



SATVIC  
FOOD AND HEALTH

In Sathya Sai Baba's Own Words

Gerard T. Satvic

# Satvic Food And Health In Sri Sathya Sai Babas Own Words

**Satya Pal Ruhela**



## **Satvic Food And Health In Sri Sathya Sai Babas Own Words:**

*Satvic Food and Health* Gerard T. Satvic, Sathya Sai Baba, 2004

**In Search of Sai Divine** Satya Pal

Ruhela, 2015-11-06 This very important research based comprehensive and most enlightening book is the revised and updated book combining my two most important books on Sri Sathya Sai Incarnation Section I presents the second Sai Baba Incarnation Sri Sathya Sai Babas life 1926 2011 His Identity and Role Teachings and His Contributions to humanity It is the revised and updated version of the authors first book Sai Baba Sai and His Message 1975 which was very much appreciated by Sri Sathya Sai Baba saying very good book Yes very good book Its 13 editions were published from 1975 to 2002 Section II presents a sample of Sri Sathya Sai Babas thrilling miracles for which He has been universally known as Man of miracles His miracles are still happening throughout the world even after His leaving His mortal body on 24th April 2011 at the age of 85 In Section III is presented the authors own self inspired life long research review of the important writings of Sai devotees and scholars from various fields on this great incarnation of this age and His unique contributions to the moral and spiritual development and social welfare of millions of people throughout the world It is a unique study as no one else has as yet done such a research review This publication is being published on the happy occasion of His 90th Birth Anniversary on 23rd November 2015 as the tribute of the 80 year old author who has been privileged to be His ardent devotee for the last 40 years as His devotee since 1971 and studying His spiritual and social movement as a quasi observer retaining his Identity as an independent sociologist

*Yoga* Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

*Experiencing the Divine grace of Sri Sathya Sai Avatar* Satya Pal Ruhela, Sri Sathya Sai Baba 1926 2011 was the second Sai Avatar incarnation in the Sai Trinity Sri Shirdi Sai Baba 1838 1918 was the first one and the third one Sri Prema Sai Baba is yet to come in the 21st century to finish the uncompleted divine role of the three Sai incarnations The uniqueness of Sri Sathya Sai Baba the thrilling rainbow of His spiritual teachings countless astounding miracles multi faceted global contributions to the welfare of humanity and universal impact as the harbinger of the Sathya yug Age of Truth has been duly acknowledged by billions of people of all races religions cultures and nations This comprehensive book reveals His divine mystery and contributions to humanity and focuses on how His divine grace may be achieved by anyone It is a combined volume of the author s three renowned books Sri Sathya Sai Baba Experiencing His Mystery and Experiencing His Love How to Receive Sri Sathya Sai Baba s Grace and Worship of Sri Sathya Sai Baba

**Divine Times** ViDâ

González,2021-01-31 AN ALTERNATIVE VIEW OF REALITY Divine Times describes the somewhat peculiar way in which a family of Sri Sathya Sai Baba s devotees live From the very beginning of their relationship with the Great Avatar these people have been receiving messages by way of dreams visitations and primarily meditations Each devotee has his or her personal way of relating to the Being that millions of people in the world have accepted as the Highest Divine Incarnation to have descended to the density of the third dimension This is their way Life in the countryside has been full of challenges but having been isolated from society for so long has given them the opportunity to cultivate the contemplation of the Self and to practice silence as a way of life all along applying the teachings received directly from the Great Avatar and from other Light Beings that have visited them over the years In this book you will also find some propagating and cultivating techniques that they have used to grow most of their food in the harsh and semi desertic Australian environment in which they live The main objective of the book is to reveal an alternative reality a different way of living a spiritual life to which more and more people are awakening they put spirituality into practice which is one of the simplest ways to return to Divinity that which is our ultimate goal *The Splendour of Sri Sathya Sai Avatar* N. B. S. Rama Rao,2006 This book is a devotee s reverent account of the life and mission of Sri Sathya Sai Baba It chronicles the transformation of the parched hamlet of Puttaparthi into a model of community development complete with its educational institutions state of the **Star Love Network Journal** , **Mountain Path** ,1996 **Know Thy Self** Gerald T. Satvic,1998-09-01 As The Title Suggests This Book Deals In Imparting Knowledge About Self Gives Guidelines To Maintain Entire Human System As One Healthy Unit The Book Is Divided Into Three Parts Each A Collection Of Discourses By Sai Baba Part 1 Is Self Knowledge Part 2 Is Health Food And Spirituality And Part 3 Is Yoga The Author Has Made No Additions To Sai Baba S Statements **Eating the Sai Way Using Sai-Entific Methods** Indra Mohindra O.D.,2019-03-12 Eating The Sai Way Using SAI ENTIFIC Methods is an autobiographical account of the author s food journey and adoption of Organic Lactovegetarian diet to lead a healthy life The author recounts her food sojourn which was guided by her spiritual Guru Swami Sri Sathya Sai Baba s teachings In gratitude to His Love and Compassion showered upon her enabling her to achieve full health from a near death experience she has described this Simple Ancient Indian way of eating in her book Eating The Sai Way Using SAI ENTIFIC Methods This book presents a practical approach to the food we eat based on Swami s teachings The author s faith in Swami s food teachings being the ultimate truth guided her to implicitly follow them with discipline During two decades of her food sojourn and her own experiences without waiting for any scientific evidence she received her gift of full health despite her advancing age In this easy to follow food guide the author has shared her experiences that outline the SAI ENTIFIC guidelines that prevents us from unhealthy eating habits In this era of polluted adulterated processed and agriculturally grown foods which are loaded with a variety of pesticides herbicides hormones antibiotics and genetic engineering which may have toxic effects on our organs this book helps us select wholesome nutritional pure God given food The process of eating healthy as described in the

book is easy to understand but does require strong will power patience perseverance and discipline to follow At the end of it all it is worth it for it lets us have a healthy body and mind and a cleaner planet All this can be achieved while still under the care of one s medical practitioner Organic Eating the Sai Way Using Sai-Entific Methods Indra Mohindra O D,2022-11-30 The author suffered a near fatal illness Asthma in 1994 Soon after this in a dream visit Sathya Sai Baba Swami informed her that her illness was not due to Asthma but her stomach In absence of any medical diagnosis confirming a stomach ailment she pondered over her food habits Her conviction and faith in Swami s words led her to not only read more of His food guide lines but to follow them implicitly Over a span of close to twenty five years of following Swami s Way of eating she gradually noticed an improvement to enjoy full health despite her advancing age over the eighties In this book she is sharing with one and all a simple and easy way to follow the Sai Entific food guidelines by selecting from wholesome Organic pure God given food groups for her daily menu selection She has accomplished this only by following her beloved Bhagawan Sri Sathya Sai Baba s valuable teachings SAMSTHA LOKA SUKHINO BHAVANTU May all the beings in all the worlds be happy

**Bhakthi and health : under the divine inspiration of Bhagwan Sri Sathya Sai Baba** Charanjit Ghooi,Yashoda Bhat,1996 Prasnothara Vahini Bhagawan Sri Sathya Sai Baba,1997-02-28 Prasna means question Uttara means answer and Vahini indicates a stream This book is the stream of the questions that have evoked answers from Bhagawan Sri Sathya Sai Baba Among the tasks that Bhagawan has assumed while incarnating He has declared as basic the one that He calls the clarification and purification of the religious scriptures of mankind Every Vahini emanating from Him has done this service to some aspect or other of the spiritual upliftment of man This Vahini is one of the earliest in the series since it seeks to elucidate the fundamental concepts and pre cepts of religion especially the technical words and expressions that seek to concretise them Hitherto published as an Appendix to a single Vahini the Gita Vahini it is now placed in the hands of seekers as a key publication helpful for readers of all the Vahinis The Ancient Wisdom Sanathana Dharma the Perennial Path has been communicated to posterity in words that have suffered distortion devaluation dilution and denigration through the efflux of time and the controver sies among commentators Varna asrama yoga sanyasa yajna karma these are interpreted by dialecticians and practitioners of varied schools and sects in confusing and contradictory versions Bhagawan has resolved these tangles His exemplary love and patience sweeten not only every answer but every question too for He has by posturing as the interrogator made the clarifications full and fruitful **Source of the Dream** Robert Priddy,1997-01-12 The influence of the Universal World Teacher in the figure of Sri Sathya Sai Babaa supremely beneficent renewer of moral life and spiritual faithhas already reached the far corners of the Earth Yet this Avatar His miracles and teachings are still a greeat mystery to even those who are acquainted with Him Source of the Dream is thoroughly researched and gives an objective appreciation of Sai Baba s teachings about spirituality and modern science Priddy gives an indepth analysis of Sai Baba s miraculous actions and words He includes investigations he made with the late professor N Kasturi Sai Baba s official

biographer into how Sai Baba's earlier teaching have been written or recorded edited translated published and authenticated Some common misunderstandings about interpretation and application of the teachings and of Baba's own words are discussed Priddy included color photographs of Sai Baba and some of His miraculous manifestations Robert Priddy shares his experiences both subtle and direct which ultimately led him to a life transformation He appeals to both devotees and newcomers to Sai's teaching explaining how Sai Baba reaches out to those in need over great distances and what it's like to visit Sai Baba's ashram and attend an interview with Him For devotees Priddy shares his accounts of Sai's emanation of mystery and grace with balanced reflections upon their likely purpose and meaning Sandeha Nivarini Bhagawan Sri Sathya Sai Baba,1992-01-01 I am the Sai Baba of Shirdi come again then I was mostly engaged in preparing the meal now I have come to feed you all with the strengthening purifying repast says Bhagawan Sri Sathya Sai Baba He announced thus in his fourteenth year while casting away his school books and addressing the first gathering of devotees in 1940 Ever since Baba has been consoling correcting and curing with His compassion and all conquering love an ever increasing band of physical and spiritual sufferers and establishing the new Sai era of peace and joy As part of His mission of establishment of dharma in February 1956 Baba started a monthly magazine which He named Sanathana Sarathi Ancient Charioteer Evidently He meant to declare more clearly through that title that He is both Ancient and the Charioteer of all physically embodied beings He announced that the Sanathana Sarathi is engaged in a campaign against falsehood of all types and varieties as well as against the spirit of selfishness This series of dialogues with Baba published in the magazine originally in Telugu unravels the mysteries of spiritual truth and lovingly removes the mist that hides the vision of aspirants Perused with care and faith these dialogues are bound to clarify reinforce and convince May the perusal lead you nearer and nearer the goal

*Sri Sathya Sai Vahini - Voice of the Divine Phenomenon* Bhagawan Sri Sathya Sai Baba,1992-01-01 This must be said of this book It is the authentic Voice of the Divine Phenomenon that is setting right the moral codes and behaviour of millions of men and women today And so it merits careful and devoted study The Lord has declared that when ethical standards fall and man forgets or ignores His glorious destiny He will Himself come down among men and guide humanity along the straight and sacred path The Lord has come He is guiding those who accept the guidance He is calling on all who have strayed away to retrace their steps Baba's love and wisdom know no bounds His grace knows no obstacle He is no hard taskmaster His solicitude for our welfare and real progress is overwhelming Bhagawan has announced Himself as the Divine Teacher of Truth Beauty and Goodness By precept and example through His writings and discourses letters and conversations He has been instilling the supreme wisdom and instructing all mankind to translate it into righteous living inner peace and universal love When the Ramakatha Rasa Vahini the uniquely authentic nectarine stream of the Rama story was serialized in full in the Sanathana Sarathi Bhagawan blessed readers with a new series which He named Bharathiya Paramartha Vahini Stream of Indian Spiritual Values While these precious essays on the basic truths that fostered and fed Indian culture for ages before

history began were being published Bhagavan decided to continue the flow of illumination and instruction under a more comprehensive name Sathya Sai Vahini The Stream of Divine Grace the Ganga from the Lotus Feet of the Lord This book contains the two Vahinis merged in a master stream Inaugurating these series Bhagavan wrote for publication in the Sanathana Sarathi Moved by the urge to cool the heat of conflict and to quench the agonizing thirst for knowledge about yourself with which you are afflicted see here it comes the Sathya Sai Vahini wave after wave with the Sanathana Sarathi as the medium between you and me With infinite compassion this Sathya Sai incarnation of the Omniwill is freeing millions of people in all lands from disease distress despair narcotics narcissism and nihilism He is encouraging those who suffer gloom through wilful blindness to light the lamp of love to see the world and the lamp of wisdom to see themselves This is a tantalizing true false world its apparent diversity is an illusion it is ONE but it is cognized by the maimed multiple vision of humans as Many says Bhagavan This book is the twin lamp He has devised for us Lord Krishna aroused Arjuna from the gloomy depression into which he led his mind at the very moment when duty called on Arjuna to be himself the famed warrior ready and eager to fight on behalf of right against might Krishna effected the cure by reminding him of the Atma that was his reality and of Himself being the Atma that he was Bhagavan says that we too are easily prone to get caught in the coils of cleverness and the meshes of dialectical logic The key to success in spiritual endeavour and what is life worth if it is not dedicated to that high endeavor is philosophical inquiry and moral advance both culminating in the awareness of the Atma the source and sum of all the energy and activity that is We are all motivated by fear doubt and attachments just as Arjuna was We are all hesitant at the crossroad between this and That the wave and the ocean But created by Him we are the miracle of miracles Bhagavan says What is not in man cannot be any where outside him What is visible outside him is but a rough reflection of what really is in him The Atma is free It is purity It is fullness It is unbounded Its centre is the body but its circumference is beyond the beyond Man has been endowed with a superintellect which can recognize the existence of the Atma strive to bring it into his awareness and succeed However very few are human enough to seek to know who they are why they are here wherefrom and where they go from here They move about with temporary names encased in evanescent ever changing bodies So Bhagavan accosts us Listen Children of Immortality Listen Listen to the message of the sages who had the vision of the most majestic Person the Purushothama the Foremost and the First who dwells beyond the realms of illusion and elusion O ye human beings You are by nature ever full You are indeed God moving on earth Is there a greater sin than calling you sinners When you accept this appellation you defame yourselves Arise Cast off the humiliating feeling that you are sheep Do not be deluded into that idea You are Atma You are drops of nectar immortal truth beauty goodness You have neither beginning nor end All things material are your bondslaves you are not bondslaves as you imagine now Bhagavan says Through the unremitting practice of truth righteousness and fortitude the Divinity qui escent in the individual has to be induced to manifest itself in daily living transforming it into the joy of truly loving Know the Supreme Reality breathe It bathe

in It live in It Then It becomes all of you and you become fully It A material object is not self expressive It depends wholly on the capacity for knowledge chith sakthi of the individual Atma for its manifestation prakasa The relative world of objects is dependent upon the relative consciousness of the individual Atma jivi When the object is further scrutinized and the true basis of the Plural ity is grasped Brahman or the Oversoul as the first Principle is acknowledged as a logical necessity Subsequently when sense control mind cleansing concentration and inner silence are achieved what appeared as a logical necessity dawns upon the purified consciousness as a Positive Permanent Impersonal Will Prajnanam Brahma whose expression is all this Sathya Sai Vahini reveals to us in unmistakable terms that the self in man is no other than the Overself or God We are told that this is true not only of mankind but of all beings Everywhere and anywhere In fact Will causes this unreal multiplicity of Cosmos on the One that He is He can by the same Will end the phenomenon Being God is behind becoming and becoming merges in being This is the eternal play says Bhagavan As Bhagavan writes the supreme end of education the highest purpose of instruction is to help us to be come aware of the universal immanent Impersonal Sathya Sai Baba in His role as the Teacher of Teachers is instructing us herein for this supreme adventure of the soul Seekers on this pilgrimage have in Him a compassion ate guide and guardian for He is the embodiment of the very Will that planned the Play As we are led through the valley of this Vahini by Bhagavan holding us by the hand He exhorts us to ad mire appreciate and adore the seers and sages of many lands who pioneered this realm and laid limits bounds preparatory disciplines and practices to smooth the path and hasten the discovery of truth He writes of the Vedas and later spiritual texts of the forms of worship that have stood the test of centuries of loyal acceptance and of disciplinary codes for the four stages of human life and for humans with pronounced inborn characteristics the vertically uplifting pure sathwic the horizontal expansive emotional rajasic and the declining dull thamasic He clarifies the role of karma action and its consequence Like a frail ship caught in a stormy sea man climbs up a gigantic wave and reaches its froth edged peak The next moment he is hurled into the trough only to rise again The rise and fall are both consequences of his own deeds They design the palace and the prison for man Grief and joy is the resound the reflection or reaction of one s own actions The individual soul jivi can escape both by cultivating the attitude of a witness not involved in the activities it has to do Bhagavan writes of yoga as the process of coming together of the individual soul jivatma and the Highest Atma Paramatma the Self and the Overself He elaborates on the path of love devotion bhakthi of selfless activity karma of mastery over the mind of sublimation of consciousness wisdom jnana Bhagavan analyses the rights and responsibilities of the individual and society and reveals to us that they have the one underlying purpose of spiritual fulfilment To sum up Sathya Sai Vahini is the Gita given to us by the Person who as the eternal charioteer Sanathana Sarathi is eager and ready to hold the reins of our senses mind consciouness ego and intellect and to guide us safely to the Abode of Supreme Peace Prasanthi Nilayam the goal of all mankind May we all be blessed by His love and grace

*Sathya Sai's Sayings* Purushothaman Kollam,2014-12-03 Sri Sathya Sai Baba commonly known as



Bhagavan Sathya Sai is a highly revered renowned well acclaimed accepted Spiritual Guide Guru who took birth in this World as a Lamp Light to the entire Humanity His Teachings Sayings Messages are always a guiding force to Millions of his followers all over the Globe From his early childhood he expressed his Divine qualities Spiritual Miracles which actually kindled the Spiritual thinking of all persons Actually he was a Spiritual Magnet attracting the attention of all persons irrespective of their Religious Belief Faith In another way he was a Spiritual dynamo giving absolute energy enthusiasm to everybody who met him His life was a symbol of Devotion Dedication to the service of the entire Mankind in a variety of ways He always said Manava Seva is Madhava Seva Service to Humanity is service to God Sri Sathya Sai always emphasized the importance of Good Character Rightful Action in our daily life His teachings always activated our Inner Quest for Self realization His words sayings helped each everybody to fulfill the Purpose of Life He revealed the right path to find the Supreme Power Almighty God in our own Heart Mind He had cultivated the true value of Truth Universal Love Right Character Peace Nonviolence the like Divine qualities in the mind of all Persons It is very definite that this Title Sathya Sai s Sayings will ignite accelerates the Spiritual Journey of the reader Let s make it a habit to read repeatedly these sayings of Sathya Sai introspect on each one so that we will get more more Insights Intuitions about Our own Life With these words of introduction we are presenting this book to the entire Humanity after submitting it at the Lotus Feet of Bhagavan Sri Sathya Sai Baba [Sai Baba 101 quotes and 101 Photos](#) Natarajan S,2015-07-14 Sri Sathya Sai Baba considered to be top most God Man in modern times has given very apt everyday quotes teachings that can be easily followed 101 such quotes teaching page are published with 101 Sri Sai Baba s photographs from Old age to current page by page some of them you might not have seen so far THIS COMPILATION OF One quote teaching page a day will change Life forever positively and with purpose Buy Buying this Book You are Buying Happiness This is colour book ONE QUOTE TEACHING PAGE A DAY WILL CHANGE YOUR LIFE FOR BETTER ILLNESS both physical and mental is a reaction of the body caused by poisons in the mind An uncontaminated mind alone can ensure continuous health He who lives on Earth must become Man at first Then he has to learn the way to God and discover the delight of the Spirit This is the Raja Yoga path that the Vedas teach **Bhagavan Sri Sathya Sai Baba** Abhinav Publications,Vinayak Krishna Gokak,2003-06 Bhagavan Sathya Sai Baba has been a name to conjure with in different parts of the world An enchanting bhajan composer and singer a world teacher and unexcelled educator of the vital a Yogishwara pressing an amazing variety of talent and capacity into service for the fulfillment of his mission a kalpataru or a wish fulfilling tree for his devotees the very avatar of Love the voice of one s own innermost heart speaking to each individual externally a universal presence to be felt and known a promoter of the unity of world religions and of a philosophy that embraces Matter and Spirit and the inaugurator of a new social order he is easily the most colourful and many faceted prophet that modern India has produced Several antinomies meet and mingle and are reconciled in his personality the most significant pair being one of Solitude and Multitude Thousands of Sathya Sai Baba Samitis function in all

parts of India and there are hundreds of them in the U S A U K and several other parts of the world Crowds collect in their lakhs to hear him in India What is the secret of this charismatic power that Bhagavan Baba wields wherever he goes Baba declared in the Sri Sathya Sai World Conference held in Bombay in 1968 that the mission for which he has come is the spiritual regeneration of India and of the mankind through her And he has said that he will not cease from his labours till his mission is fulfilled **Tread Softly** Tina K. Schweickert,2005

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