

Om Sri Sai Ram

Brahmasri Ghandikota Venkata Subba Rao

November 7, 1926–December 29, 2003



Birth

Brahmasri Ghandikota Venkata Subba Rao was born on November 7, 1926 in an American missionary hospital in Rajamandry, Andhra Pradesh, the fourth of five children of Brahmasri Ghandikota Subrahmanya Sastry and Smt. Ghandikota Ramalakshmi.

Sri Subrahmanya Sastry was a Vedic pandit and poet of great repute from a long line of scholars in the *Bharadvaja Gotra*, *Krishna Yajur Veda Saakha*, who

was born after his father conducted a *Putra Kaameshti Yaga* for a son to carry on the Vedic tradition, after eight daughters. As a distinguished scholar and poet, he was invited to join the court of the Kingdom of Vizianagaram as its *Aasthaana Pandit*. He was later known as the *Rishi* of the *Sathya Sai Gayathree*. Bhagavan Sri Sathya Sai Baba described him as the last of the true Vedic pandits and a *Maharishi*.



Ghandikota family in 1949.

Early Childhood and Education

When Sri Subba Rao was two years old, his mother passed away. Having lost their mother at a very early age, the children were raised by a loving aunt, Smt. Kattamuri Venkamma. In his early formative years, Sri Subba Rao began studies in a traditional Sanskrit *paatashaala* in Narendrapuram, his home town. Later,



Before Sri Subba Rao's departure for studies in the USA.

at the urging of the Maharaja and Maharani of Vizianagaram, he was shifted to an English medium school as his elder brother, the late Sri Lakshminarayana Deekshitulu, was already a brilliant Vedic pandit. Sri Subba Rao afterwards said that of all the education he received, western as well as traditional Sanskrit learning, it was the latter that he ultimately found most beneficial in life.

As a result of his father's extended travels with the Maharaja's establishment, Sri Subba Rao received his schooling in Vizianagaram, Madras and Bangalore. He was a first class student all through school.

During the Indian Freedom Movement, in the early 1940s, he and a group of young students wrote a flyer describing India's glorious history, and distributed copies in the Army Cantonment in Bangalore, inciting Indian soldiers of the British Indian Army to revolt. They were caught, but because of their youth were released after a stern warning by a young British officer not to meddle in such serious affairs!

Marriage

On April 28, 1942, Sri Subba Rao and Tangirala Lakshmi Devi were married, creating an ideal union for the next 62 years, with each partner perfectly complementing the other. Their first son, Aryama, was born in Iragavaram, India, in 1948, followed by Ramesh in New York in 1953, Manohar in Bangkok in 1956, Ravishankar in New York in 1960 and Sanjay also in New York in 1967.

College

Sri Subba Rao received his BA (Honors) degree in Economics from Loyola College, Madras, winning a gold medal for standing first in the college. He went on to earn his MA from Maharaja College, Vizianagaram, after which he became a lecturer in economics at the college.

Study in the USA, and Entry into the United Nations

In 1949, Sri Subba Rao went to the USA, enrolling in Columbia University, New York, for a joint MA-PhD program in economics. While pursuing his higher studies, he was recommended by one of his

professors for a position as economic affairs officer in the nascent United Nations Secretariat in New York. After completing his MA, he joined the world body in 1951 at its early Lake Success premises for what was the beginning of a distinguished 34-year career.

Devoted wife Smt. Lakshmi Devi

Smt. Lakshmi Devi and Aryama joined him in the US in 1952. Over the years, Smt. and Sri Subba Rao raised five children in foreign countries, maintaining their liberal *Bharateeya* (Indian) tradition and culture. Smt. Lakshmi Devi, a devoted wife and mother, was always ready to serve and support her husband, staying at home to take care of their children. She comes from the Tangirala family of learned Vedic pandits. The Tangirala home in Iragavaram, Andhra Pradesh, was a *gurukulam* or traditional Vedic school where the students were taught at the home of their guru. It rang with the sacred chants of the gurus and their students, and their discussions on philosophy, culture and morality. Smt. Lakshmi Devi imbibed the spiritual lessons, passing them on to her children.

With the UN in Bangkok

Sri Subba Rao spent nearly four years in the Department of Economic and Social Affairs in New York working with Sir W. Arthur Lewis, a future Nobel Prize winner in Economics, and Sir Hans Singer, a very distinguished development economist. As was standard UN practice, he was then transferred to the UN's Economic Commission for Asia and the Far East (ECAFE, later ESCAP) in Bangkok, where he was a colleague of C.V. Narasimhan (later the Chef de Cabinet to the UN Secretaries-General Dag Hammarskjöld and U Thant). In 1958, he returned to New York to rejoin the Department of Economic and Social Affairs, by now acquiring a reputation as a talented young economist.

First Meeting with the Divine Avataar

It was while Sri Subba Rao and family were visiting India on home leave in 1960 that he and his father Sri Subrahmanya Sastry first met Bhagavan Sri Sathya Sai Baba during His visit to Rajamandry, and became His staunch devotees. They had the great good



Bangkok, 1983.

fortune to recognize the Divine Avataar, and thus began the association of four generations of the Ghandikota family with Bhagavan Sri Sathya Sai Baba. Together with their families — which also included Sri Subba Rao's stepmother Smt. Mahalakshmi and two younger brothers, Sri Lakshminarayana Deekshitulu and Sri Parvateesam — they both made many visits over the years to Swami's ashram in Prasanthi Nilayam. Sri Subrahmanya Sastry was invited by Swami to join the *Prasanthi Vidhvaan Mahasabha*, and was one of the pandits conducting the *Dasara Yagnya* for many years. In 1963, Swami performed the *Upanayanams* (religious initiation ceremony) of Sri Aryama and Sri Deekshitulu in Prasanthi Nilayam.

Work with UNICEF in New Delhi

In 1961, Sri Subba Rao was seconded to UNICEF in New Delhi, where he became Senior Planning Officer dealing with child and maternal nutrition in South and South East Asia. He traveled widely throughout this region, in the process becoming an expert in child nutrition and issues of adolescent and youth welfare.

During his Indian sojourn he greatly increased his knowledge of the *Vedas* and *Upanishads*, both at the feet of Bhagavan Sri Sathya Sai Baba and his father. He also visited such holy places as Badrinath, Kedarnath, Varanasi, Prayag and Gaya.



Swami and Sri Subrahmanya Sastry, Prasanthi Vidhwan Mahasabha, 1967.

Return to New York

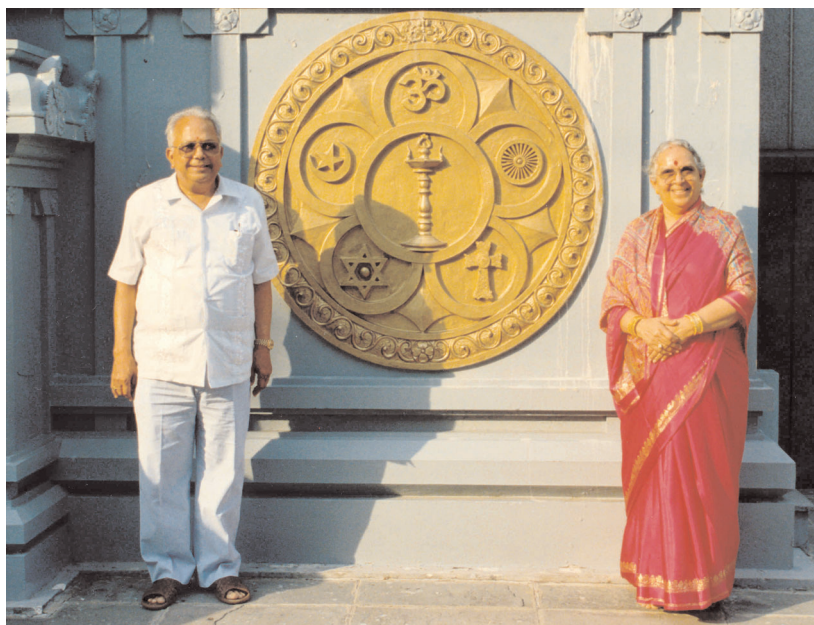
In 1967, Sri Subba Rao's secondment to UNICEF came to an end and he returned to New York, becoming Head of the Energy Section in the Department of Economic and Social Affairs. Over the next two decades he acquired a formidable reputation in both UN and energy circles as a top-notch energy, and particularly oil, economist. He chaired many UN conferences on a range of energy related issues, including UN-OPEC conferences and negotiations with OPEC during the 1973 oil crisis.

Spiritual Activities in New York

Sri Subba Rao was also expanding his range of spiritual activities during this time, obviously nurtured by his six years in India. Within a short time of his return to New York he and a UN colleague, Mr. A. Alagappan, came up with the idea of establishing an authentic temple in New York. Such was their enthusiasm and dedication that within a decade they had helped set up the Hindu Temple Society of North America, secured the active assistance and co-operation of the Board of Trustees of the Tirumala

Tirupati Devasthanam (TTD) and ensured that the magnificent Ganesh Temple in Flushing, New York, was erected. Sri Subba Rao also started a Sai bhajan group at home that later moved to the temple in Flushing.

The Ganesh Temple was not only a landmark, but was also an authentic example of Hindu temple architecture. It was the first such temple in North America and later undoubtedly served as an inspiration to the scores of temples that now dot the American and Canadian landscapes.



At the Ganesh Mandir, Flushing, NY, 1994.

Sri Subba Rao was an active member of the temple, serving from the very beginning as a founding Trustee on the Society's Board of Trustees. He was an authority on Hindu philosophy, the *Vedas*, *Upanishads* and the *Bhagavad Gita*, delivering erudite weekly lectures on the *Gita* at the temple for over a decade and a half. A little known fact is Sri Subba Rao's tireless efforts from the very beginning to install Ganesha as the main, unifying, deity of the temple, and his success in convincing the top management of the TTD to support this idea. He inspired the Society to adapt the unitary symbol of all the major faiths as its emblem, adapted from the Sri Sathya Sai *Sarva Dharma* symbol. He also helped establish the Sri Sathya Sai Study Circle in the United Nations.

Sri Subba Rao also lent his support to the Bharatiya Vidya Bhavan, becoming a founder member of the New York chapter. His wide ranging interest in spiritualism was such that he studied the teachings of Swami Chinmayananda, Swami Prabhupada, Swami Ramakrishna Paramahansa, Swami Vivekananda and Maharishi Mahesh Yogi, among others, during his intensive study of the *Bhagavad Gita*, the *Vedas* and the *Upanishads*. He was also an active member of the Telugu Literary and



*At his UN office upon retirement,
June 1985.*

Cultural Association from its inception, giving the *Panchanga Shravanam* or predictions for the new year, on *Ugadi* festival days for many years.

Visits to Prasanthi Nilayam

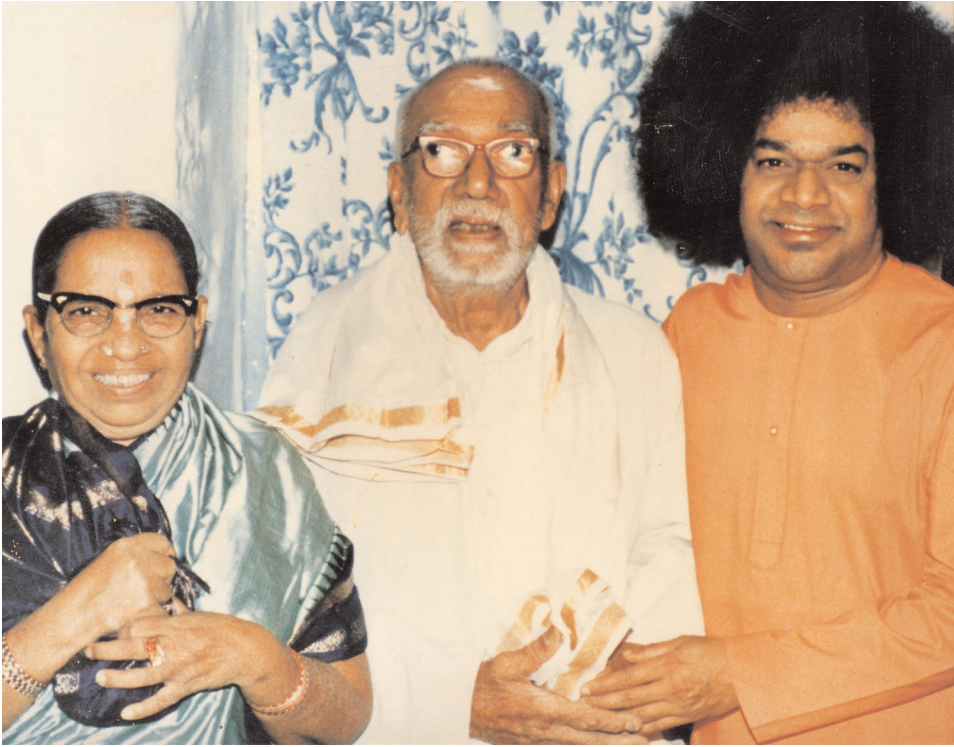
Every two years the whole family would visit India on home leave, and would go to Prasanthi Nilayam for Swami's *darshan*, *sparshan* and *sambhashan*. During one such visit in 1981, Swami performed the *Upanayanam* of Sanjay, materializing the *Yagnopaveetam* (sacred thread) and initiating Sanjay into the *Gaayathree Manthra*. In a family interview later Swami lovingly gave admission in His college, the Sri Sathya Sai Institute of Higher Learning, to Sri Subba Rao's fourth son. Ravishankar completed his BCom and MCom in Swami's college, winning a gold medal as the best student in the class. He went on to spend five years as a lecturer in Swami's College in Brindavan, Bangalore.

Retirement from the UN

In December 1984, on a visit to India, his father Sri Subrahmanya Sastry, then in his nineties, asked him when he would be returning to India. In an interview at that time, much to Sri Subba Rao's delight, Bhagavan Sri Sathya Sai Baba invited him to come and live in Prashanti Nilayam and serve his father. Swami also gave admission in His college to Sanjay, the youngest son. With alacrity, Sri Subba Rao took early retirement from the UN, retiring as Principal Officer in 1985 at the age of 58. He was given a Merit Service Award for his long and distinguished service to the United Nations Organization.

Life and Service in Prasanthi Nilayam

Sri Subba Rao's 18 years in Prasanthi Nilayam, near Bhagavan Sri Sathya Sai Baba, can perhaps be considered the happiest in his life. It marked the culmination of his move, starting from the early 1970s, towards a more spiritual outlook to life. Together with his wife, he lovingly and devotedly cared for and served his bedridden father for more than a year while absorbing the divine presence and guidance of Bhagavan. His beloved father passed away in his arms on the first day of *Dasara* in



Swami with Smt. and Sri Subrahmanya Sastry, 1981.

November 1986, in the auspicious early morning hours. Bhagavan Sri Sathya Sai Baba said that Sri Subba Rao had fulfilled his *Pitru Runam*, the debt owed to the father.

Thereafter, Sri Subba Rao devoted all of his energies to Sai Service. A powerful orator, he regularly delivered talks to the foreign devotees at the ashram, and also participated actively as a Trustee in the publishing program of the Sri Sathya

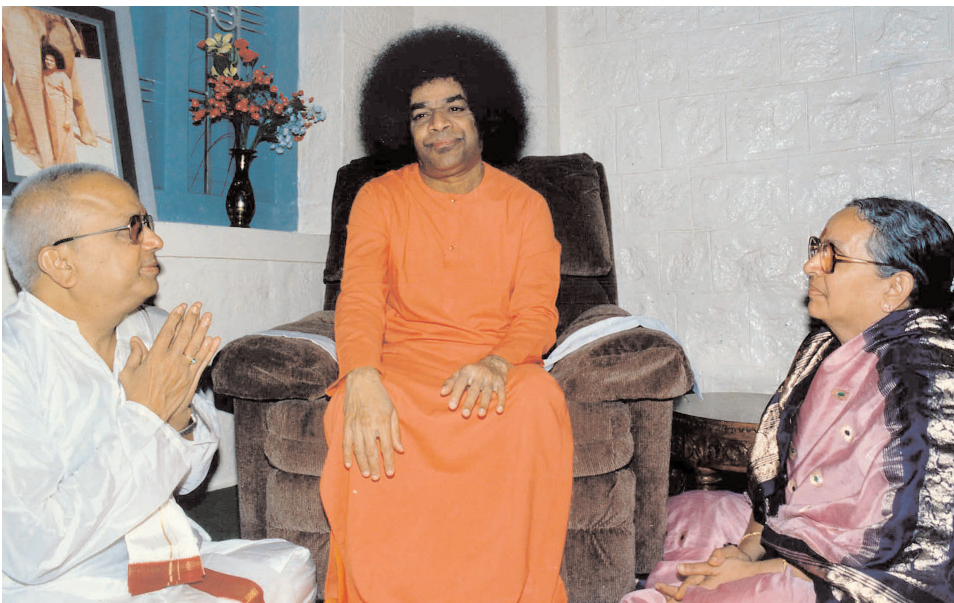
Sai Books and Publications Trust, and occasionally served as simultaneous interpreter into English for Bhagavan's divine discourses. Swami would also frequently ask Sri Subba Rao to give talks in His presence on a range of spiritual topics, in both Brindavan and Prasanthi Nilayam. He edited articles in both the Telugu and English versions of the ashram magazine, *Sanathana Sarathi*, and books in Telugu and English, including "Sathya Sai Speaks", which is a collection of over thirty volumes of Swami's discourses.

Weddings in the Divine Presence

By 1990, the three elder sons of Smt. and Sri Subba Rao were all married and had children of their own. Sanjay had completed his BSc and MBA, winning a gold medal.

At this juncture Swami told Smt. and Sri Subba Rao that it was time for the last two sons to get married. He selected Ahladini and Sumana, the youngest daughters of Sri Erramilli Sathyamurthy, as the brides for Ravishankar and Sanjay respectively. Swami assured Sri Subba Rao that He would make all the arrangements for the combined engagement and wedding on a grand scale in Brindavan, Bangalore. In April, with the entire Ghandikota family, relatives and friends assembled, Swami held the engagement ceremony in Thrayee Brindavan, His residence.

The next day, April 20, the wedding was conducted in the Divine



With Bhagavan Sri Sathya Sai Baba on Sri Subba Rao's 60th birthday, November 1986.

Presence of Bhagavan Sri Sathya Sai Baba in the *Kalyana Mantapam*. Swami greeted the guests, and materialized the golden *mangala sutras* for the brides. Later, Swami affectionately gave an interview for the newlyweds and gave a talk on the significance of the wedding ceremony and the responsibilities of the husband and wife in a marriage.

SaiThree

Clearly the periodic — yet truly unique and stimulating — showers of grace by Bhagavan on Sri Subba Rao and his family during the 1990s provided limitless inspiration for Sri Subba Rao's spiritual studies and endeavors. Thus, as he entered the 21st century, Sri Subba Rao decided to focus on transforming the priceless knowledge and divine inspiration he had received from Bhagavan into an integrated, easily usable *yanthra*, or device, for devotees to express their adoration of the Lord. The *SaiThree Chakra*, or wheel, combining the *Sri Sathya Sai Gayathree* (composed as a result of divine inspiration by Sri Subrahmanya Sastry in 1977), the *Sai Surya Gayathree* (composed by Sri Subba Rao in 1997), and the *Sai Hiranyagarbha Gayathree* (also composed by him in 1999), collectively called *SaiThree* by Swami, can be considered the crowning achievement of an intensely spiritual, very widely read, extremely personable and extraordinarily devoted individual who humbly offered this tribute



Swami entering Kalyana Mantapam, April 20, 1990.

to Bhagavan, and received His blessings in return. The *Chakra*, which has been explained at length by Sri Subba Rao in his book *SaiThree: Manthra, Yanthra, Thanthra*, is available in Sanskrit, Telugu, English and Spanish, and is being translated into other languages as well. It embraces the major religions known to man from time immemorial and is believed to bring untold benefits to all who adore, contemplate and assimilate it.



Bhagavan with the new couples and Smt. and Sri Subba Rao.



Bhagavan performing the Upanayanam for Sri Subba Rao's grandsons in February 2000.

Continuation of Vedic Traditions

Throughout his life, Sri Subba Rao remained keenly aware of the hallowed Vedic traditions that comprise such an important part of the *Bharateeya* spiritual heritage. Thus, his joy knew no bounds when Bhagavan graciously consented to perform the *Upanayanam* for three of his grandsons — Jayavardhan, Aryavardhan, and Harshavardhan, all of whom had been given their names by Swami earlier. On the morning of February 25, 2000, with the joyful Ghandikota family looking on, Swami materialized three *Yagnopaveetas* and initiated the boys into their spiritual responsibilities with the chanting of the sacred *Gaayathree Manthra*. Swami patiently explained the meaning and significance of the *Gaayathree Manthra*, and showered His Divine Blessings on the Ghandikota family.

Merger with Bhagavan

Sri Subba Rao attained merger with Bhagavan in the early morning hours of December 29, 2003, in Prashanti Nilayam, while reciting the name of the Lord, "*Sai Ram, Sai Ram*", in the arms of his youngest son Sanjay, and with his devoted wife Smt. Lakshmi Devi next to him. Sanjay had just arrived at 8:00 PM the previous night, giving Sri Subba Rao the opportunity to hold and play with his newest grandchild Akshay, Sanjay's five month old son. When Sanjay went to seek solace from Bhagavan Sri Sathya Sai Baba later that morning, Swami told him that Sri Subba Rao was a good man, who had led a good life, who attained his end in a good way, and who achieved the goal of life, union with Him, the Lord. Indeed, Bhagavan said He had held Sri Subba Rao until his desire of seeing his newest grandchild was fulfilled.



Bhagavan and Sri Subba Rao watching a drama in Poornachandra Auditorium, 1996.

When the other sons arrived in Prasanthi Nilayam on 30 December, Swami was most compassionate, speaking to them every day, making all the arrangements, assigning a priest, and describing in detail how the traditional funeral ceremonies were to be conducted over 13 days. On the fourth day He instructed that the ashes were to be collected and immersed later in the ocean. Since Sri Subba Rao was fond of the chanting of the Vedas, He arranged for *Veda Paarayana* to be done by teachers and students of the Sri Sathya Sai Institute of Higher Learning outside Sri Subba Rao's apartment in the ashram for one hour in the morning and evening over the 13 days.

In an interview on the eighth day, Bhagavan was very affectionate and soothing, filling the void in the hearts of all with his Divine Love and Compassion. Bhagavan described Smt. Lakshmi Devi as a *Nithya Sumangali* because of her purity of heart and devotion to her husband and family. Swami spoke to each and every family member, enquiring about

their studies and work, and gave His blessings. He held Akshay in His lap and played with him.

On the thirteenth day, Swami had a special lunch prepared for the entire family and all the visiting relatives, personally selecting each item on the menu. He also arranged for *Narayana Seva* (provision of meals to the public) for over 1,700 people.

Sri Subba Rao was a rare exemplar of the integration of the best of both Western and traditional *Bharateeya* society, bridging the gap between the two. He was fluent in Sanskrit, Telugu and English, and encouraged and supported Vedic pandits. He was ready at all times to answer the many questions of devotees in the Ashram on Hindu Philosophy and Vedanta. He truly practiced what he preached, and shared his love and knowledge with all, regardless of caste or creed or position. As his granddaughter Sreedevi said, "When I was with Thatha, he always made me feel like I was perfect and that I could accomplish anything".



Bhagavan consoling the Ghandikota family on the eighth day.

He left his mark on all whom he met, from all strata of society, all over the world. He was working in Sai Service to the last day, giving a two hour lecture on *SaiThree* to Russian devotees, and approving two books for publication at the Sri Sathya Sai Books and Publications Trust meeting the previous night.

As Bhagavan Sri Sathya Sai Baba instructed, Sri Subba Rao's ashes were immersed in the Indian Ocean at Adayar Beach, Chennai, near the Ashtalakshmi Temple, just before sunset on January 17, 2004.

Sri Subba Rao is survived by his devoted wife Smt. Lakshmi Devi, five sons and daughters-in-law, ten grandchildren, and two brothers Sri Deekshitulu, Sri Parvateesam and their families.



Bhagavan holding Akshay.

*Every day, in some small way,
Loving memories of you come our way.
Merged in the Lord, you are ever near,
Still missed, still loved, and ever dear.*

Jai Sai Ram!



Sri Subba Rao giving a talk at the Sai Center, United Nations, NY, 2001.



Ghandikota family at a reception for Smt. and Sri Subba Rao, New Jersey, 1994.



Sri Subba Rao's Articles

Many of Sri Subba Rao's articles on Swami are available on the *Sai Darshan* web site:

<http://www.saidarshan.org/>

The following articles, under the "Articles" section, narrate many of the experiences with Swami that the family was so fortunate to experience over four generations:

- *Man of Mighty Miracles*
- *Mind Boggling Miracles of Sathya Sai*
- *Interviews, Inner Vistas and Inmost Visions*

His book *SaiThree: Manthra, Yanthra, Thanthra* (Third Edition, Prasanthi Nilayam, 2003), which explains, among others, the *Sai Gayathrees* that were revealed, is available in the Prasanthi Nilayam bookstore. It is also available on *Sai Darshan* under "Articles" as "*SaiThree*".

Living in Sai Consciousness through SAITHREE

Dedicated at the Lotus Feet of our Beloved Swaami
With Koti Pranams

by

Ghandikota V. Subba Rao
Guru Purnima 1999

(based on a talk given in Thrayee Brindavan May 20, 1999)

This *Avathaar* of **Shri Sathya Sai** has multiple dimensions, manifold powers, and multifarious manifestations. However, in this article attention is focused on three aspects of Sai consciousness culminating finally in the state of transcendental Consciousness (*Thureeya*). These three aspects are together termed **SAITHREE**.

Baba is the most Modern, Wondrous, and Splendorous Manifestation of Divinity: He is the living, loving, lovely Lord right before us now. The question is how do we relate ourselves, on a daily basis, to this Fire of Spiritual Energy and Love-Incarnate, who is moving amidst us.

The three *Sai Gaayathrees*, given below, are potent *Manthras* for facilitating the linkage of the individualized Self (*Jeevaathma*) with the Omni or Supreme Self (*Paramaathma*). Transformation through love must occur at all three levels —the waking, dream, and deep sleep stages. That is the **Sai Vision** for the new millennium. Take the example of a coconut. The hard outer shell is comparable to the waking or *Vishva* state; the soft kernel to the dreaming or *Thaijas* state; and the water, the innermost element, to the deep-sleep or *Praajna* state. Out of the water comes the kernel; out of the primeval waters arose the foremost or first principle, the *Hiranyagarbha*, who is called the first-born in the *Vedhas*.

Sathya Sai is also the *Sai Suurya* (Sun God). The Sun is the most impressive manifestation of self-effulgence in a physical form. Similarly, Sathya Sai Baba is the most powerful manifestation of divine energy in human form. That is why He rode the **Golden Sun Chariot**, symbolizing a historic event in the unfolding of the Sai Avathaar. As I watched that event on 22 September 1997, I was inspired to compose the *Sai Suurya Gaayathree*. This *Manthra* relates to the *Viraat* or body level in the Cosmic Form.

The *Sai Hiranyagarbha Gaayathree Manthra* flashed in my mind when I was contemplating on Sathya Sai emitting from His mouth the golden *Linga* on *Mahaa Shivaraathri* in 1999. This *Manthra* enables us to link with the Divine Cosmic Mind, i.e. *Hiranyagarbha*.

With regard to the *Sai (Eeshvara) Gaayathree*, which was revealed in 1977 by the revered *Vedhik* scholar Ghandikota Subrahmanya Shastriji, it serves as a bridge to the Divine Cosmic Life Principle of *Eeshvara* in **SAI**.

Chanting SAITHREE

Manthras are the bridges that enable us to cross from the individual to the collective and Divine Consciousness, so that we realize the totality of our Being. This is merging, or liberation (*mukthi*).

Brahma Muhuurtha, fresh from the deep sleep state of *Praajna* (early morning), is the best time to chant *Saayeshvara Gaayathree*, so that our causal body is linked with the cosmic life principle of *Sai Eeshvara*.

The waking state (*jaagrath avastha*), which is at its maximum at midday, is the appropriate time for chanting the *Sai Suurya Gaayathree*; and the right time for chanting the *Hiranyagarbha Gaayathree* is the evening, before we slip off into the “dream” state of *Thaijas*.

It may be noted that each of these three *Manthras* dedicated to the Lord *Sathya Sai* are in the holy *Vedhik* metre called *Gaayathree* (the chanting of which leads to Liberation). Each *Gaayathree Manthra* consists of three parts, each part containing eight holy *Vedhik* letters, thus totaling in all twenty-four letters (signifying the twenty-four

Cosmic life principles). The first part of each *Gaayathree Manthra* denotes adoration, the second part relates to meditation and the third part connotes prayer. *Gaayathree* stands for the Universal Mother Goddess principles of Life, Love and Learning.

The above three *Gaayathrees* constitute a single combined entity, which may be called **SAITHREE**, a term used by Bhagavaan Baba. This three-in-one sacred formula signifies the three Divine Glories of Shri Sathya Sai Baba as the Divine Governor at the gross level, at the subtle or psychosomatic level, and at the vital force or causal level.

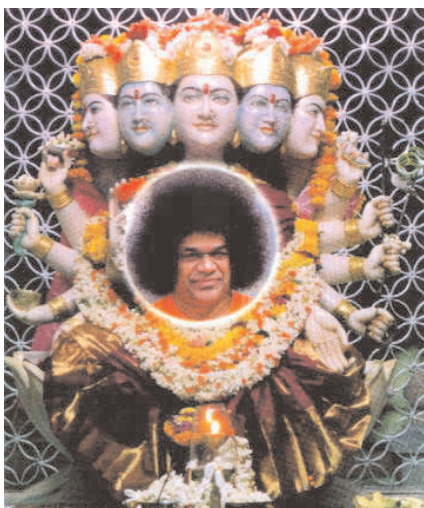
SAITHREE, the triple *Sai Gaayathree Manthras*, which are dedicated to Bhagavaan Baba, are powerful aids to devotees in enabling them to live in Divine Sai Consciousness. Bhagavaan Sathya Sai, in accordance with His mission of making everyone realize their inherent divinity, multiplies the devotees' capacities and faculties of perception, action, and response, and also energy levels, by purifying them and suffusing them through with Cosmic Divine Power through His unbounded Love and Absolute Eternal Bliss Form.

Sai Shivo ham

This is the five-lettered *Panchaakshari* Manthra, which identifies oneself as none other than **Sai-Shiva**, the modern and yet primordial ancient principle of Divinity.

The meditations on the Saithree Manthras lead the aspirant to total enlightenment at the non-dual stage of *Sai Shivo ham*, signifying the identity of the individual Self with the Divine Cosmic Source and Force represented by Sai-Shiva.

Sai (Eeshvara) Gaayathree



Manthra

OM. *Sayeeshvaraaya Vidhmahe*
Sathya-Dhevaaya Dheemahi
Thannah-Sarvah Prochodhayaath

Meaning:

We know this Sai is Supreme Divinity incarnate.
We meditate on this God of Truth.

May this Almighty Personality lead us on the path of total liberation.

Revelation

Time: December 24, 1977

Occasion: Christmas Eve

Place: Thrayee Brindhaavan

Chanting time

Ideally, 4 AM - 10 AM (morning, on getting up)

Form of Meditation

Sathya Sai, visualized at the heart of the five-faced *Vedha Maatha Gaayathree*, whose idol was installed by Baba in Prasanthinilayam.

Benefits/ Powers

Super-conscious illumination, culminating in bliss; *Saaruupya* (living in Sai consciousness at the deepest level or totality of personality).
Aanandhamaya: Bliss-filled form.

Sai Suurya Gaayathree



Manthra

OM. Bhaaskaraaya Vidhmahe
Sai-Dhevaaya Dheemahi
Thannah-Suuryah Prochodhayaath

Meaning

We know this Self-shining Being.
We meditate on this Divinity as Sai Suurya.
May this Divine Light enlighten us on the path of liberation.

Inspiration

Time: 7:00 AM, September 22, 1997
Occasion: Sathya Sai riding the Golden Chariot
Place: Sai Kulvanth Hall, Prasanthi Nilayam

Chanting time

Ideally, 10 AM–4 PM

Form of Meditation

Visualize Sathya Sai as riding the resplendent Golden Chariot
drawn by seven gold horses (as in the picture)

Benefits/ Powers

Health, strength, skill, stamina, culminating in *Saalokya*
(Living in Sai consciousness at the Waking state)
Sanmaya: filled with existential reality.

Sai Hiranyagarbha Gaayathree



Manthra

OM. Premaathmanaaya Vidhmahe
Hiranyagarbhaaya Dheemahi
Thannah-Sathyah Prochodhayaath

Meaning

We know this Embodiment of Divine Love, Sathya Sai.
We meditate on this Golden-Wombed Divine Personality.
May Truth-incarnate, Sathya Sai,
inspire us on the path of liberation.

Revelation

Time: 6:15 AM, February 15, 1999
Occasion: Lingodbhavam (Emergence of the Linga)
Place: Sai Kulvanth Hall, Prasanthi Nilayam

Chanting time

Ideally, 4 PM - 10 PM (Evening until sleep overtakes)

Form of Meditation

Visualize *Sathya Sai* as emitting the *Hiranyagarbha Linga* from His
mouth)

Benefits/ Powers

Love and Truth, culminating in *Saameepya* (Living in Sai consciousness at the inner, Heart level); *Chinmaya*: filled with God awareness.

Sai Non-dual Five-lettered (Panchaakshari) Manthra



Manthra

Sai Shivoham

Meaning

I am the Supreme Cosmic Divine Self
(Sai Shiva)

Inspiration

Time: 6:15 AM, February 15, 1999

Occasion: Maha Shivarathri

Place: Sai Kulvanth Hall, Prasanthi Nilayam

Chanting time

For inner contemplation at any time.

Form of Meditation

Visualize Sathya Sai at the heart of *Shiva Linga* and gradually transcending Name and Form.

(the picture on left was materialized by Baba for Ghandikota Subrahmanya Shastriji, saying "This is my true form")

Benefits/ Powers

Kaivalya/Saayujya (merging/living in total identity with the Supreme Cosmic Divine Self, i.e. Sai Shiva).

SAI CHAKRA

A great doyen of Vedhik learning, culture and practice, late Shree Ghandikota Subrahmanya Shasthriji, the seer of Shree Sathya Sai Gaayathree Manthra (called a sage by Bhagavaan Shree Sathya Sai) had repeatedly authenticated the Divinity of Bhagavaan Baba by utilising a number of scriptural criteria based on the name, the meaning of the name, His form, His characteristics and qualities, His principles, practices, precepts, powers, preachings, pursuits, and teachings, etc. The revered Pandith concluded that Baba is a Divine Advent and Baba indeed is the epitomy of all divinities. Today Baba is the Supreme Spiritual Leader in the entire world. That is why this Divine Personality is the subject of dedication of the three Gaayathrees - Shree Saayeeshvara Gaayathree as early as 1977, the Sai Suurya Gaayathree in 1997 and Sai Hiranyagarbha Gaayathree in 1999. These three together have been termed by Baba as "Sai-three"

It is again the divine inspiration of Bhagavaan Shree Sathya Sai, who is the presiding deity of the triple Gaayathree (or "Sai-three") manthras that prompted the preparation of this Sai Yanthra (or Chakra), through Brahmasri Ghandikota Venkata Subba Rao. It is a diagrammatic representation of Sathya Sai related Manthras, characteristics, powers, principles, pursuits, philosophy, preachings, miracles, glories, service activities, vital messages, etc. This Yanthra is the key to the understanding of the essence of the Sathya Sai Avathaar. It is a potentised mapping of the Sathya Sai spiritual 'terrain', being a subtle expression of Sai in Vedhik terminology. It is a composite multi-metric portrayal of Sai spirituality. This Chakra was prepared at the holy Brahma Muhuurtha (early dawn time). Monday 11th October 1999; that same afternoon, Baba called Sri Ghandikota Venkata Subba Rao for an interview at which He blessed this Yanthra thrice, after a discussion of its contents (please see the Sai Chakra shown on the back cover).