter the upper one.' The third was the handle of the mill which consisted of Jnana. Through this symbolism, I learned that we should do bhakti with jnana so that our karma could be purified. What I like about this chapter is how it's relatable to the current situation. The COVID-19 is a pandemic that has spread all across the globe; this leela by Baba is an inspiration and guidance on how to deal with situations currently. This is a test given by God to see how we get through tough times as a person through faith and patience (shraddha and saburi). We should all pray to Baba to keep giving us strength, happiness, and a healthy heart to help others in their tough times. Jai Shri Sai!

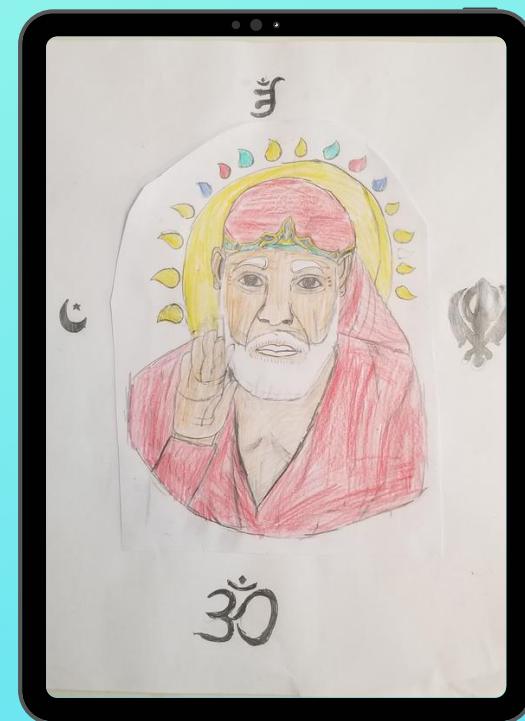
# The Life of Sai Baba

Sai Baba was a man who lived in Shirdi and helped a lot of people in that city. A lot of devout Baba followers assume he is a reincarnation of God, while others think that he's just an honest, down-to-earth, generous man. However people think, pretty much everybody thinks that Sai Baba was a very exceptional person of his time.

Sai Baba was born in the year 1835 to a Brahmin couple in Patri, Nizham of British India, but was handed to a fakir to raise him when he was 5. When he was 16, he was brought to Shirdi. The locals were puzzled about this young boy showing up and not providing any details about where he was from and how old was he. Even at a young age, Baba did a lot of spiritual and philosophical things. He talked with people about spirituality, and he is said to perform miracles for the poor and middle class men and women. After about 3 years in Shirdi, he left as mysteriously as he came. Some people think that he went to be friends with other saints and fakirs. It is also believed that he fought with the army of Rani Lakshmibai of Jhansi during the Indian Rebellion of 1857.

A year went by since he left Shirdi, and then he came back permanently. Since no one knew the young man's real name, they started calling him Sai Baba. He started wearing a one-piece knee-length kufni and a cloth cap. Many people thought he was a Muslim fakir, and the predominant Hindu population showed him some hostility. During this time, he talked very little and meditated most of the day. He had no home and no items. The villagers finally convinced him to live in an old and worn-down mosque(Muslim temple). Eventually he gained a reputation as a spiritual master. He maintained a sacred fire in the mosque from which he got "sacred" ashes to give to the visitors. He also applied it to the sick because the ashes were believed to have miraculous healing powers. Even though he didn't follow a specific religion, he told his followers to read religious Hindu texts like the Ramayana, the Bhagavad Gita, and the Mahabharata, as well as the Qur'an, a sacred Muslim text. He often emphasized on the thought of one God, saying stuff like "Allah Malik"(God is king) and "Sabka Malik Ek"(One God governs all). He stressed the importance of charity and encouraged all to share. He was kind to animals and shared his lunch with them. His teachings emphasized that everyone is equal and no one should bias people.

He took samadhi on October 15, 1918 and was buried at the Samadhi Mandir in Shirdi. His final breath was in the lap of one of his devotees. He told people in August of that year that he will be passing soon. In September, he got high fever and stopped eating. He finally breathed his last on that fateful October day.



Arman Rout  
Austin, Texas



# Sai Baba

Saanvi Nayak  
Age 10,  
Jacksonville, Florida

**All about Sai Baba** Sai Baba of Shirdi, also known as Shirdi Sai Baba, he was an Indian spiritual master. He was both Hindu and Muslim devotees. Sai baba is worshiped by people around the world. Sai Baba lived a small village in India. He was a simple beggar dressed in torn clothes.

**Lighting lamps with water** Long before Sai Baba's fame spread, he was fond of burning lights in his Masjid and other temples. But for the oil needed in those little earthenware lights that he lit, he depended on the generosity of the grocers of Shirdi. He had made it a rule that he were to light the earthenware lamps in the Masjid every evening and he would call on the grocers for small donations. In the beginning people looked upon Baba as a mad fakir and so the grocers gave him oil just for the fun of it. But soon the grocers got tired of giving oil free to Sai Baba. One day bluntly they refused to oblige him, saying they had no fresh stocks without a word of protest Sai Baba returned to the Masjid. He poured water into those earthenware lamps that continued to burn deep in the midnight. The news came to the grocers who now came to Sai Baba to ask him to forgive them. Sai Baba forgave them, but he warned them never to lie again, "You could have just refused to give me the oil, but did you have to say that you didn't have fresh stocks? He made his point, and the grocers were honest from then on. Sai Baba knew that the grocers had oil so he had to teach the grocers that honesty is the best path but to do that he used his power to make water light the lamps just like oil.

**Sai Baba never lets anyone go hungry** Once in the village of Shirdi, there was strong devotee of lord Shiva. The name of strong devotee was Baba. Baba was sitting in the temple when few kids that Baba sometimes taught came into the temple with a little bit of Prasad their moms give them to give to lord Siva. After their prayers baba put all the Prasad's in a banana leaf and told the kids to eat. The kids said that there was not enough Prasad for all of us .Sai Baba said," Don't worry I can assure you that there will be enough Prasad for everyone. The kids started eating. Then one of the kids said," Baba I am so full and there is still some food left. How is that? Baba answered when you bring something with love it will feel like it is never endless. Now go home and rest," Baba said.

**Baba made it rain** Long time ago in a village called Shirdi, there was a big drought and all the crops were dried and there was no water to water them. All the people were suffering because they had barely any water or food since the rivers and streams are also dried they all went to neighboring villages to see if they had water but all the villages had the same problem this went on for weeks then people started falling ill and the doctors couldn't do anything about it since the medicine isn't there because it is made of water and people went to sleep some nights starving. Everyone went to Baba and asked him to help them. Baba said," Don't worry put all the water everyone has in the river and sleep. Everyone did as told and the next day when everyone woke up it was raining and the drought was gone everyone went up to Baba and thanked him. Baba is there for everyone everywhere so don't forget to tell him you problems and he will solve them when the right time comes.

# Mother Nature

We live in a galaxy called the Milky Way. There are many solar systems and in each solar system, there are multiple planets and their moons, as well as a star. In our solar system the closest star is called the Sun. In our solar system, there are eight planets, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. Mercury and Venus have 0 moon, Earth has 1 moon, Mars has 2 moons, Jupiter has 79 moons, Saturn has 53 moons, Uranus has 27 moons, and Neptune has 14 moons. Mercury is the only planet that does not have an atmosphere. The planets other than Earth that have atmosphere have no oxygen, which makes them inhabitable. Earth is the only planet that has the resources for life, oxygen, water, and food.

On Earth, there are many sources of pollution, which are contributing to global warming. Global warming is where the burning of fossil fuels creates carbon dioxide and makes the Earth warmer over time. The cause of this is power plants, cars, natural gas stoves and dryers. All of these things burn fossil fuels, which is contributing to global warming. Fossil fuels include oil and natural gas. As well as the cutting down of trees. The trees collect the carbon dioxide but with less trees and more carbon dioxide there will be less oxygen for humans to breathe. Global warming also melts away all the ice glaciers at the north and south poles. When these glaciers melt, they turn into water and increase the water level of the surrounding area. Which can lead to floods if global warming goes too far. To slow down global warming we can use a car less and walk, bike, share a ride with someone. Other things we can do include using less electricity or only use the dryer when it is full.

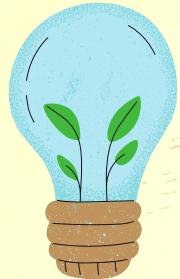
There are other types of pollution that ruin the environment and are bad for the animals that live there. A lot of trash from people littering accumulates in the ocean. Most of the trash comes from people who litter on beaches or from factories near oceans that dump all their waste in the ocean. From all this lots of sea life are dying by mistaking the trash for food. You can just not throw your trash on the ground and instead throw it in a trashcan. This is how our Mother Nature is and we need to do our best to take care of it. If we do not do anything to help stop polluting, then the Earth will not be safe for humans.

Vedant Mohapatra  
Allen, Texas

# POLLUTION - THE END OF THE EARTH

I think we should stop using cars to places that are walk-able, because cars cause pollution that harms the earth and nature. Pollution is a very big problem to our society because it comes from everyday objects that we use when it is unnecessary, where the result is a habit...A Bad Habit. That's why we should use cars only when we need them. Also, this helps us to become active and stay fit. This is the cause for global warming. Global warming is when there is too much Greenhouse gas in the atmosphere, which makes the weather hot, humid and burning. This is bad because it will heat up the Earth and our Atmosphere will become TOO hot and make living on earth very hard. That's why we should take care of it because essentially, it is the vessel of Humanity and we should care for it. The earth's oceans will have more trash than fish in it, so that's why we should also recycle. Recycling is important. Littering is one of the things we should not do because, it spreads trash all over the place and also pollutes. So that's why pollution is increasing. There are many ways to stop pollution, like picking up trash, recycling, exposing gases and smoke to the air. Those are only some of the ways you can stop pollution. Obviously, this is only the beginning of things you can do to stop pollution. Now, we obviously need more than one person to take care of the Earth, so that's why encourage people at school, our neighborhood, and our family and friends, to be extra cautious of what they are doing. If we can save Mother Nature, it will be an achievement for mankind and will be a milestone in history.

Adwait Pradhan  
Plano, Texas



# **Mother Nature: How we can save mother Nature and help maintain balance on Earth**

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**We can save Mother Nature and help maintain balance by doing the following things.**

## **1. Preserve Natural Resources:**

We should preserve natural resources like forests, water bodies, wild life etc.

## **2. Plant more and more trees:**

Trees provide food and oxygen. They provide shelter for birds and animals.

We should plant more and more trees.

## **3. Follow the 3 'R's:**

- a. Reduce: ex- Reduce the use of plastic bags
- b. Reuse: ex – Reuse old things for other purposes
- c. Recycle: ex – Recycle used things like paper, cans, cardboard, Plastic etc.

## **4. Control Pollution level:**

- a. Air pollution: Reduce harmful smokes going into the air
- b. Water pollution: Don't throw waste/trash into water bodies.
- c. Land Pollution: Don't throw garbage/plastic bags/plastic bottles in open space.

## **5. Reduce use of fossil fuel:**

We should walk/use bicycle as much as possible. Opt for electric cars if we can.

## **6. Stay clean, healthy and safe:**

Maintain clean environment and prevent spreading of diseases.

Sai Baba says “Shradhha”, “Saburi”. Let's “Love” Mother Nature and care for it with “Patience”.

**Akshara Karthika Vavilla  
Age-6, Plano, Texas**



# SUGAR N' TEA

Many people experienced miracles with Sai Baba. Today I will be talking about my favorite one. This miracle took place in a small village in India. Cholkar wanted to get a permanent job because he had a temporary job only and he was praying to Baba to help him pass the exam to get a permanent job. He vowed to Baba that if he would get a permanent job, he would go to Shirdi and fall at Baba's feet. By Baba's grace, Cholkar passed the exam and got a permanent job. He was so happy and decided to go to Shirdi to thank Baba. The problem was, the Shirdi trip was too expensive. So he decided not to use sugar in his diet and began to take tea with no sugar. Like this, he started saving money for the Shirdi trip. Once he had enough money, he went to Shirdi, took Baba's darshan, and fell at Baba's feet. He was very much pleased with Baba's darshan. When he was leaving along with his host, Bapusaheb Jog, Baba said to Jog, "Give him (Cholkar) cups of tea with lots of Sugar."

Hearing these words, Cholkar burst into tears and fell at Baba's feet again. By this Cholkar learned an important lesson *that Baba is everywhere in everybody's heart and Baba knows everything that is happening in faraway places.* From this story I learned that Baba is everywhere, He knows everything and that I should pray to Baba if I need to get anything in life.

By: *Sayin Alahari*  
*Plano, Texas*

# CLEAN AND GREEN



There are many things that happen in today's world that are ruining the planet. If it continues, we will live in a toxic environment in which we can't survive in. But we can stop this. Let me tell you about a few things that will impact the environment in a positive way so in the future, we will live in a clean and safe Earth.

Some ways that we hurt our surroundings are by littering and polluting the earth. Some people don't separate the recycle and the trash which is damaging the Earth unknowingly. This ends up in sea animals dying in plastic and fumes that get us sick. The water we drink is extremely dirty and this is all because we can't keep our home clean. Let's stop this before it goes out of hand. Usually we don't check if our bottles are recyclable or not, but if we did, recycling would be much easier.

Next time you throw a bottle or any item away, check to see if there is a recycle sign. If there is, put the object in the recycle bin.

Another way we can help our environment by not littering. Littering has always been toxic to not just us, but other living things. Many sea creatures die strangled in plastic waste that we throw on the street. The wind blows it around until it falls into the ocean water. This is not just because of plastic. Rubber, wood, and other things harm our surroundings. Littering can also cause pollution. Many die because of littering things. We can stop doing this. Once you finish a bottle of water, don't just throw it on the streets. Walk to the nearest trash/recycle bin and throw it away (in the right bin). If you see any trash on the ground, pick it up! You don't want to live in a dirty and toxic environment right?

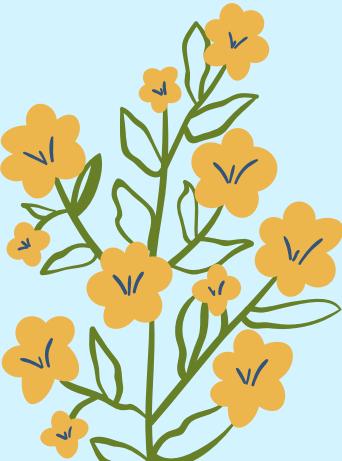
Another way to improve our environment is to use less energy. Using lots of energy causes air pollution. Don't keep the lights on unless it's necessary. Don't use that much water either.



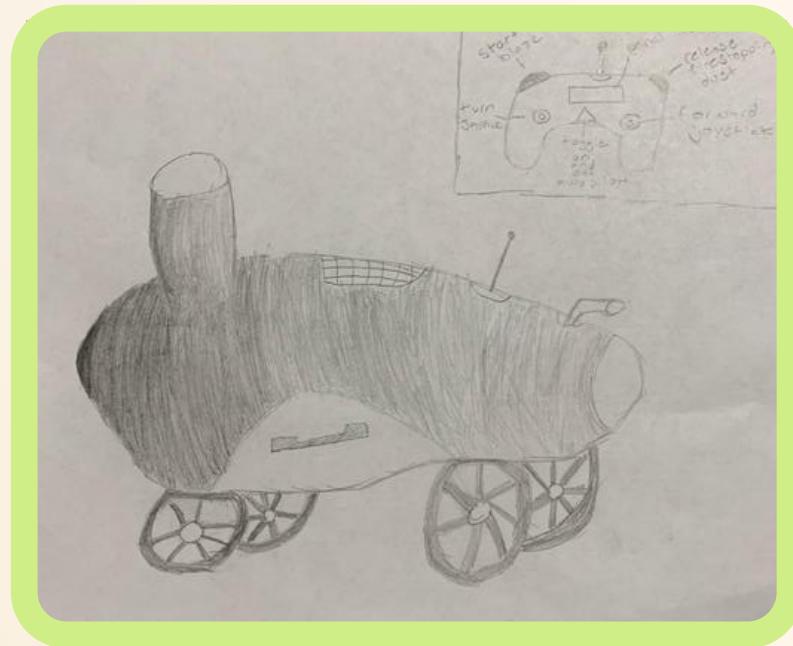
One last idea to help the Earth is to stop chopping down trees. Trees are what give us oxygen and we are slowly losing them. Plant a tree and keep the Earth green! Those are some ways you can help clean the environment! It will definitely impact the Earth. Make sure you tell other people to do these things also and soon, we will live in a clean and safe environment.



**BY: SAI ALAHARI  
PLANO, TEXAS**



# THE FOREST FIRE FIGHTER



The invention I designed can greatly improve the quality of human life. It is called "The Forest Fire Fighter". At this current moment, firefighters contain forest fires by burning a circle around the fire. My invention minimizes the risk of fires getting out of control when the firefighters are burning the containment circle. "The Forest Fire Fighter" is a robot in which you put in the extra and unneeded debris of the forest. You then can burn it in a safe chamber in the machine, and expel the burnt dust and stop the forest fire in its tracks. There is absolutely no risk as you can program a path for the bot to take or drive it yourself via the remote and camera.

Sai Buddi  
Age 13, Minneapolis, Minnesota



SAATVIK MATHUR  
FRISCO, TX



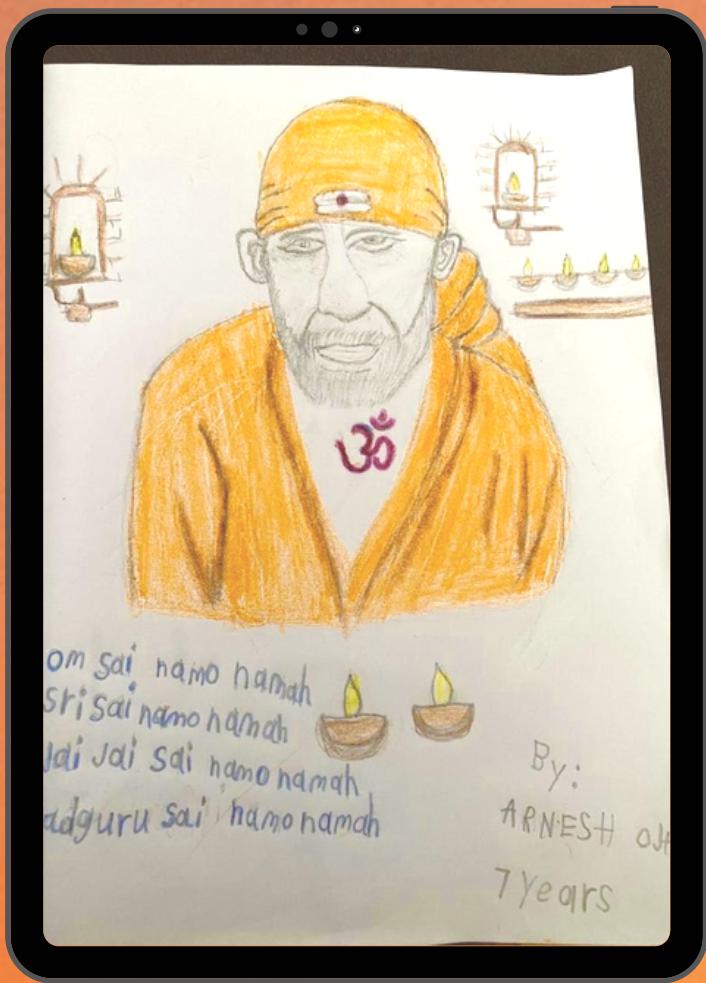
Aashi Baluja  
Age 9, Noida, India



**Siddhiksha Mohanty**  
**Age 4, Pune, India**



**Aaradhyaa Satpathy**  
**Age 5, Plano, Texas**



**"WHY FEAR WHEN I  
AM HERE?"**

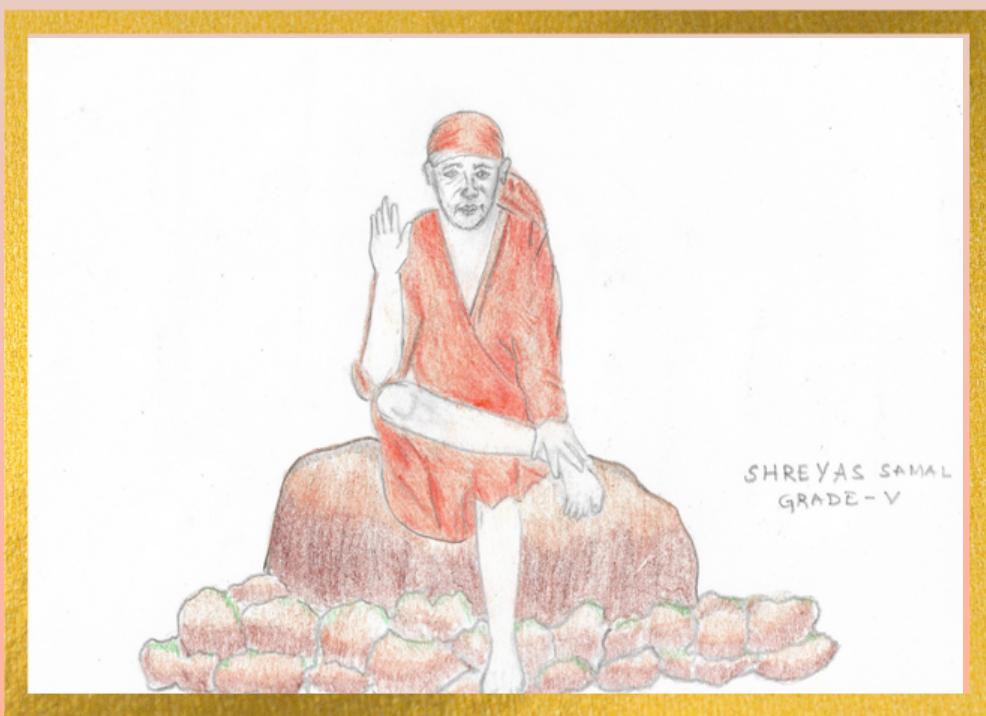
Arnesh Ojha  
Age 7, Austin, Texas

# SAI BABA

Sai baba took samadhi a long time ago but still he can hear us pray for Him. During this covid 19 time, the Zoom app has meetings at 7:00 PM where people join and sing songs in hindi and pray to all Gods. People in the meeting pray to Sai Baba and ask for His blessings. Baba is always with us helping us every moment and reaching us whenever we call Him. His dream was to have people help the world to be a better place to live.

Sai Ram

Ayana Rout  
Austin, Texas



I have witnessed Sai Baba since I was a small kid. Every time I go to our Puja Room, I feel that Baba is looking at me. My mother has been telling me the stories of Baba since I was small, which were very interesting to me and I learned so many things about Baba. During my last visit to Shirdi, I saw a dog in the temple which was very surprising. When I enquired about it, my Mother told me that Baba loves every creature along with human beings. I saw many people feeding the dogs in Shirdi and I did the same, which made me believe that act of kindness to all will make Baba very happy.

Shreyas Samal  
Plano, Texas

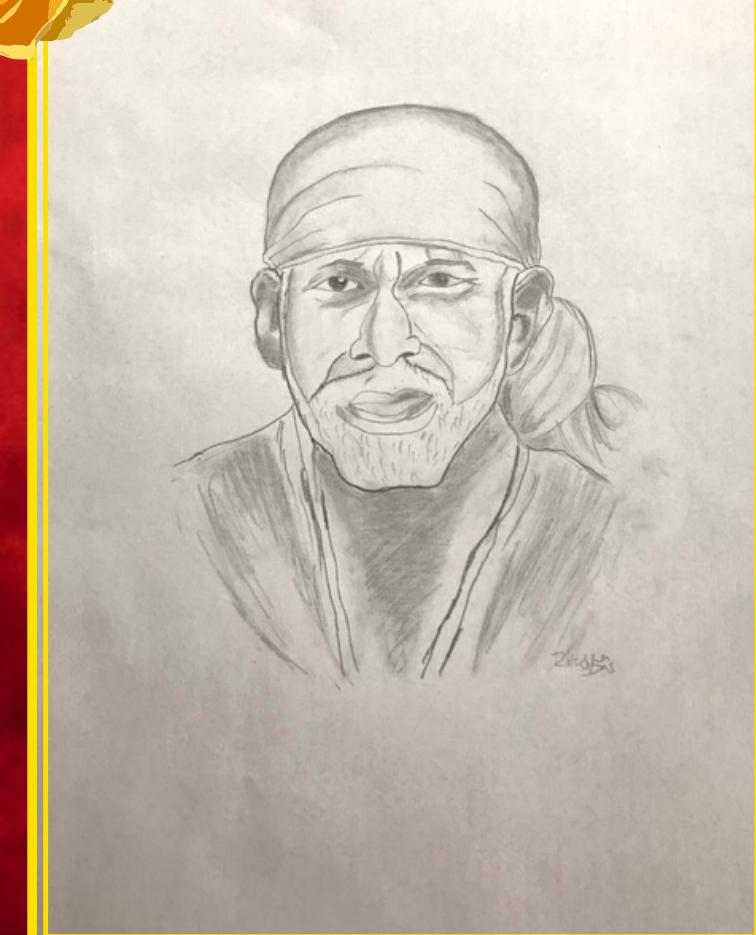


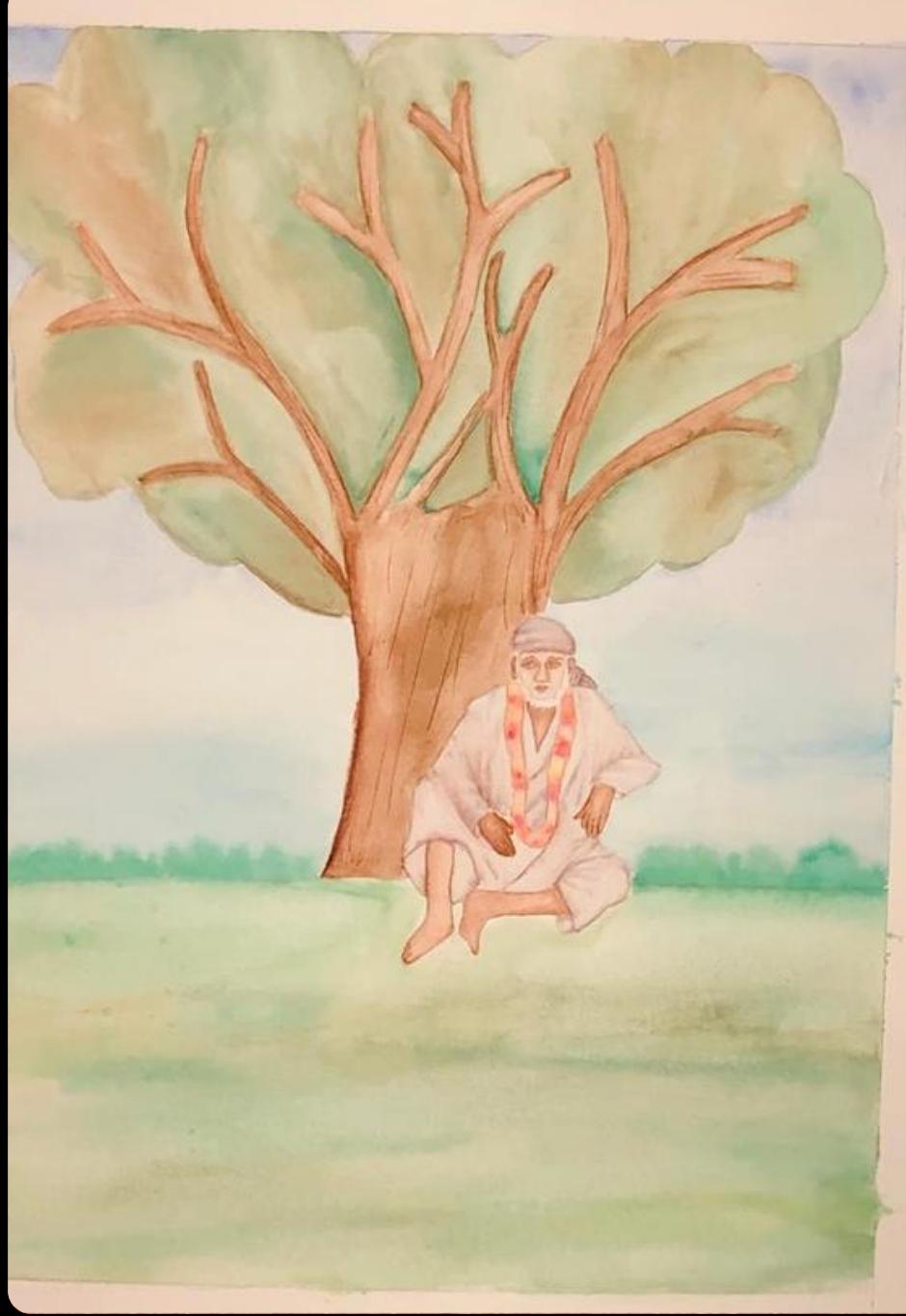
**Ayesha Satpathy**  
**Age 14, Plano, Texas**

**We are all blessed to be baba's children as his love towards all is eternal. If we surrender our sorrows and pain, he will protect us and take care of us as his child. We love you Baba ☺**

**"I am formless and everywhere I am in everything and beyond. I fill all space. All that you see taken together is Myself. I do not shake or move."**

**Ritisha Das**  
**Age 13, Houston, Texas**





**“Be contented and cheerful  
with what comes.”**

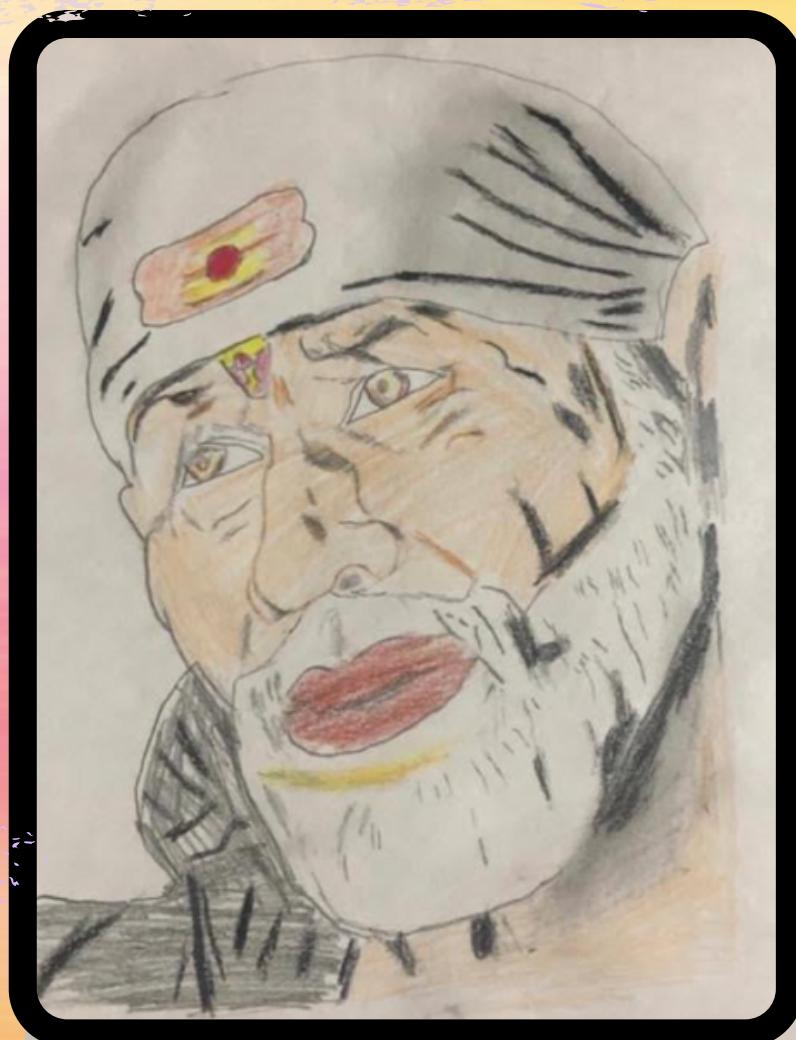
Shreya Agrawal  
Plano, Texas



**"Sabka Malik  
Ek"**

**Saiyatish Munagala  
Age 11, Allen, Texas**

**Sampriti Senapati  
Age 15, Plano, Texas**



# DREAM CATCHER

Dreams are like trees the bigger they grow, the stronger they become and if seen with "open eyes" they will surely come to life. My "Dream Catcher" fosters and shelters hope beyond the realms of these difficult times of COVID-19. It highlights great values like Unity, Generosity, Courage, Respect for people from all walks of life and the Love for Nature that people have shown during this global pandemic. Never before had we seen so much global positivity and for me, this is a harbinger of a more beautiful and compassionate world... So, Keep Imagining, dreaming and believing in Baba!!.



Shriya Krishna  
Age 16, Toronto, Canada

**SAVE THE EARTH, SAVE A LIFE!**

Dhanvi Krishna  
Age 10, Toronto, Canada



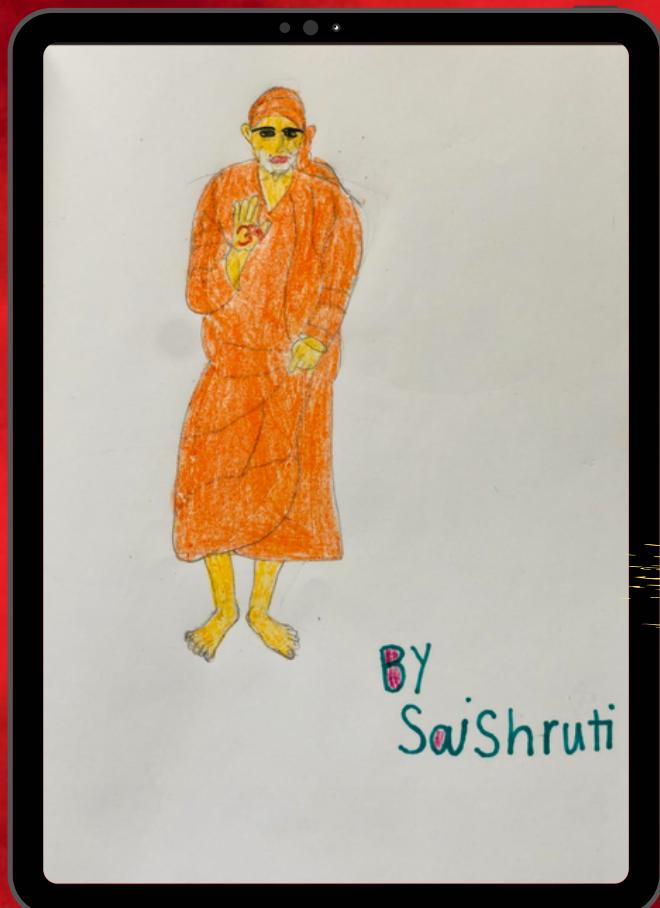


**Vanshika Kapoor**  
Age 16, India



**Aditya pandey**  
Age 12, New Delhi, India

## MY BELIEF IN BABA



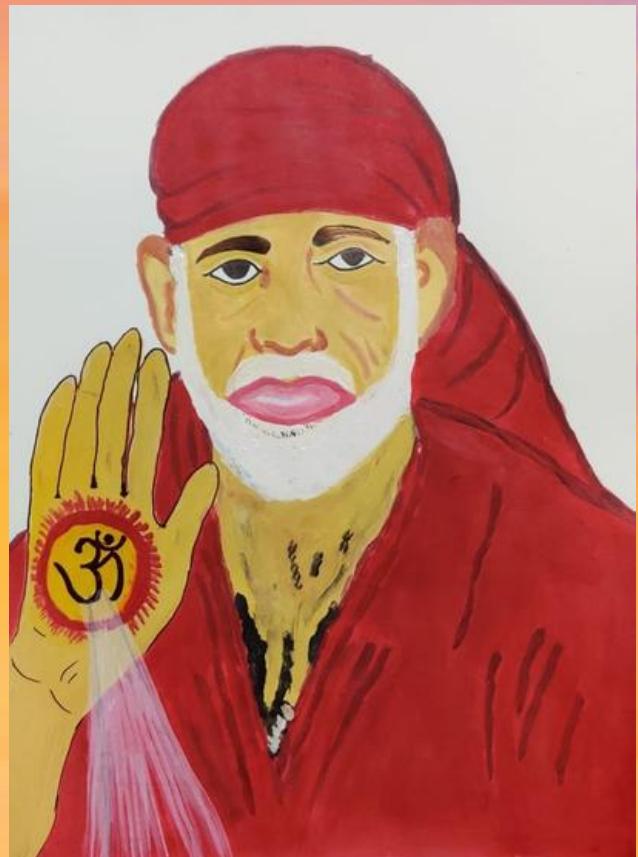
BY  
**Saishruti**

My name is Saishruti Nayak. I am 7 years old. My parents love Sai Baba, so they named me Saishruti and my little brother Saishlok. I always say the mantra and then wish for what I want and need. When my little brother was not born, I prayed to God for a little brother, and I got one. That is why I believed god was there. And when I feel pain in my body, I pray to God to feel better. Even when you are facing hard times, always trust god.

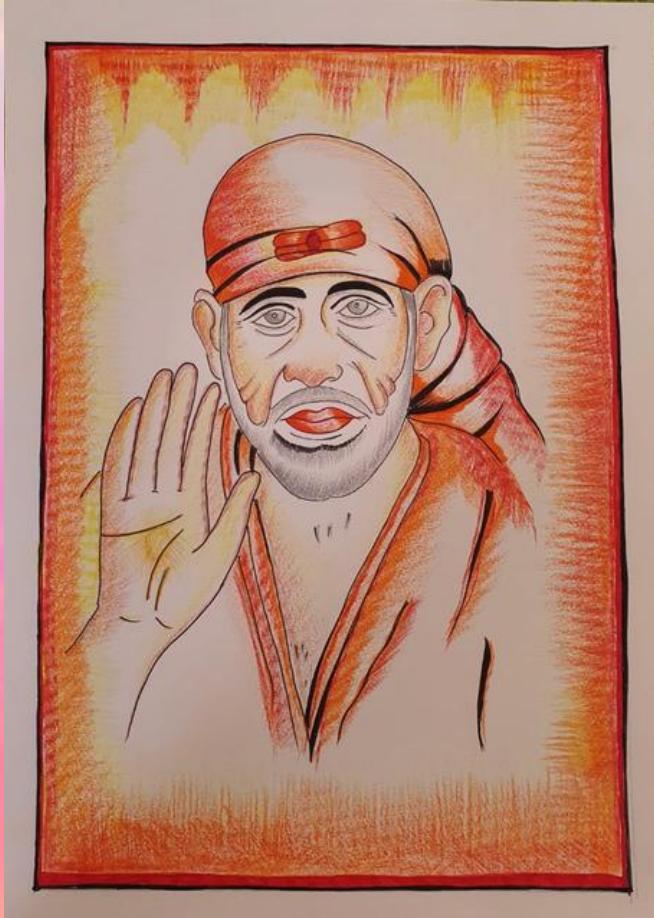
**Saishruti**  
Age 7, Austin, Texas



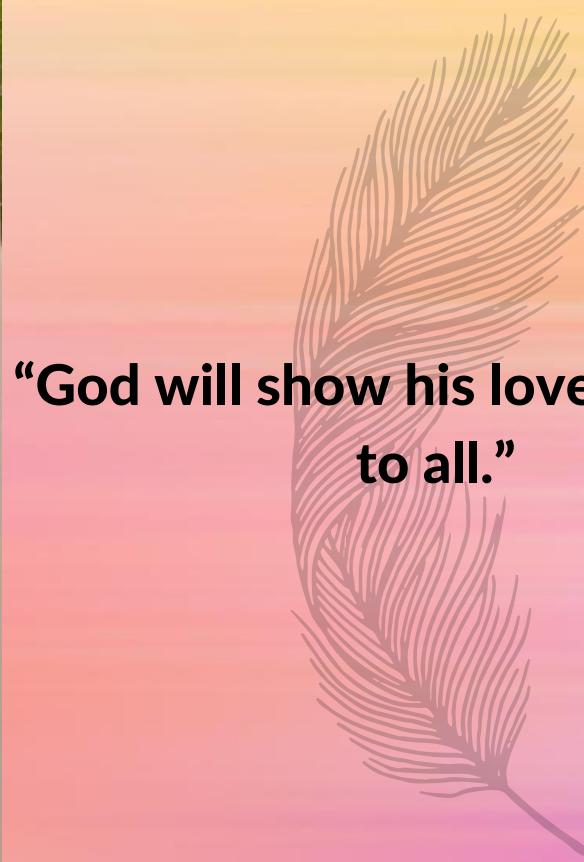
**Sipra Sarangi, India**



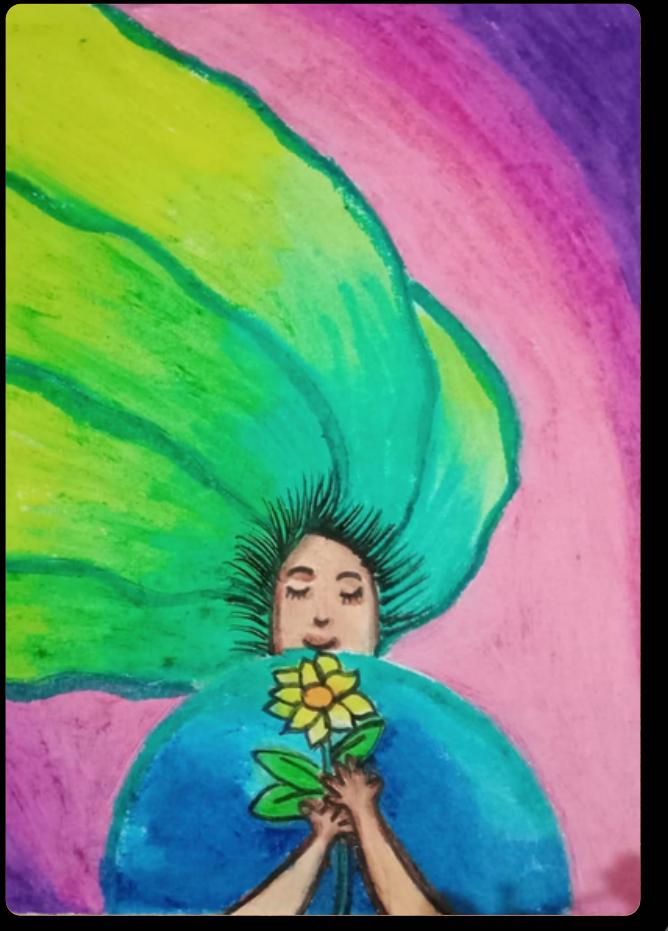
**Anuska Mahapatra, India**



**Prachi Mishra , India**



**“God will show his love. He is kind to all.”**



The picture describes “*The Beauty of Mother Nature*”, embracing our lovely planet earth, it is not lie solely in what we see. There is beauty in the sounds, the songs of birds, the howl of coyotes, and the whisper of the wind in the trees.

Saanvi Nayak  
Age 10, Jacksonville,  
Florida

## NATURE

Nature is all around us even if you don't see it. We need nature to survive. Trees and plants turn carbon dioxide into oxygen so we can breath. Seeds grow and we get food from nature. Grass and plants help us not get hurt when we fall! All these things are important. If you cut down trees, animals will lose their homes and we would be breathing in nasty air! Fun fact: if you don't waste paper you can help save trees! So instead of cutting down trees, you should plant some. It will feel good.

You need nature for almost anything!

Riya Shrimali  
Age 9, Plano, Texas

# WONDERS OF MOTHER EARTH

She glows like the sun, her skin radiating light,  
It blossoms as she saunters; rousing the day, breaking the night.  
She shares her sorrows, and it rains,  
Yet she shows care by watering the grains.

But sometimes our mother is afraid,  
Afraid that her generous powers will vanish,  
Afraid that pollution will cause life to perish,  
Afraid that her children have become ignorant.

Please obey our wise mother and fulfill our duty,  
Lets plant trees and revive her beauty.  
We can save energy and conserve water,  
And ask for forgiveness as her son or daughter.

Ayesha Satpathy  
Age 14, Plano, Texas



MAA...  
Maa...  
Wandering eyes that sway the soul.  
Alluring winds that come and go.  
Ring the bell, let the purpose flow.  
Light the way, let the pursuit glow.

P. Sai Alekhya  
Banglore, India

# MERE SAI !



**SAI SAYS: "I THINK OF MY PEOPLE DAY AND NIGHT."**

The one who is omniscient, all pervading.  
The one who is merciful and kind.  
The one who is loving, amiable.

**Sai Says: "Shraddha and Saburi"**

The one who has changed the world in unadorned actions.  
The one whose name is very ubiquitous .  
The one who brings fortune and contentment to life.

**Sai Says: "Why fear when i'm here"**

The one who guides us to the right path.  
The one whose simple glances banishes pain and sorrow.  
The one who gives us the ultimate honesty and aspiration.

**Sai Says: "Put full faith in God's providence"**

The one who meditates under the alluring neem tree.  
The one who is still vigorous even after "Maha Samadhi."  
The one who watches over us from afar.  
The one whose life is full of such promises to each and every one of his devotees.



**Sai Says: "Carry my Udhi always. It will protect you wherever you may be"**

The one who created a Divine Remedy for all our mental, physical and material afflictions.  
The one who has made this phenomenal Udhi.  
The one who makes the impossible become possible.

**Sai Says: "If you listen to my stories, recite them and meditate upon them, devotion for me will arise and ignorance will be completely destroyed."**

The one whose stories will remove all fear of this samsar- worldly existence.  
The one whose presence can be felt when chanting his name.  
The one whose remembrance can bring ebullience and triumph.

**Sai Says: "Sab ka Malik Ek."**

The one who is Ram Rahim  
The one who is Vithoba  
The one whose forms are infinite.

His presence, peace and pureness..  
My Guide! My Guru! My God! Sai.

Sampriti Senapati  
Age 15, Plano, Texas

There is only one person,  
That is said to be above.

He is the creator of this universe,  
He is the manifestation of love.

There were times when I questioned him,  
And there were times when I never understood the decisions he made.  
But then all of a sudden it came together,  
The fact that he and I are essentially the same.

I could compare it like a metaphor,  
Saying that I am a water droplet and he is the river.  
We are both made of the same material,  
Except all I need is to just go a bit further.

He is my greatest strength in life,  
Because in his name I find peace,  
Each time I find myself saying it,  
All my worries seem to cease.

He is in my mother,  
And there's no question that he is in my father too.  
In fact, everywhere I look,  
I inevitably see two eyes right back at where I choose.

His name is Sathya Sai,  
Protector of the grateful.  
He takes responsibility,  
Of those who remain faithful.

-Amrutha Ayyappan  
Frisco, Texas

# Sai Divine Foundation

## Charity Drives

Sai Divine foundation, Dallas contributed to the community during the Covid-9 pandemic with the guidance and inspiration from Guruji Shri C.B. Satpathy Ji. 200 PPE kits were distributed to the Old Age Home Center, Plano. 50 school kits were donated to the underprivileged children, Plano, Texas. Sai Divine youth volunteers actively participated in these drives. Past charity drives include the monthly food drive for homeless people and toys drive for underprivileged children.



# Baba's Children

**Baba's Children play an important role in the sustainability of the believes of Sai Divine Foundation. Through these children we often conduct charity work and other events like the palki yatra and include them in educational sessions like the Ramayana movie. Children have always actively participated at every event and have always lend a helping hand to the senior members of the organization. The effort of Sai Divine Foundation is to connect these children with the culture that has passed down from centuries and educate them and make them a model citizen. In the future, it is these kids that will spread the teaching of Sai Baba and continue the legacy for future generation.**



# Cultural Events at Sai Divine

Apart from the charity aspect of the organization, Sai Divine Foundation, Dallas also hosts many cultural events like – Lorhi, Holi, Guru Purnima and Saraswathi Puja. These events, before the COVID-19, are always celebrated amongst friend and family and is a great way to spread the words of Baba and Guruji. Even though, the pandemic has forced everyone to be at their home, we used technology to connect with everyone else and celebrate his year's Guru Purnima by Live telecast of the aarti at Sai Divine and the Sai Sacharitra Parayan. The next event that will be celebrated at Sai Divine is Janmashtami.



# SHIRDI SAI BABA'S ELEVEN ASSURANCES

Whoever puts his feet on Shirdi soil, his sufferings would come to an end.

The wretched and miserable would rise into plenty of joy and happiness as soon as they climb the steps of the My Samadhi.

I shall be ever active and vigorous even after leaving this earthly body.

My tomb shall bless and speak to the needs of my devotees.

I shall be active and vigorous even from my tomb.

My mortal remains will speak from my tomb.

I am ever living to help and guide all who come to me, who surrender to me and who seek refuge in me.

If you look to me, I look to you.

If you cast your burden on me, I shall surely bear it.

If you seek my advice and help, it shall be given to you at once.

There shall be no want in the house of my devotee.



# Sai Divine

Faith & Patience

## SAI DIVINE FOUNDATION

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Ph - 214-984-1278

For further information :

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