



As Sai youth, we are capable of eradicating the restlessness in society. From today we must keep a check on our desires. We must always make sure that we respect our parents and serve them well. We should always keep in mind the welfare of society and of the nation at large. Swami wants us to earn a good name in society.

As I said earlier, Sai youth must always follow Swami's dictum of: *Sathyam Vada, Dharmam Chara* – Speak truthfully, act righteously. This is the essence of Unity, Purity and Divinity.

Interactive Panel

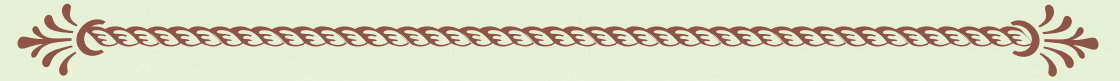
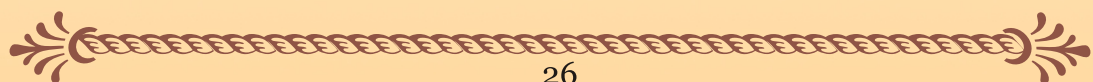
At the conclusion of Mr. Chudasama's talk, Dr. Gries announced that the questions the delegates had written on the 3 x 5 index cards that were passed out at the conclusion of the previous session had been categorized and sorted and given to the panel members. He introduced the panel as consisting of Dr. Michael Goldstein, Dr. Narendra Reddy, Air Chief Marshall N. C. Suri, and Dr. William Harvey, member of Prasanthi Council.

Question 1. *“Why are previous Conference recommendations and resolutions not implemented?”*

Answer 1. Dr. Goldstein: Many recommendations and resolutions have been made. Suggested changes to the Charter are being considered by members of the Prasanthi Council. Some resolutions may have been changed by Swami, some by the Organization, some were not suitable for adoption, some were impossible to implement, and it was resolved not to implement them. Some in responsible positions may not have been responsible. We all do our best but we are all imperfect. Still, we should always come together in the spirit of Love and Unity.

Q2. *There were a number of questions about the importance of vegetarian food. Swami advises us to abstain from non-vegetarian food. There are some officers that are not vegetarians, what is your opinion on this? Is being vegetarian necessary to achieve Unity, Purity and Divinity?*

A2. Dr. Reddy: It is important to be a vegetarian for a spiritual seeker. Swami has been giving many discourses on food. Food is not only what we eat, but also what we see, what we hear, etc. It connotes all sensory experiences taken in through all the sense organs including the mind. Swami has given us the pathway of vegetarianism. Satwic food is very important in order to put us in tune with the Divine. Swami says that the subtle essence of our food



becomes our mind. Therefore, our thoughts are influenced by the food we eat.

Swami's four basic requirements of His devotees are: vegetarianism, no smoking, no gambling, no alcohol. Whatever food we take should be offered to God. We shouldn't be too obsessed with food. We are devotees of Swami and He has told us what is good for us. Satwic food is good for us and it is very important in order to tune into the Divine. Even satwic food in excess becomes thamic. We should follow His command. Offering the food to God before eating is the first step to Unity, Purity and Divinity.

Dr. Harvey: A point about enforcing rules on others. We should try to set good examples, by focusing on trying our best to follow Swami's teachings in our own lives. We have to be careful not to judge others. Swami once said it is more important what comes out of the mouth than what goes into it. Let us first be sure we study and discuss Swami's teachings on this, and other subjects. And one of His main teachings is for us to avoid criticizing or finding faults in others. We should work on ourselves, set good examples and try not to become judgmental.

Q3. *In Europe we talk about our own culture. Why can't we spread Baba's culture of Unity when we go back?*

A3. Dr. Goldstein: We are one spirit. We are consciousness. It pleases God that there is diversity in the world, with Unity as the basis. Don't talk of Sai culture. Think of Unity in diversity. It transcends all cultures.

Q4. *Is it necessary to have Hindu rituals and Indian culture in Sai Centers in Australia?*

A4. Dr. Goldstein: Swami says that all Sai Centers should reflect human values. Swami emphasizes the human values. The primary thing is Love. Do not emphasize the rituals. Emphasize the Unity of faiths and reflect the five human values.

Q5. *Should Sai Centers in the West be outposts of Hindu spirituality and culture?*

A5. Dr. Goldstein: No.

Dr. Harvey: The most important thing is that we try to make the people that visit our Centers feel comfortable. The emphasis should be on the universality of Swami's message. People do not have to change their religion or adopt a new one because they are drawn to Sathya Sai Baba and His teachings. Therefore,

