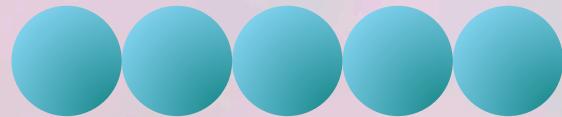
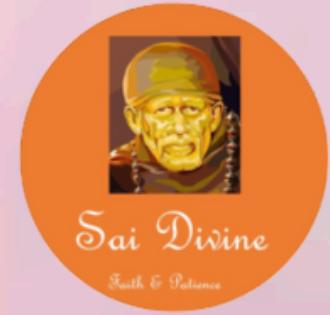


SAI CREATIVES

GURU PURNIMA EDITION



SAI DIVINE FOUNDATION



Contents

TABLE OF CONTENTS



- ① **EDITORIAL**
Aditya Panigrahi
- ② **GURUJI'S MESSAGE**
Dr. C.B Satpathy Ji
- ③ **DEVOTION REFLECTS INNERSELF**
Namita Subudhi
- ④ **GURU**
Padmaja Puppula
- ⑤ **THE IMPORTANCE OF GURUS IN JAIN ETHICAL AND SPIRITUAL LIFE**
Atishay Jain
- ⑥ **SAI BABA'S PALKI**
Shreya Agrawal

- ⑦ **WHAT IS SPIRITUAL MEANS**
Sanjeeb Panigrahi
- ⑧ **WHY PARENTS ARE OUR IDOLS**
Riya Shrimali
- ⑨ **SHRI GURU BHAGAWAT AND ITS TEACHINGS FOR FAMILY LIFE**
Uma Besen
- ⑩ **BABA'S CHILDREN**
- ⑪ **NEWS & EVENTS**
Shirdi Sai Global Foundation
- ⑫ **EVENTS**
Sai Divine Foundation

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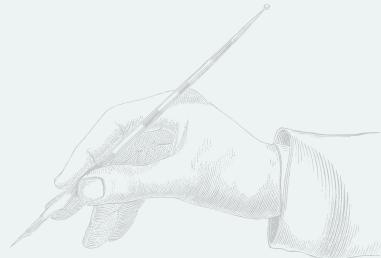
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SAI DIVINE FOUNDATION

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Editorial



Guru Purnima, also known as Vyasa Purnima, is a revered Hindu festival observed on the full moon day of the Hindu month of Ashadha (June/July). This significant day is dedicated to honoring and showing gratitude to gurus, spiritual teachers, and mentors who guide individuals toward enlightenment and spiritual growth. The term "guru" signifies the one who dispels ignorance and leads to knowledge.

This festival is a time to celebrate the profound impact gurus have on our lives. It is an opportunity for disciples and devotees to express their heartfelt appreciation, seek blessings, and renew their commitment to the pursuit of wisdom and self-discovery. Guru Purnima not only recognizes the pivotal role of gurus in personal and spiritual development but also fosters a sense of gratitude, humility, and unity among people, strengthening the bond between teachers and learners.

At Sai Divine Foundation, we deeply value this connection. Guided by Shirdi Sai Baba and our revered Guruji, Dr. Chandra Bhanu Satpathy, our devotees are inspired to follow the right path and set an example for future generations. The months of June and July are particularly vibrant at Sai Divine Foundation, marked by numerous festivals and religious events, including the significant Rath Yatra. This festival involves devotees of all ages in constructing and pulling the Rath, symbolizing their dedication and unity.

Guru Purnima holds a special place in the hearts of our devotees as it celebrates the timeless relationship between a Guru and a disciple. On this day, we honor the teachings of Shirdi Sai Baba and Guruji Dr. Chandra Bhanu Satpathy, expressing our gratitude for their guidance and presence in our lives. The Shri Guru Bhagwat exemplifies the ideal teacher-student relationship, and its significance is heightened on occasions like Guru Purnima.

Continuing our tradition, Sai Divine Foundation presents the special Guru Purnima edition of the "Sai Creatives Magazine." This edition is enriched by the contributions of our children at Sai Divine Foundation, whose enthusiasm and curiosity bring life to each issue. We are immensely grateful to our readers for their unwavering support throughout our journey.

In our commitment to serving the community, Sai Divine Foundation undertakes various charitable initiatives. We conduct monthly food drives in Dallas and Austin to ensure those in need have access to nourishment. Additionally, our "Back-to-School" drive provides essential school supplies to children, removing barriers to education and fostering learning and growth.

As we celebrate Guru Purnima, let us embrace the wisdom imparted by our gurus and carry their teachings in our hearts as we navigate our personal and spiritual journeys. May this festival inspire us to be lifelong learners, compassionate individuals, and guiding lights for others. On behalf of Sai Divine Foundation, we extend our warmest wishes for a joyful and fulfilling Guru Purnima.

ADITYA PANIGRAHI
EDITOR, SAI CREATIVES

Guru Purnima Message 2024



A Guru is not just a gift from God or a protector. The concept of 'Guru' transcends mere divine favor or protection, symbolizing a guiding light which helps us to shed our shortcomings (or to get rid of sins) and cultivate virtues. The term 'Guru' embodies profound human values that demand immense sacrifice, patience, empathy, and steadfastness from the devotee or disciple. It is a lifelong commitment, not just to the Guru who embodies these values, but also to uphold the virtues including devotion and faith unwaveringly under all circumstances.

We celebrate Guru Poornima Day by worshiping and singing the name of the Guru. However, the true essence of spiritual practice lies in serving others, bringing happiness to those around us, and helping the poor and destitute, in the name of the Guru. Rendering service to the deprived, bringing a smile to the suffering souls, and also providing support in the name of Guru is the quintessence of the Guru tradition (parampara). We have to realize that there are innumerable individuals who are much more unhappy and needy and who suffer more than we do. The Sadguru, through his compassion, kindles the light of empathy within us, thereby, inspiring us to go the extra mile to help those who require it, whether they ask for it or not.

Let us resolve to help such people as Shri Sai Baba of Shirdi did throughout His life. While celebrating Guru Poornima Day with much fanfare and joyfulness, we should try to emulate Sai Baba's selfless service with compassion.

MAY SHRI SAI BLESS US ALL.

DR. C. B. SATPATHY
GURUGRAM

DEVOTION REFLECTS INNERSELF

By: Namita Rani Subudhi
Bhubaneswar

In Bhgawat Geeta, 17th Chapter 3rd Verse Lord KRISHNA explains Arjuna about Shradha (inner-self), that every man's worship is according to his intuition and conscience. Therefore, a person behaves according to his devotion. God is saying that there is only one difference that everyone's devotion is different. A person whose focus is on wealth continues to acquire wealth throughout his life. Whose devotion is towards property, children, family he remains happy with them. He who is devoted to acquiring knowledge of the scriptures loves to read the scriptures. A person's personality is formed according to his worship.

We can relate this to a story.

Once a king sent for a sculptor, who has made many beautiful stone statues. He was even talking to the stones while making the idols and the stones were talking to him. By talking to all the stones, he could learn their nature. The king ordered the sculptor to make a beautiful stone idol of God and did not set any time limit for the same. He only wanted that the stone idol of Lord Dwarikadhish should be most beautiful. The sculptor said to the king, "I will make it, but I must get the right stone for the same. " Do not worry," the king said, "I have no shortage of wealth. I will send soldiers from far and wide to buy good stones for you." Then the King sent the soldiers to get the required stones and the soldiers brought thousands of stones and laid them together before the sculptor. The sculptor carefully examined the stones, separated the best ones and kept them aside. He chose four good stones out of the separated ones and took them with him. Then he brought a stone and began to work with his chisel and hammer. The moment hit the stone with his chisel, the stone started talking," Leave me alone, I can't handle the pain of the chisel and don't want to be an idol." The sculptor set that stone aside. Then the Sculptor picked up another stone and started working. After working on it for six months, the stone began to say, "I do not want to be made into a statue by you, you leave me alone. I could no longer bear the pain" and the sculptor set this stone aside. And the sculptor brought another stone and began to smoothen it for a year, and as soon as he began to shape it, the third stone began to say, "I thought you should take me and make a statue, but now I can no longer bear this injury." The sculptor also set this third stone aside. Then he reached the last stone and as soon as he touched it, the sculptor had observed a strange feeling in him. This fourth stone said, " O sculptor, you have touched me at last, I longed to be sculpted by you. I was anxiously looking forward to be devoted to you. I will cooperate you as you desire. I am ready to serve you. You can make me whatever you want. Then the sculptor was very pleased and started working day and night.

Then six months passed and surprisingly a beautiful figure was seen on that stone. This was the most beautiful statue that the sculptor had ever made. The sculptor's joy was boundless when he finally saw that wonderful sculpture. This is how the idol of Lord Dwarikadhish was built. The idol seemed so alive that it seemed as if the idol spoke. That is what we will feel when we look at the idol of Lord Rama in Ayodhya. It seemed as if the words would come out of His mouth. The sculptor then bowed down to the statue he had made himself and said, O stone, I bow to you. If you had not such devotion, I could never have made such a living idol of God. The statue was shown to the king. The king was very pleased to see this wonderful statue and gave his necklace to the sculptor out of joy and gratitude. After bowing down to the idol, he built a temple for Dwarikadhish. The Lord was installed in the central centurium of the Temple and celebrations were held throughout the kingdom. People began to come from different states and faraway places to worship the God. It was an ordinary stone, but due to his devotion it was able to assume the form of God. After that the idol was worshiped with various kinds of offerings. Various types of expensive garlands were arranged and worshiped for this idol. It was no longer just an ordinary stone, it was transformed into an impressive form and worshiped as God because of its devotion. The third stone which was shaped for a year, but as per its devotion, it got the place in the temple. Different stones as per their devotion, placed at different places like some were used for pathway, some were used for decoration of the temple, some were placed at the gates of the temple and the stone which was fully devoted became the God himself and was honoured and worshiped.

Similarly, each of us human beings simply die while living a general life. Few of us only does some good to others. But by doing many good works, some become famous persons and few of them became saints and are worshiped by us. We must first look at how we want to build our lives. The devotion of our life will be reflected in our actions. It is said that a man's devotion is in pleasure, a saint's devotion is in divinity and a wise man's devotion is in doctrine.

Jai Shree Sai, Jai Shree Gurudev

GURU

By: Padmaja Puppala

Texas

गुरुर ब्रह्मा गुरुर विष्णु गुरुर देवो महेश्वरा
गुरु साक्षात् परब्रह्मा तस्मै श्री गुरुवे नमः

The Guru, a beacon of wisdom and enlightenment, holds a special place in the hearts of believers. He illuminates the world with His teachings, inspiring us to tread the path of light while dispelling the darkness of confusion and ignorance. His guidance is instrumental in leading us to a deeper understanding of ourselves and the world around us.

A Guru not only imparts knowledge but also helps shape us into better human beings, emphasizing the values of compassion, empathy, and humanity. Sometimes, the Guru takes on a spiritual role, enlightening our lives with profound spiritual wisdom. Having a Guru in our lives is believed to be essential for leading a fulfilling and purposeful existence.

When we find ourselves lost and uncertain about the right path to follow, seeking guidance and blessings from our parents, our first Gurus, is of utmost importance. They provide us with invaluable wisdom and support, helping us navigate life's challenges and make righteous decisions.

The saint of Shirdi recognized and emphasized the beauty of a Guru-guided life. Shri Sai Baba of Shirdi is the Guru incarnate to live on this earth in the late part of last century and early part of this century. Shri Sai Baba gave tremendous importance to the adoption of the Guru in one's spiritual "Sadhana"(pursuit). With an innate compassion Shri Sai Baba often declared -"I am your savior, not only from the weight of sin, but from the weight of care and misery". "Guru is all the Gods", said the Saint of Shirdi. Moreover, Baba declared that Guru would naturally expect complete surrender, obedience and loyalty, He promised that through His supreme powers He would extend complete protection to those who put their implicit faith in him.

Faith is Baba's Precious Gift to us : Nothing is impossible for those who repose faith in Baba. Many people think that faith in God can only be cultivated with hard work. If we whole-heartedly pray to Baba, the Supreme Protector, He shall bestow on us the power of firm faith in Him. To develop such strong faith in Baba, we need to constantly chant His Name, recall His Leelas and His assuring words for seeking His Divine Shelter. If we can control our fickle mind by chanting Baba's Name and pondering His teachings, Baba will enlighten us, create a fort of faith in our heart and dwells there.

So, we need not worry as to how faith in Baba should be trusted. Baba blesses His ardent devotees with immense faith to walk up to Him with upright conduct and thought. Baba is the Supreme Master of the Universe. He is the One who will reduce our sins, transform us into the embodiments of pure form of Truth and save us from getting entangled in the cycle of birth and death. Therefore, like a bud, we must sincerely offer ourselves to Him and devote most of our time to His Service and must also surrender our every thought to Baba. By the grace of Baba, the budding devotion will blossom into a full-blown flower of Faith one day. As our love for Baba deepens, He will safely take us to the haven of joy and reinforces our faith in Him. A fervent prayer to Baba moves His heart to be always with us.

In 1956, Sathya Sai Baba revived this ancient spiritual festival as an occasion for all spiritual aspirants to remember and celebrate with reverence the teachings of the Guru. On the morning of this day, Baba called Kelkar, Sathe's father-in-law, and told him that this day was Guru Poornima, when the Guru was to be worshipped. Dadasaheb Kelkar was unaware of this Puja. Tatya Kote Patil was called from the farm. People gathered the 'Puja' material. Dhoti was brought and people offered Dhoti to Sai Baba, and worshiped him. Baba had no use of clothes but he gave permission in order to start the routine of Vyas puja. Thus, this Puja was started at Baba's time and now has taken the form of Festival lasting for five days. Shirdi is famous for being associated with Sai Baba, the 20th-century mystic and saint, who spent decades of his life in this small village for the emancipation of the people from their spiritual ignorance. Sai Baba attained Mahasamadhi in 1918 and a temple was made at a marked site in honour of this great saint in Shirdi. Nonetheless, uncountable people still worship Sai Baba of Shirdi as their Guru or spiritual preceptor, and are keen on visiting his Samadhi temple on Guru Poornima.

Om Sai Ram !!

THE IMPORTANCE OF GURUS IN JAIN ETHICAL AND SPIRITUAL LIFE

By: Atishay Jain

Texas

After Jainism, I fully understood the important role of gurus in guiding us on the path of spiritual and moral purity. Emphasizing vulnerability, truth, and asceticism, Jainism relies heavily on the wisdom and example of gurus to help followers navigate their spiritual journey. The importance of gurus in our moral and spiritual life cannot be overstated, as they establish the basic principles of our faith and provide the support and wisdom necessary for our spiritual development.

In my spiritual journey, the guidance of a guru is essential. Gurus in Jainism are revered as having profound understanding of scriptures and spiritual practice. Their understanding of sacred texts and their ability to formulate complex philosophical ideas are essential for spiritual growth. Spiritual guidance from a guru helps one realize the path to liberation (moksha) from the cycle of birth and death (samsara). Through their teachings, I gained a deep understanding of Jain philosophy and received valuable advice on how to apply these teachings in my daily life.

Jainism's five basic principles of ethics (ahimsa, satya, asteya, brahmacharya and aparigraha) are the foundation of my spiritual practice. My guru serves as a living example of these principles and demonstrates how to live righteously through his disciplined life. By observing the guru's actions, I learn how to apply these promises to my life, making virtue a natural and important part of my life. The moral guidance I receive from my teacher encourages me to follow these principles, even in difficult situations.

In addition to their spiritual and ethical roles, my gurus serve as leaders within the Jain community. They resolve conflicts, give advice, and promote a sense of unity among themselves. By promoting the principles of non-violence and respect, the guru helps create a united and harmonious society. Their rule goes beyond religious education; They are often involved in social work and charity, promoting the welfare and well-being of all people. Local government makes a significant contribution to community cohesion and social well-being.

Reflecting on my spiritual journey, I realized that the importance of Jain gurus in ethical and spiritual life is deep and multifaceted. They are not only teachers and mentors, but also exponents of Jain ideals of non-violence, truth and spirituality. With their guidance, I was able to navigate the complexities of ethical living and spiritual growth. My Guru preserves and transmits the rich tradition of Jainism, making it relevant and powerful for future generations. Their influence promotes personal development, interpersonal and social relationships, making them an integral part of the Jain way of life.

SAI BABA'S PALKI

By: Shreya Agrawal

Texas

On the streets of Shirdi, many devotees gathered
Crowded on every corner, they were full of excitement and enthusiasm
They all singed and danced, eagerly awaiting the presence of their Sai

Sai Baba entered, walking across the streets of Shirdi
The air was full of the sounds of drums and claps
People followed behind, with lamps and umbrella in their hand

Their smiles and laughs uplifted the atmosphere
The Palanquin was beautifully decorated
Adorned with the beauty of this sacred procession under the moonlight

As Baba started to approach the Chawadi
The devotees were ecstatic to have the fortune of witnessing this divinity
Worshiping and adorning Baba to their heart's content

May we remember this moment, bringing back the same devotion and enthusiasm to
our minds

WHAT IS SPIRITUAL MEANS

By: Sanjeeb Panigrahi

Texas

Spirituality is a broad concept that encompasses a sense of connection to something greater than oneself. It involves seeking meaning, purpose, and transcendence in life. While it often intersects with religion, spirituality is not necessarily tied to any specific religious beliefs or practices. Instead, it focuses on the individual's inner experience and relationship with the universe, the divine, or the sacred.

Key aspects of spirituality include:

- **Inner Journey:** Spirituality often involves introspection and self-exploration to discover one's true self, beyond the superficial aspects of identity.
- **Connection:** It emphasizes a sense of interconnectedness with all living beings, nature, and the cosmos. This connection can foster empathy, compassion, and a deeper appreciation for life.
- **Meaning and Purpose:** Spirituality seeks to understand the meaning of existence and one's purpose in life, beyond material success or societal expectations.
- **Transcendence:** It involves experiences that go beyond the ordinary and mundane, such as moments of awe, inspiration, or deep peace.
- **Ethical Living:** Many spiritual traditions promote values such as kindness, forgiveness, gratitude, and service to others as integral to spiritual growth.
- **Practice:** Spiritual practices can include meditation, prayer, yoga, contemplation, rituals, and mindfulness. These practices vary widely depending on cultural, religious, and individual beliefs.

Spirituality is a deeply personal journey that can lead to personal growth, resilience in the face of challenges, and a greater sense of fulfillment and inner peace. It is a quest for understanding the mysteries of existence and finding harmony between the physical, emotional, mental, and spiritual aspects of life. In the fast-paced and often materialistic world we live in, the concept of spirituality provides a profound counterbalance, offering individuals a pathway to deeper understanding, inner peace, and a sense of purpose beyond the tangible aspects of life. Unlike religion, which is often associated with organized belief systems and rituals, spirituality is a more personal and subjective experience that revolves around the exploration of one's inner self and connection to something greater.

At its core, spirituality is about seeking a meaningful connection with oneself, others, the universe, or a higher power. It transcends the boundaries of religious dogma and cultural practices, focusing instead on the individual's inner journey of self-discovery, introspection, and reflection. While spirituality can be influenced by religious beliefs, it is not confined to them; it encompasses a wide spectrum of beliefs, practices, and experiences that vary greatly from person to person. Spirituality encourages individuals to delve deep into their thoughts, emotions, and beliefs, aiming to understand their true essence and purpose in life. This process often involves questioning societal norms and exploring existential questions about existence and the nature of reality. Central to spirituality is the idea of interconnectedness – with oneself, with others, and with the universe. This sense of unity fosters empathy, compassion, and a greater appreciation for the diversity of life forms and experiences. Spirituality seeks to uncover the deeper meaning behind life events and experiences, helping individuals find a sense of purpose that transcends material pursuits. It provides a framework for ethical decision-making and living in alignment with one's values and beliefs. Spiritual experiences often involve moments of transcendence, where individuals feel connected to something larger than themselves. These experiences can be transformative, leading to personal growth, resilience, and a heightened sense of awareness. While spirituality is deeply personal, it is often cultivated through practices such as meditation, prayer, mindfulness, yoga, and contemplation. These practices help individuals cultivate inner peace, mindfulness, and a deeper connection to their spiritual beliefs.

Spirituality is inherently diverse, reflecting the rich tapestry of human beliefs, cultures, and experiences across the globe. It can be expressed through various religious traditions, philosophical teachings, indigenous practices, and even secular ideologies that emphasize humanistic values and environmental stewardship. Ultimately, the essence of spirituality lies in the quest for understanding, connection, and harmony within oneself and with the world.

Engaging in spiritual practices and exploring one's spirituality can bring about numerous benefits:

- **Inner Peace and Fulfillment:** By connecting with their inner selves and finding meaning in life, individuals often experience a profound sense of peace and fulfillment.
- **Improved Mental and Emotional Well-being:** Spirituality promotes emotional resilience, reduces stress, and enhances overall psychological well-being by fostering a positive outlook and coping mechanisms.
- **Enhanced Relationships:** A deeper spiritual connection can strengthen relationships with others, fostering empathy, understanding, and compassion.

- Sense of Community: Many spiritual traditions emphasize community and collective rituals, providing a sense of belonging and support.

In a world where material wealth and external achievements often dominate the discourse, spirituality offers a refreshing perspective – one that encourages individuals to look inward, explore their beliefs and values, and cultivate a deeper connection to themselves and the world around them. It is a journey of self-discovery and growth that transcends cultural boundaries and religious affiliations, inviting individuals to find meaning, purpose, and inner peace amidst the complexities of modern life. As more people embrace spirituality, the pursuit of personal fulfillment and collective well-being continues to evolve, enriching lives and fostering a more harmonious and interconnected global community.

Spirituality, with its emphasis on ethical living, mindfulness, and interconnectedness, plays a significant role in guiding individuals towards performing good actions or "good karmas" within society. Here's how spirituality contributes to fostering positive actions and behaviors: Spiritual traditions often emphasize universal values such as compassion, kindness, honesty, and respect for all living beings. These ethical principles provide a moral compass for individuals, guiding their decisions and actions towards benefiting others and the community. Spirituality encourages individuals to cultivate virtues and qualities that contribute to societal well-being, such as patience, forgiveness, and generosity. Through practices like meditation and self-reflection, people develop greater self-awareness and empathy, which are crucial for understanding the impact of their actions on others.

- Spiritual practices, such as mindfulness meditation, help individuals become more aware of their thoughts, emotions, and intentions. This heightened awareness enables them to make conscious choices that align with their values and have positive repercussions for society.
- Responsibility and Accountability: Spirituality teaches personal responsibility for one's actions and their consequences. By understanding the interconnectedness of all beings, individuals are motivated to act in ways that promote harmony, justice, and environmental sustainability.

Spirituality, with its emphasis on ethical values, mindfulness, and compassionate action, empowers individuals to contribute positively to society by performing good karmas. By cultivating inner transformation, promoting ethical conduct, and fostering a sense of interconnectedness, spirituality not only enhances personal well-being but also strengthens the fabric of communities and promotes a more harmonious and just world.

As individuals and communities integrate spiritual principles into their daily lives, they play a crucial role in collectively shaping a future where good actions and positive outcomes prevail for the benefit of all.

Spiritual gurus, often revered for their wisdom, guidance, and spiritual insight, play a significant role in the lives of their followers by offering profound assistance and support in various ways.

As in Shri Gurubhagawat, Volume II written by Dr C.B. Satpathy , when the spiritual guru play the role of gardener, the disciple plays the role of a tree. He rears the sapling with due care and caution. When the tree is fully grown, it bears flower and fruits. After digging a hole, the gardener, initially cleans it at first, Similarly, the Guru cleans the mundane impression of the past live of the devotee.

Spiritual gurus possess deep knowledge and understanding of spiritual principles, practices, and philosophies. They guide their disciples or followers on their spiritual journey by imparting teachings that help clarify complex spiritual concepts, provide practical advice on meditation, mindfulness, and self-awareness, and offer insights into the nature of existence and the self. Gurus assist individuals in exploring their inner selves, confronting challenges, and overcoming obstacles on their path to self-discovery. Through personalized guidance and encouragement, gurus empower their followers to cultivate virtues such as patience, compassion, and humility, which are essential for spiritual growth. Beyond intellectual teachings, spiritual gurus often serve as compassionate mentors who offer emotional and psychological support. They provide a safe space for individuals to express their feelings, fears, and doubts, offering wisdom and reassurance to navigate life's ups and downs with equanimity and resilience. Gurus embody the spiritual ideals they teach, serving as role models of compassion, integrity, and humility. Their way of life inspires followers to emulate these qualities and integrate spiritual principles into their daily lives, fostering a positive impact on their relationships, careers, and personal well-being. Gurus often gather disciples or followers into spiritual communities or ashrams where individuals can practice together, learn from one another, and support each other's spiritual journeys. These communities provide a sense of belonging and mutual encouragement, reinforcing the values and teachings imparted by the guru.

Spiritual gurus may possess the ability to facilitate healing on physical, emotional, and spiritual levels through practices such as energy healing, blessings, or guided meditations. Their presence and blessings are believed to have transformative effects on individuals, promoting inner peace, clarity, and well-being. Gurus emphasize the importance of ethical conduct and moral values in spiritual practice. They guide their followers in making ethical choices and living in harmony with others and the natural world, promoting social responsibility and environmental stewardship.

Spiritual gurus play a multifaceted role in guiding and supporting individuals on their spiritual journey. Through their teachings, personal example, emotional support, and transformative presence, gurus empower their followers to cultivate spiritual awareness, inner peace, and a deeper connection to the divine or universal consciousness. The relationship between a disciple and a spiritual guru is characterized by mutual respect, trust, and a shared commitment to spiritual growth and enlightenment.

Spiritualism has the potential to significantly change a person's behavior. Spiritual practices often encourage introspection and self-awareness, leading individuals to examine their thoughts, emotions, and beliefs. This introspection can bring about a deeper understanding of oneself and others, leading to changes in behavior based on greater empathy, compassion, and mindfulness.

Many spiritual traditions emphasize ethical conduct and moral principles such as honesty, kindness, forgiveness, and non-violence. Engaging in spiritual practices can inspire individuals to align their actions more closely with these values, leading to more considerate and principled behavior in their interactions with others. Spiritual teachings often encourage selflessness and service to others. Individuals who embrace these teachings may become more inclined to engage in acts of kindness, generosity, and community service, thereby positively impacting their behavior towards others and society at large. Spiritual practices like meditation, prayer, and mindfulness are known to promote emotional regulation and resilience. By cultivating inner peace and equanimity, individuals may respond more calmly and compassionately to challenging situations, reducing impulsivity and reactive behavior. Spirituality often shifts focus away from material wealth and ego-centric desires towards a deeper sense of purpose and connection. This change in perspective can lead individuals to prioritize meaningful relationships, personal growth, and contributing to the well-being of others over material pursuits and self-centered behaviors. Many spiritual traditions emphasize the interconnectedness of all beings and the environment. This awareness can foster a greater sense of responsibility towards others and the planet, motivating individuals to adopt behaviors that promote sustainability, social justice, and environmental stewardship. Spiritualism encourages individuals to strive for continual personal growth and transformation. This ongoing journey of self-improvement often involves overcoming negative habits, cultivating positive qualities, and embodying values that contribute to a more harmonious and compassionate way of living.

While the extent and nature of behavioral change through spiritualism may vary from person to person, many individuals experience profound shifts in their attitudes, actions, and relationships as a result of engaging in spiritual practices and embracing spiritual teachings. By fostering inner transformation, ethical development, altruism, and a deeper sense of interconnectedness, spiritualism can indeed lead to positive changes in behavior that benefit both the individual and society.

Jai Shri Sai

WHY PARENTS ARE OUR IDOLS

By: Riya Shrimali
Texas

Did you know that almost 70% of kids in the U.S alone see their parents as a setback in their future? This is because as young teenagers or children, they often tend to get frustrated over the simplest things their guardians do, for example, when their guardian disapproves of an item the child wants to purchase, they often get angry, and say things they don't mean. How is this wrong you might wonder?

Initially, Parents are usually the first and most consistent role models children have. They live in close proximity to their children and are involved in their daily lives, providing enough opportunities for children to observe their behaviors and actions.

In addition to this, the emotional bond between parents and children strengthens the influence parents have as role models. Children often look up to their parents and seek their approval, which motivates them to emulate their behaviors and values.

One more reason is, during their childhood, children look up to their parents for guidance on how to behave, interact with others, and navigate the world. Parents' behaviors and attitudes serve as the initial example for children to model their own behaviors.

Moreover, it's important to note that parents are not the sole influencers of their children's behavior and development. Friends, teachers, social media, and other things also play significant roles in a child's life.

Overall, parents are our idols because of the possession of trust, emotional connection, and continuous interaction; shaping children's values, beliefs, and behaviors exceptionally.

SHRI GURU BHAGAWAT AND ITS TEACHINGS FOR FAMILY LIFE

By: Uma Besen
Gurugram

Among the many facets of teachings of Shri Guru Bhagawat, I always felt that it contains lessons that can be easily adopted in our day to day living and if we follow them carefully we can establish a harmonious society, especially, in a strife ridden world as ours. As a child my favourite question to God was why can't we all extend a little bit of kindness to each other, to make this world a better place to live in. As stated by the author of the Shri Guru Bhagawat, Dr Chandra Bhanu Satpathy, many times, we don't have to do big sacrifices to extend a sincere help to others, sometimes only a sweet smile is sufficient to spread happiness in someone's life. Dr Satpathy often remarked that 'Spiritualism is nothing but expansion of one's spirit'. Therefore, we shall try to analyse challenges posed to individuals existing within a family structure to adopt the teachings as enshrined in the Shri Guru Bhagawat, as harmonious family units are fundamental to building a healthy society.

In Shri Guru Bhagawat (Volume V), Dr Satpathy has described the predicament of a family man. He wrote:

*Dukhee janara manastattwa, keun kaarana hue jaata
Kibaa taahaara pratikriya, tahan kipari khele maayaa?*

Which means, the mind of the householder is burdened with various concerns. These are what causes a distressed mind.

He also wrote:

*Aneka loka e dharaavre, padi sansaara janjaalaara
Bhaabanti je sanyaasaa bhala Teji jagapeeda sakala
Jemiti bhaabai sansaaree, jukti karai sehipari'
Sukhaa paain sansaaraa gadhi, dukhare padda chaade radi*

Means- Many people who are distressed by the worldly troubles, consider it better to become an ascetic and shun worldly pain. A man constructs his logic, in accordance with his thoughts. He creates a world for his happiness and starts lamenting when in agony.

Since the time societies have come into existence human beings had to face this predicament of either to face worldly troubles or renounce the world. The western political thinkers have understood these predicaments in different ways. While Machiavelli talked about the absolute selfish nature of human beings, the social contract theorists, Hobbes, Locke and Rousseau talked about this selfish nature as the very root cause for the societies to come into existence. They said that at some point of history man agreed to forfeit some of his rights and began to adhere to societal norms in order to get protection for himself from others. On the other hand Bentham propounded the utilitarian theory, where he argued that pain and pleasure are the two motivating factors for any human behaviour and action. As a solution to the inherent vissitudes of human society Plato propounded the philosophy of 'communism of wives' and 'communism of property' (which included children) to deal with all weaknesses of man and advocated the theory of 'Philosopher King' to create an ideal society. This proves that political philosophers world over have been engaged in seeking a solution for the survival of human beings in complex societies that existed through the ages.

Most of us are also well-versed with the detailed facts about the happenings of Mahabharata, where both 'Kuru Vansh and 'Pandavas' perished because of conflicting interests of their respective families. Mahabharata is the glaring example of ugly selfishness, ambitiousness and illegitimate competition among the families that culminated into the 'Kurukshetra battle' and brought about complete destruction. One often wonders as to why Dhritarashtra failed to imbibe the correct value system to his son Duryodhan and instead allowed him to fan all his jealousy and selfishness. Was Duryodhan responsible for becoming the bad guy of Mahabharata or Dhritarashtra knowingly allowed him to become one. It was not as if Duryodhan was completely without any good qualities. He was also a loyal friend to Karna and obedient son of his mother and protector of his brothers. The onus therefore could have been on the weak Dhritarashtra who secretly allowed his son to nurture jealousy against his own cousins and groomed him into becoming the arrogant guy that he was.

However, contrary to this, we have a splendid example of the Japanese society in modern times rebuilding itself into a successful nation, despite receiving two atom bombs in its belly and getting completely devastated during World War-II. Izra Vogal (author of the bestseller 'Japan as number one') attributed the success story of Japan to its 'Ie' system or (uchi system) i.e. the traditional family system which has been incorporated into the Japanese corporate world in the modern era. The society practices the traditional 'Ie' concept where farming families of villages help each other to cultivate crops and the head of the village is like the head of the family responsible for ensuring cooperation among all families in the village.

Japan apparently introduced this 'le' system to facilitate healthy competition among the corporates and harmonious relations within the corporates. This led to its economic boom post-World War-II.

In Shirdi, Sainath Maharaj also built a harmonious family system around him by building relations with the villagers of Shirdi, though he was a complete stranger to them. He spread happiness among the Shirdi people by addressing them with various names such as 'mausi, mama' etc. Sainath became their head of the family and rendered all kinds of advice and service to the villagers to run their respective households. Dr Satpathy has highlighted these activities of Sainath at several national and international fora and said that instead of focussing on Sainath Maharaj's miracles, imbibe his qualities of cooperation and coexistence with all. It is therefore clear that a healthy family can build harmony and bring prosperity to the society.

Coming back to the guidelines enshrined in Dr Sapathy's Shri Guru Bhagawat, it is written that:

*Prabhu srushti na narajaati, karai kramika prágati,
Se heat gruhisthira dharma, pragatira shreshtha maadhyama ,
Gruhastaa Shikhe karmathataa,saathire byahaaribakataa,
Sahanasheelatha badhai, kshama prema tyaga sikhaa*

Which means- the human race created by God goes through a slow but natural progression. Hence the family creates the best situation for the gradual evolution of human race. The householder learns about hard work and social conduct. He increases his power of tolerance, a sense of sacrifice, and love towards others.

The author also highlighted the contributions of householder saints like Kabir, Guru Nanak, Lahiri Mahashaya and Tukaram, who sanctified the earth.

He wrote -

*Gruhee je holpaare santha, emaane kale pramaanita
Tenu he priya gruheegana, nijaku na mana je newna
Sabhika uttarana paain, abate kholichanti Gosaain
Poorba Janme prastuti thile, pragati huai sahaje.*

Which means- They proved that even a householder can become a saint , 'Oh householder, never hold yourself in low esteem.' Lord has created some path or the other for the spiritual evolution of every soul. However, past life's preparedness(in the spiritual evolution) hastens one's evolution.

In Volume VI of Shri Guru Bhagawat Dr Satpathy has further elaborated the practical guidelines to a householder to conduct himself righteously in the society.

He therefore wrote:

*Paarivaarika sanghatana, sarvakaale athi mahaan'
Samaajik sansthaa madhyare, parivaar je sarvopare*

Which means- cooperation within the family is the greatest attribute, and among the social institutions, family is the supreme

He further wrote-

*Nuhein e maatra buddhijaata, bhaaba ehaara moola tatwa,
Buddhire bhaabha na mishile, parivaaraa naa chaale bhale*

Which means- Family cannot be formed by mere intelligence. Its basic ingredient is emotion or feelings. If intelligence is not backed by feelings, families will not progress. He also wrote that in our Sanatan dharma also family has been upheld as supreme and unity among the parents and children constitutes a happy home.

Ekatrikaranara bina parivaarachaali paarena, ekatrikaranaara artha, man pranne hebaa ekatra

Gharara utthana Pathana, sathe Jodaa e dhuigunaa, moola blithe e samajaaraa, tenu vishaya je gambhira

Which means- without a proper understanding among the family members the family cannot survive, and unity means to be completely united with each other through heart and soul. The progress or downfall of any family depends on the unity among the family members and this in turn becomes the basis of any society. Therefore, it is a very significant issue.

Nearly 185 shlokas of the Shri Guru Bhagawat (Volume VI) have been dedicated to family life wherein the author has explained in great detail on topics such as 'Family Dharma' (which means the duties and obligations of a family man); family unity; Offsprings and family; Duties and sacrifice of parents; the important values or tenets of family; family traditions; duties of all family members; Educating the children the responsibilities of family; to treat home as one's own body; old age situation of parents; significance of extending service to the needy and old; parents behaviour and its impact on young minds; nurturing the inherent talent of every child; the duties and responsibilities of children; fructification of imbibing good practices; shining examples of dutiful children mentioned in our mythology; and imparting scientific and righteous knowledge to children.

Probably most of the above information dealt under various topics is known to many parents, but the issue lies in its practice. When a child is born, parents are anxious to teach him all good things. In our Indian homes parents and grand parents teach good values to the children through mythological stories and jataka tales of valour, courage and sacrifice. The parents teach the children to pray and be respectful to elders, caring and sharing and many other things. As the author has mentioned in the Shri Guru Bhagawat, the mother gives birth to a child after undergoing lot of pain and she is the one responsible for imparting the first lessons of the five senses to the child including' the first touch; the first voice; the first loving glances; and the first feed etc. Satpathyji had once said that 'seventy percent of our children are our own genes and another 20 percent is the circumstances they are born into and they have the liberty to work on themselves only through the remaining 10 percent'.

However, as the child starts growing many a parent develops a peculiar possessiveness towards their children and this leads to dichotomy and confusion in the nascent minds of children. The same parents who teach caring and sharing now want to prepare them for the competitive world and teach them to fight. Many a parent feels glorified when their child beats up another child, saying that they have to learn to survive in the society and therefore demonstrating aggressiveness towards other kids is courage and getting beaten up is weakness. Very early in the years the parents start preparing their children to face up to the challenges of life and in the process, they behave like Dhritharashtra and ignore the negative qualities getting nurtured in the child's mind. Soon the child learns that there is a lot of difference between theory and practice and the stories of sharing and caring are mere fables to be discarded as theory, and the real life is all about survival in the big bad world. The same parents unteach everything that they had taught their babies and through their own examples or through some perceived sense of wisdom or attitude that they know all about the real world, they teach the children to become smart. Smartness is seen as a quality and being good as signs of weakness. Instead of teaching their children to coexist and cooperate with others, they sow the seed of competition and cunningness. The parents are so sensitive and protective towards their own children's needs that they often ignore the needs of their parents who had nurtured them similarly in their young age. Children who are silent spectators to their parents' behaviour towards grandparents invariably pick up these negative traits when they grow up and behave irresponsibly towards their parents in their old age.

Dr Satpathy writes- '

*baapaa maaanka anusaare santaan badibe sansaare,
Je gyaanapilaanku baantiba, pratfall taara paayiba*

Which means- a child will develop and grow in society according to the behaviour of the parents, whatever knowledge he gains from the parents, he will reap the benefits of the same.

He further wrote-

*E dhaayitva naa nibhayile,aau ke sambhaalibha bhale, teu chada nina durgun
 Tenu chaadi nije durguna dekha aa shuddh aacharana
 Katha Kathare abhimaana, prati vaakyare apamaana,
 Pati Patni jadhi kariba, pila eha kina shikhiba?*

i.e.-if the parents don't own this responsibility then who will teach the children, therefore parents should embrace righteous behaviour. If the husband and wife indulge in insulting each other and exhibit arrogance in their expression then won't the child imbibe the same attitude towards his spouse when he/she grows up.

Speaking loudly to each other, using abusive language in front of children, remaining constantly irritated with anything and everything in the house and creating an unpleasant environment, not respecting elders, guests or even one's helping force at home are detrimental to child's healthy upbringing. The silent spectator who can learn to speak in the language of the parents will obviously imbibe all the negative trends observed by him in the family environment.

*Tenu he pita matagana ebehu hua savadhana snehare pilanku badaa aa, su-udhahaaran
 dekhaa aa Saadhe karibaara kartavya sabu bele kara aa bodhaa, kichi chota chota karmara,
 abhyaasaa dei santaanaaraa.*

Through the above verses the author has cautioned the parents to be careful and watchful of their own actions. Rear the children with lot of love and set good examples for them. Also teach them their duties and make them aware of their responsibilities, so that they will remain prepared to shoulder responsibilities when they grow up. Teach them to be respectful towards elders and also the family deity. Teach the child to obey the mother and in case he/she falters make him aware of his mistake instead of turning a blind eye to it. Also avoid shouting at him for his mistakes, instead repeatedly teach him good things with love and patience.

*Jebe bapa maa naa rahibe, kemiti baa nije chalibe,
 Paribaara je paathashaala shikha tahun naa karihelaa,
 E paathashaala snehabiaraa, dhand sakaashe nuhein karaa,
 eti je nijaku naa Gade, jibaane aagaaku na bade*

Which means that when parents exit from the world, then how will the child walk alone , therefore without wasting time teach the right things to your child. Family is like a school and if we fill this space with love, there will be no scope for any harsh punishments. Those who fail to learn this will face many obstructions in life.

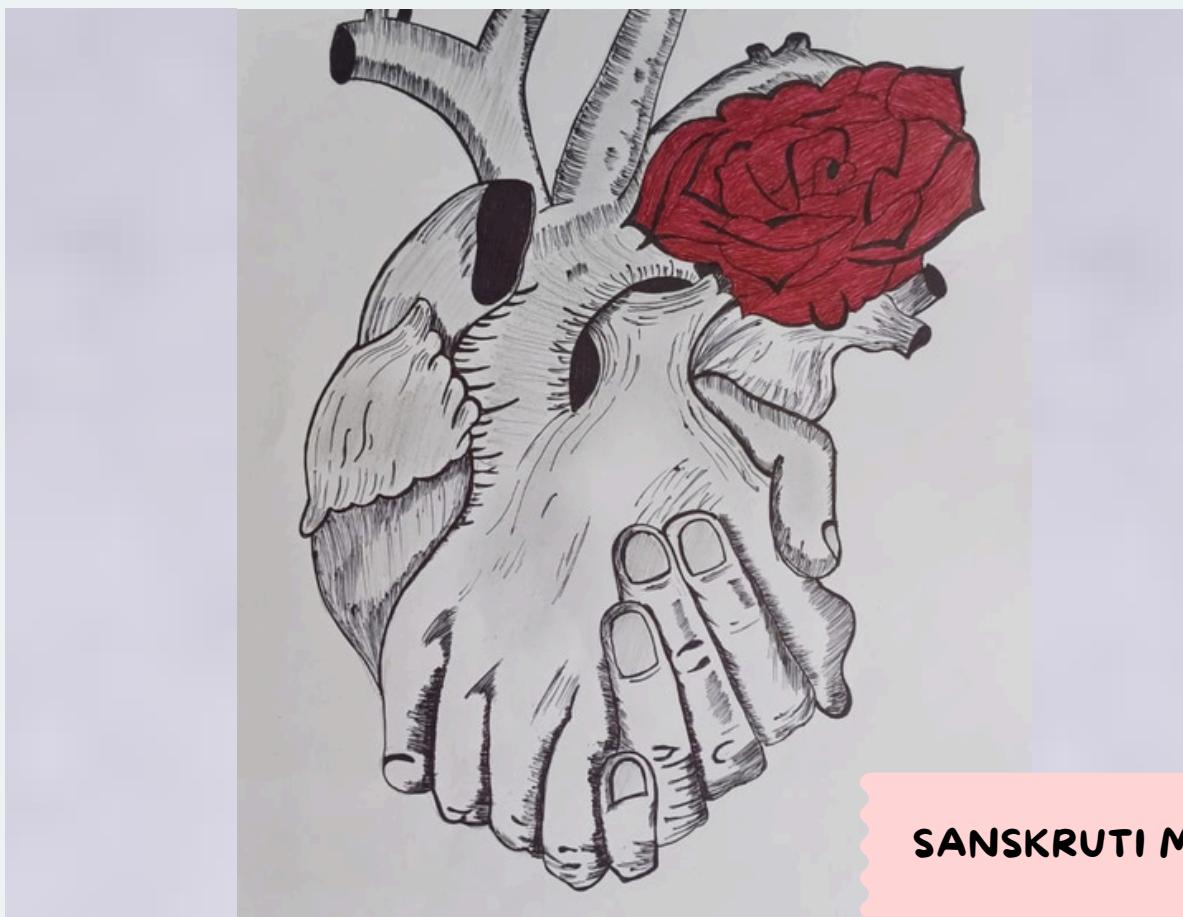
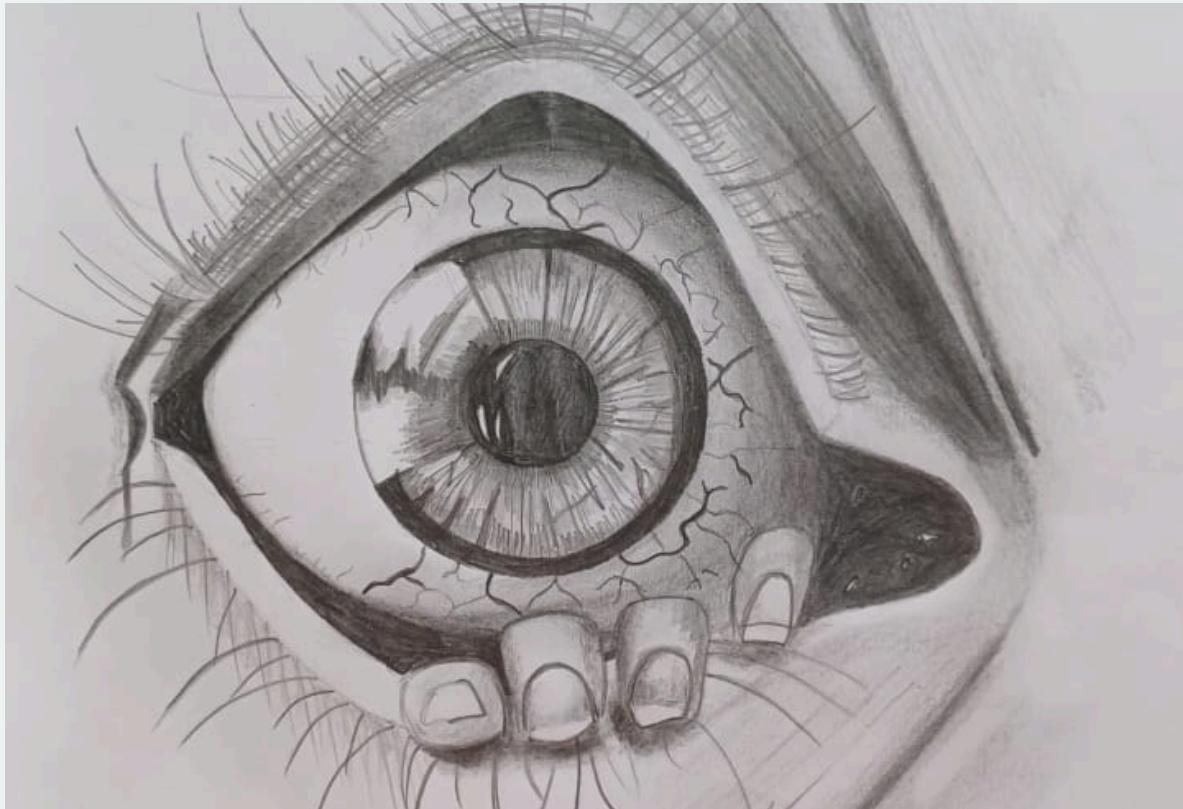
When my son was born I had studied Dr Spock's hand-book on child psychology and blindly followed it to bring up my child, but today young mothers have the opportunity to go through these relevant lessons as exemplified in Shri Guru Bhagawat by Dr Chandra Bhanu Satpathy to inculcate a good value system among the kids, and bring them up as responsible citizens of a harmonious society. Plato's communism of wives and property might have been shunned as being utopian but children brought up in accordance with the teachings of Guru will definitely usher in new hope to this strife ridden society. Philosopher kings were not utopian to Indian soil. Shree Ram and Shree Krishna, underwent rigorous teachings from Rishi Vashist and Rishi Sandipani before they carried out their obligations on earth. The Gurukul system where a child is taught to learn everything at a Guru's Aashram including doing the household chores for the Gurus, may not be possible today but parents can act as Gurus and teach the right things to children with a sense of dispassion and detachment in order to rear them to become philosopher kings of modern times. In this exercise, Revered Guruji has given us the necessary tool, 'Shri Guru Bhagawat' especially Volumes 5 and 6 in which he has elaborated the entire gamut of obligations and responsibilities of a family man.

In a recent speech at Sai Ka Aangan on the occasion of Vasant Utsav (February 25, 2024) Dr Chandra Bhanu Satpathy said that 'if emotions are backed with intelligence, it is spontaneity but if intelligence masquerades as emotion, then it becomes scripted'. Though these words were uttered in a different context vis-a-vis disciples' exchange of bhaava (emotions) with Guru, the same thing is applicable for the householders in running their families as well. Satpathyji further said that Shri Guru Bhagawat has been written in a very simple language without much ado and that it has helped many people in many ways and he would be very happy if people get benefitted by it, so it is left upon us to learn from what is written in these books.

Though it was not possible to include the entire essence of the teachings meant for leading a peaceful family life as encapsulated in the Shri Guru Bhagawat, through this article I can only request everyone to go through the above mentioned volumes to understand the implications of bringing up families with right attitude and value system which is so very essential not only for children, but parents also. Learning spiritual adepts mentioned in Shri Guru Bhagawat is one thing but before that fulfilling our social responsibilities in the right manner is equally important as we all exist in a social framework and we should therefore be aware about our primary obligations and building harmonious relations within the families, where actually it all begins.

Jai Shri Guru Bhagawat.

KIDS SECTION



SANSKRUTI MISHRA

News and Events

SHIRDI SAI GLOAL FOUNDATION

Shri Jagannath Ratha Yatra at Gurgaon



On the 7th of July 2024, Ashadh Shukla Paksha Tithi, according to tradition, the Shri Jagannath Rath Yatra was organized by Sai Ka Aangan (Sai Prakash Spiritual and Charitable Trust), Gurugram. The Ratha Yatra celebration was marked by vibrant festivities as more than thousands of devotees participated in the yatra. The traditional rituals include the Naba Jauban Besha Darshan of Lord Jagannath, Balabhadra, and Subhadra, followed by Pahandi, Chhera Pahanra, and Rath Pulling from Sai Ka Aangan along a predetermined route.

Dr. Chandra Bhanu Satpathy was invited to perform the Chhera Pahanra ceremony, i.e. sweep the chariot of Lord Jagannath. On this auspicious occasion, various cultural programs have been organized in traditional style, and also authentic Odia prasad has been arranged for the devotees.

The Odia and non-Odia community from Delhi & NCR and from other part of India and abroad gathered with immense zeal and reverence to pull the chariot carrying the adorned idols of Lord Jagannath, Balabhadra, and Subhadra for about a kilometer with traditional funfair and drammetry with festivity.

Since the decision to hold the Rath Yatra Event 2024, numerous programs have been organized over several weeks to educate devotees and the general public about Shri Jagannath culture and tradition, all under the guidance and supervision of Dr. Satpathy ji.

Dr. Satpathy actively promotes Shri Jagannath culture and tradition in India and abroad through his literary works, music, discourses, and by guiding other institutions with similar missions.

Under Dr. Satpathy Ji's guidance, the Ratha Yatra and Shri Jagannath movement have been organized in various locations, with notable events in Dallas, USA; Nashville, USA; and London, United Kingdom.

People from diverse backgrounds, including families, children, and elders, graced the festival, creating an electrifying atmosphere with chants, slogans, and bhajans resonating as they joyfully pulled the chariots.

Release of Shri Guru Bhagwat Koshali & Shri Guru Bhagwat Chhattisgarhi by Dr. Chandra Bhanu Satpathy Ji



Release of Shri Guru Bhagwat Koshali & Shri Guru Bhagwat Chhattisgarhi by Dr. Chandra Bhanu Satpathy Ji

In response to the widespread popularity and demand for musical renditions of the Shri Guru Bhagwat from various regions of India, Dr. Chandra Bhanu Satpathy ji released two digital albums titled "Shri Guru Bhagwat Koshali" and "Shri Guru Bhagwat Chhattisgarhi" at Sai Ka Aangan, Gurgaon, on June 27, 2024.

These musical renditions from Shri Guru Bhagwat feature the initial prayers of the text, with music composed by Dr. Satpathy Ji.

The event commenced with Dr. Satpathy lighting the lamp, followed by the release of the digital albums. Shri Charudutta Mishra introduced "Shri Guru Bhagwat Koshali," and Shri Akhilesh Choubey introduced "Shri Guru Bhagwat Chhattisgarhi."

Children from Sai Ka Aangan sang excerpts from Shri Guru Bhagwat Hindi Gayan, while devotees performed a traditional Sambalpuri dance in customary attire. Dr. Satpathy then delivered a heartfelt address, highlighting the rich cultural heritage of Odisha and Chhattisgarh.

Trustees and devotees from Western Odisha and Chhattisgarh, as well as devotees from Delhi and the NCR, and a few from abroad, attended the event.

Digital album titled "Shri Guru Bhagwat Hindi Gayan Part III" Release



On June 20, 2024, Guruji Dr. Chandra Bhanu Satpathy ji released the digital album titled "Shri Guru Bhagwat Hindi Gayan Part III" at Sai Ka Aangan, Gurgaon. This musical rendition from Shri Guru Bhagwat features three prayers, each approximately 11 minutes long: "Shri Guru Shishya Sampark," "Kripa Ki Paribhasha," and "Shaktipat." Dr. Satpathy ji serves as both the lyricist and music composer for this album. The event commenced with Dr. Satpathy ji lighting the lamp, followed by the digital album release. Shri Rajiv Chandra Joshi ji (ex IAS) introduced Shri Guru Bhagwat and the Shri Guru Bhagwat Hindi Gaayan Prarthana.

The children of Sai Ka Aangan sang a few lines of the Prarthana, and Dr. Satpathy ji delivered a warm address to the gathering. Previously, on the auspicious day of Guru Purnima last year, Shri Guru Bhagwat Hindi Gayan Part I was released on July 3, 2023.

Following that, Shri Guru Bhagwat Hindi Gayan Part II was released on November 27, 2023. This second part beautifully captures soul-warming Prarthana related to Parabhakti, Shri Guru Charitra, and Shri Guru ki Aloukik Shakti.

Jyeshtha Ashtami Utsav 2024 at Sai Ka Aangan, Gurgaon



Maa Kheer Bhawani Jyeshtha Ashtami Utsav was celebrated on June 14, 2024, at Sai Ka Aangan in Gurgaon. Previously, Dr. Chandra Bhanu Satpathy ji had inaugurated the Maa Kheer Bhawani shrine at the Sai Ka Aangan Temple on June 3, 2022.

During the festival, Dr. Satpathy conducted the Purnahuti ritual amidst the holy havan ceremony, chanting mantras throughout. He received a warm welcome adorned with a traditional Kashmiri pagdi and ilaiachi mala.

In his address, Dr. Satpathy highlighted the unity of divinity, noting that our limited understanding often leads us to worship various deities through idols and images. He stressed that harmony and tolerance can alleviate suffering and prevent conflicts like dharmayuddha. He further explained that true spirituality involves fostering tolerance and practicing forgiveness for acceptance.

The event attracted over a thousand devotees from Delhi, NCR, and overseas who gathered to offer prayers and sing hymns at the Maa Kheer Bhawani temple.

Installation of Mata Sharika Devi's Photo at Sai Ka Aangan, Gurgaon

A picture of Mata Sharika Devi was placed adjacent to the Mata Kheer Bhawani shrine in Sai Ka Aangan Gurgaon by Dr C B Satpathy ji on the 13th of June, 2024. The unveiling of the image was accompanied by a traditional Vedic Pujan, during which Dr. Satpathy ji adorned the photograph with a floral garland and Chunari.

Notably, the Sharika Devi Temple is a sacred site dedicated to Goddess Jagadamba Sharika Bhagwati, an embodiment of Mata Durga/Shakti, located on Hari Parvat's western slope in Srinagar. The deity, represented with 18 arms, is revered as Srinagar's guardian.

The event saw a large turnout of worshipers who also savored the delicious Kashmiri dishes served at food stalls outside the venue. The Kashmiri food carnival was also launched by Dr. Satpathy ji.





Events



SAI DIVINE FOUNDATION Dallas Charity





Events



SAI DIVINE FOUNDATION

Austin Charity



SHRI GURU BHAGAVAT

Shri Guru Bhagavat originally written in Odia language is an unparalleled creation of Dr. Chandra Bhanu Satpathy, after his sojourn and evolution in the spiritual realm. Guru Bhagavat in the Odia language runs into seven volumes containing 29,000 verses. This book elaborately depicts the theme of devotion towards the Guru with the basic features of Guru tradition. This treatise contains invaluable aspects of human life, the greatness and uniqueness of Shri Guru, the different levels of Guru, the Guru-disciple relationship, the different types of disciples and the importance of rendering services to the Guru. There are many facets to Shri Guru Bhagavat of which a few are listed below:

- For spiritual wanderers, it stands like a lighthouse and shows the divine path towards knowledge, devotion and pious activities.
- For householders / professionals, in simplest possible and practicable words explains Dharma, and applicability of Dharma in everyday situations.
- For everyone, simplifies the concepts of Karma Yoga, and the Science of Death. Guiding each of us on Faith vs Blind Faith with historic examples.

Best Features

Single place to get all languages of Shri Guru Bhagavat
books and music/audio

Readers are using this online platform to read, recite, discuss Shri Guru Bhagwat through mobile phone, tablets and other devices in India and abroad.

Application is in high demand during Covid/lockdown phase for daily, weekly or monthly activities performed by groups of peoples.

Special Feature

All stanzas written in the poetic meter (each line with nine letters in a couplet form), nabakshari chhanda.

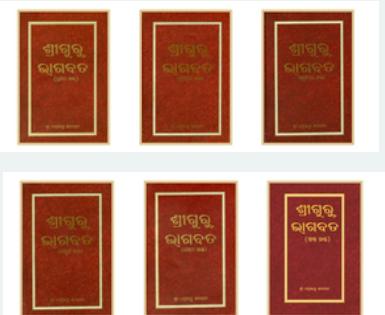
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