



GKS MAGAZINE

January
2026

Sai Ram, dear ones,

December slips through our fingers. And before we notice, a new year is already knocking at the door. With this January edition, we arrive a little early — perhaps precisely to pause for a moment.

The December issue appeared a bit later than you are used to, due to a journey to India. This early edition is our way of balancing that.

We wish you days with space. For warmth and simplicity.
For movement and stillness. Days that do not ask for more, but for attention.

Enjoy reading — and a gentle, open beginning to 2026.

~ Love, Kannaiah & Carla ❤️





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Calendar January



☀️ **Thu, 1 Jan – New Years Day** ✨

🔥 **HOMA - 03:00 PM**

🕐 **Mon, 5 Jan – Rudrābhiśekam, 7:30 PM**

☀️ **Sun, 11 Jan – 🎵 Bhajans & Lunch 10:30 AM**

🥗 **Lunch (bring something to share)**

🕐 **Mon, 12 Jan – Rudrābhiśekam, 7:30 PM**

🕐 **Mon, 19 Jan – Rudrābhiśekam, 7:30 PM**

💖 **Wednesday, January 21 — International Hug Day**

🕐 **Mon, 26 Jan – Rudrābhiśekam, 7:30 PM**



☀️ **New Year's Day in the Pavilion — fire, light & an unexpected twist...**

Sometimes everything comes together in such a beautiful way that all you can feel is gratitude.

The crowdfunding for the pavilion was a wonderful example of that.

We extended the campaign by a few extra weeks, and thanks to many large and small donations, the full amount of €3,500 was reached.

♥️ **The pavilion is happening — thanks to all of you!**

Balram (Nico Vlaar) and his son Colin, together with Fabri and with the overall assistance of Marianne, built the pavilion.

😊 **And then there was that other story...**

Brenda lovingly and energetically set up the crowdfunding — entirely on her own initiative — and promised that donors of €75 or more would be invited for dinner.

Only... there turned out to be 18 of them.

And then she realised that this many people simply wouldn't fit around the table in her home.

She therefore asked whether the coffee room next to the temple could be used.

But as we talked it through together, that didn't quite feel right either.

In bringing this project to completion, it became clear that the €10 some people donated carries the same value as a €75 (or more) donation from someone else.

In the temple, the heart counts more than the amount.

So we chose to reshape the idea. There is nothing more beautiful than someone who remains flexible while shaping a project, allowing it to evolve into something that feels right for everyone.



🔥 **1 January 2026 —**

A new beginning in the new pavilion

3:00 PM – HOMA

The very first Homa under the new roof, guided by Kannaiah.

A powerful moment to release what lies behind us and to begin the new year with clarity.

Write down a wish or intention and entrust it to the fire.

🍲 **Afterwards – Prasad for everyone**

Instead of an exclusive dinner, we keep it simple and warm:

Prasad for all who are present.

This feels fair, appropriate, and fully aligned with Sai.

🙏 **7:30 PM – Weekly SHIRDI Puja (optional)**

For those who wish to close the day in silence and devotion.

💛 **In closing**

We begin 2026 at the fire — in the new pavilion that has been made possible through your support.

Dress warmly, bring a cushion, and above all: an open heart.

Thank you for your support, enthusiasm, patience, and sense of humour.

It will be a beautiful start to the year.



HOMA

On January 1, we will hold our first
Homa in the installed pavilion in
the garden.



WILL YOU JOIN
BRING A CUSHION AND
WARM CLOTHING



A Message for the New Year



What we see today is a world where politics, religion, and their entanglement have too often divided rather than united us. Politics and religion will remain, but their failure to bring true peace has become clear. When children die in the streets or in their homes, when nature and animals suffer, we have failed as humanity.

Change must begin with us. Those who are aware, who love life, must look beyond religion and politics. Whatever name you give to God – Jesus, Allah, Krishna – that is personal, and that diversity is fine. What truly matters is that no one should die unnecessarily. **To live and let live should be our guiding principle – not only for humankind, but for all living beings and for nature itself.**

Our choices have consequences. The suffering we inflict on animals and the natural world inevitably returns to us. It affects our bodies, pollutes our societies, and ignites violence in the hearts of people. That is why real change starts within ourselves: in how we eat, how we think, and how we act.



We are not alone on this Earth. We share a responsibility – as one human family – to avoid causing harm to others. No violence in thoughts, no violence in words, no violence in actions. Support leaders who live by these same principles, for only then can a better world emerge.

Yet, we must be honest: the years ahead will be challenging. From 2025 onward, tensions and conflicts may continue to rise if we fail to act. Across Europe and beyond, political and religious divisions already show how deeply such struggles affect ordinary people. If we do not learn from the past and take responsibility in the present, the cost will be heavy – more conflict, more loss, more suffering.

And still, there is hope. Every conscious act of peace, every mindful choice for life, every gesture of compassion can make a difference. Let us close this year with intention: choose understanding, choose respect, choose life in all its forms. True change begins within us – and only together can we build a world where life is cherished, not destroyed.

~ Inspired by Mohanji's response during a Zoom session on October 5th.





Compassion in Action

On Inner Education, Feminine Wisdom & the Art of Dialogue

A reflection inspired by the teachings of His Holiness the 14th Dalai Lama

Introduction: The Power of Compassion

Following our earlier reflections on the head, the heart, and the path, this month we turn to compassion as a living force.

The Dalai Lama calls it the key to a peaceful world — not through laws or systems, but through the heart of each individual.

“A more compassionate society is in everybody’s interest.
Peace cannot come by order — it must begin with the individual.”

Compassion as a Life Force

A peaceful world does not begin with regulations, but with people.

With what we teach children.

With how we ourselves respond to anger, fear, or disappointment.

This is why the Dalai Lama repeatedly speaks of education of the heart:
learning to listen, to understand emotions, to love.

“We educate the mind, but often forget the heart.”

The Role of Women

The Dalai Lama often emphasizes that the world today needs more feminine energy — not as a counterforce to strength, but as its completion.

“Women are more sensitive to others’ pain.
Perhaps this century should be the century of compassion — led by women.”

It is both praise and an invitation:
to take the gentle strength of the feminine seriously.



🔥 **Compassion Is Active**

Compassion is not pity — it is participation.
It is choosing to act from connection,
even when that asks something of us.

In a time when systems strain and people harden,
compassion is not a luxury — it is a necessity.

And it begins small:
in how we think, speak, and act.
In what we teach children about being human.

📖 **Inner Education**

The Dalai Lama often says that the future of humanity
does not lie in technology, but in the human heart.
He therefore advocates inner education:
a way of learning that does not suppress emotions, but understands them.

Anger, jealousy, fear —
they are not enemies, but mirrors,
showing us where we are not yet free.

“We must not destroy our emotions,
but learn how to deal with them.”

Real peace arises when we can see what moves within us
without judgment.

🧘 **The Mind as Teacher**

The mind can be a source of suffering,
but also a gateway to liberation.

“When I lose my temper, I lose my best teacher.”

With humor he reminds us
that even missteps are invitations to grow.

Awareness can be trained —
like a muscle, with practice, patience, and kindness.



The Art of Dialogue

Dialogue, according to the Dalai Lama, is one of the most powerful tools for peace and connection.

Not speaking to convince,
but listening to understand.

“Through dialogue we can build trust.
Through trust, we can build peace.”

In the quiet middle between two viewpoints,
compassion becomes possible.

The Wisdom of the Feminine Heart

He speaks with warmth about the strength of women:

“Generally speaking, women have a deeper sense of care and empathy.”

His first teacher of compassion was his mother:
“She was illiterate, but her heart was my school.”

And with mischievous humor he adds:
*“My father had a holy whip for the holy boy —
but the pain... that was not holy!”*

It reminds us that compassion is not lofty or distant —
it is human, lived, and learned through experience.



The Power of Small Acts

Peace begins in the smallest gestures:
a breath before reacting,
a gentle glance,
the decision not to harden.

From these simple moments,
a culture of compassion grows —
step by step, heart by heart.

“If you want to change the world,
start by changing the way you see it.”

Conclusion: An Invitation

Compassion is not an abstract ideal,
but a form of inner hygiene —
a way to keep the heart clear in a complex world.

As His Holiness says:

“As long as space remains,
as long as sentient beings remain,
I will remain to serve them.”

**A promise both soft and vast —
and perhaps the most beautiful invitation for the new year:
to walk forward with open eyes,
a steady heart,
and a smile that makes the world just a little kinder.**

~ His Holiness the 14th Dalai Lama



♦ The Power of Inner Stability -

Mohanji's Insight for a New Generation**

In today's world we see many young people struggling with pressure, expectations, and constant stimulation. Older generations often look on with concern: Why do they seem so quickly overwhelmed? Why is there so much uncertainty when so many possibilities lie before them?

Mohanji invites us to look at these questions from a deeper perspective. Because to truly understand young people, we first need to understand the very foundation of human existence.

Everything Has Value – Even When We Don't See It

According to Mohanji, nothing and no one is worthless. Every life, even in moments of stillness or rest, has a role.

Even when we sleep, we have a presence. We process, we shift internally, we influence life around us. Existence is never passive.

When we realize this, we also see how important it is that young people recognize this sense of intrinsic worth within themselves — not based on performance or perfection, but on the simple fact that they exist.

The Foundation Young People Often Miss: Self-Acceptance

Mohanji puts it simply:

Self-acceptance is the only true foundation for stability.

Imagine a five-year-old who already knows this. How different life would be. How much steadier, more balanced and more free a young person would become if, early in life, they understood that:

- everything in life can be healed,
- your attitude makes the difference,
- pain is part of life,
- but suffering is a choice.

Many older people only recognize this much later in life. But for young people raised amid social pressure, digital comparison and constant expectations, this insight can build a life of strength rather than dependency.



What We, as Older Generations, Often Forget

When young people face disappointment, criticism, or shifting circumstances, we sometimes see them freeze or shut down. Not because they are weak, but because they lack something many of us were never taught either: **inner stability**.

We learned practical skills, ways to function in the visible world. But we learned far less about the inner world — where resilience, calm and direction are formed.

And that is exactly what young people need today.

The Trap of a Perfect Façade

Older generations may recognize this more clearly than the young: the difference between how someone appears and what is truly going on within.

Mohanji says it openly:

Many people who smile on social media are not smiling inside.

Young people grow up in a culture where appearance can seem more important than inner truth. When we, as adults, recognize this subtle difference, we can help them remain honest, human and authentic — not by giving them rules, but by living truthfully ourselves.





Waiting for Rescue Does Not Work — for Anyone

One of Mohanji's strongest messages is this:

We often wait for someone to help us... but no one can lift us the way we can lift ourselves.

The 'Messiah' we are waiting for is ourselves.

For young people, this means: no dependence on approval, support or rescue from outside.

For older people, it means: show that you apply this in your own life.

We cannot force young people to be brave, but we can embody courage.

We cannot teach stability by words alone, but we can *be* stable.

Speed as a Sign of Clarity

When a person is firmly rooted, action becomes natural. No rush — but clarity.

A stable young person knows what they want and is less distracted by drama, comparison or doubt.

And it is precisely that clarity that we, as adults, can exemplify — so that young people see how direction arises, not from external pressure, but from a quiet inner

What Older Generations Can Offer Young People Today

- **Example instead of advice**
- **Authenticity instead of perfection**
- **Calm instead of judgement**
- **Self-acceptance as a life lesson**
- **Courage to take personal responsibility**
- **Space to make mistakes and discover themselves**

When we embody these qualities, we don't need to tell young people how to be. They will sense it, see it, and naturally carry it into their own lives.

~ This article is inspired by the insights Mohanji shared during the interactive Zoom session of 30 November.



The Art of Self-Acceptance

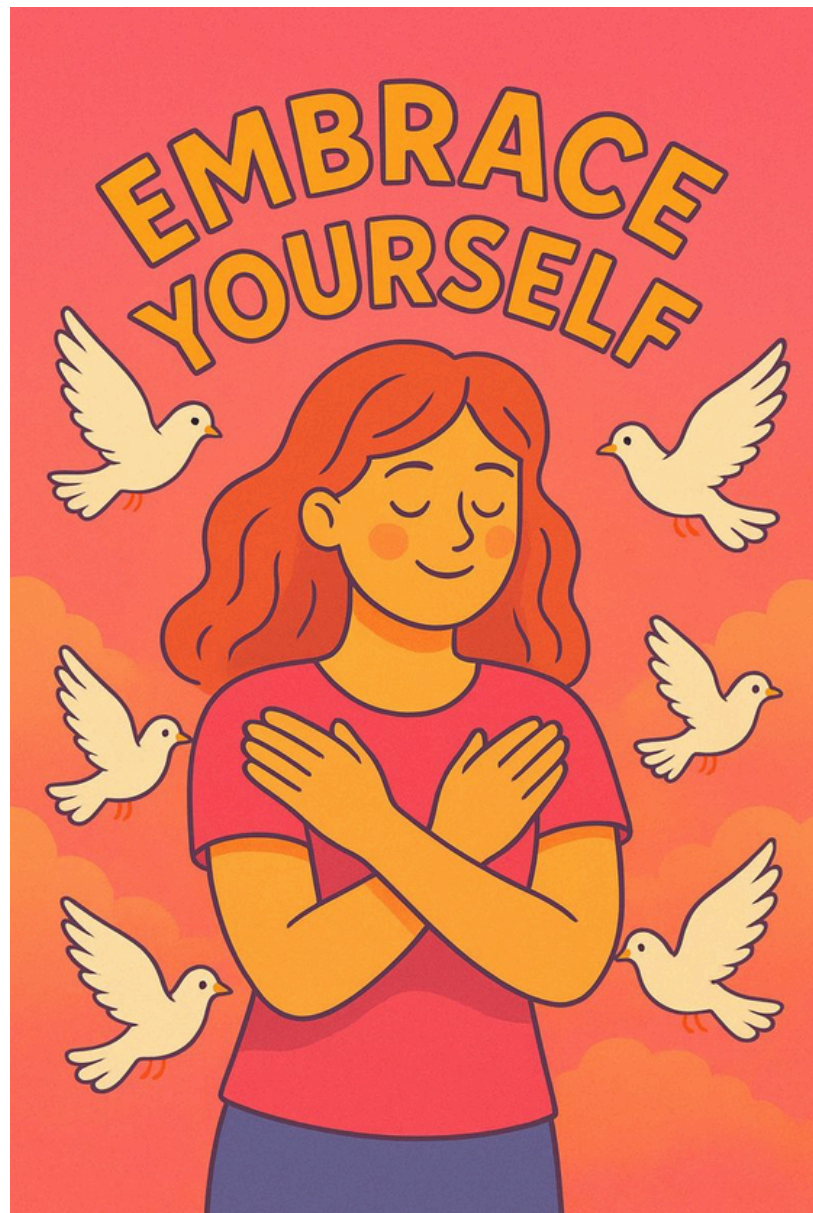
Coming home to yourself – in small steps, with great gentleness

There are moments in life when we realise it isn't the world speaking most harshly to us, but our own thoughts.

Sometimes we can embrace ourselves with trust, lightness and love... and sometimes that very same mind whispers that we are not enough, not capable, not wise, not worthy.

The remarkable thing is: almost everyone knows this feeling.

The inner struggle in which we are both the accuser and the defender, the critic *and* the one who absorbs the blows.





◆ The spiral of “not good enough”

When these inner voices tighten their grip, it feels as though we stop moving.

A simple act of service suddenly becomes a mountain, because the mind whispers:

“Who are you to do this? You won’t do it properly anyway.”

Before we know it, we’re walking in circles—longing for meaning yet caught in self-doubt.

Not because we are truly lacking,

but because we have quietly grown accustomed to an energy of self-criticism.

From a young age we learned how to comfort others—
but rarely how to comfort ourselves.

✨ Self-acceptance begins in small islands

True inner peace doesn’t come from winning the battle,
but from no longer fighting it.

Self-acceptance is not a grand gesture.

It begins in small, tender islands of attention.

Five minutes in the morning.

Five minutes in the evening.

Just sitting, breathing, and gently saying:

“I accept myself exactly as I am right now.”

Not as a goal.

Not as an achievement.

But as a simple recognition of what already *is*.

As we repeat this, space begins to open.

Islands become land.

And slowly we notice that although inner storms may still rise,
they no longer flood the entire landscape.

🌱 The mother and the child within

A soft way to practice this

is to imagine yourself as two aspects of one being:

The vulnerable child who whispers:

“I am not good enough...”

And the loving mother who replies:

“It’s all right. Let it be here. Tomorrow we’ll look again.”



Not to tell the child it is right,
but to remind it:

You do not need to be perfect to be loved.

By repeating this little inner dialogue,
the hardness begins to crack—
like a shell opening naturally because life wants to grow within it.

🌙 **Living with discomfort**

Sometimes feelings or physical sensations take up a lot of space—fatigue, tightness, pressure in the head or chest.

We try to ignore them or push them away, yet they return like a thorn in the foot.

We have two choices:

1. We fight them...

and lose energy every single time.

2. We acknowledge them:

“You are here. You may stay. And I will live my life anyway.”

This is not giving up—
this is the subtle mastery of acceptance.

Not everything has to disappear.

Not everything has to be fixed.

We can learn to live with what is uncomfortable,
as many great teachers have done—not by being free of pain,
but by refusing to wrestle with what cannot be changed.

And it is often that shift
that releases our strength—
for creativity, service, love, awareness.



☀️ **The magic of the larger perspective**

When we place our attention on something greater than our discomfort—
a prayer, a kind action, a gentle smile toward someone who needs it—
our inner energy changes.

Not because the problem disappears,
but because we are no longer only *that*.

Self-acceptance is ultimately coming home to a wider sense of who you are:
a soul in motion,
with light and shadow,
strengths and vulnerabilities,
and a heart that longs to open again and again.



Practical Exercise – The Two Chairs of Gentleness

Do this 3–4 times a day, for just 2 minutes.

1. Sit on one chair as the ‘child’.

Close your eyes and let one sentence arise that you tell yourself when you feel insecure.

For example: *“I’m not good enough.”*

2. Move to the other chair as the ‘mother’.

Take a slow breath and respond softly:

“My dear one, it’s all right. You don’t have to prove anything right now.”

3. Return to the first chair.

Feel what it is like to receive this response.

Let it move through your breath.

4. Finish with one sentence:

“Everything I am is allowed to be here.”

Repeat this throughout the day.

With each round, the inner voice softens
and the heart grows stronger.

~ Freely inspired by two teachings of Mohanji on self-acceptance



Everyone Has a Soul History

Swami Gopala Krishna would shower his cats and dogs with love. He never saw them as inferior to humans; Spiritual Masters look to the soul, and they can recognise the chain of births.

One day, a devotee smiled to himself, thinking Swami was overreacting. Swami called him over and said:

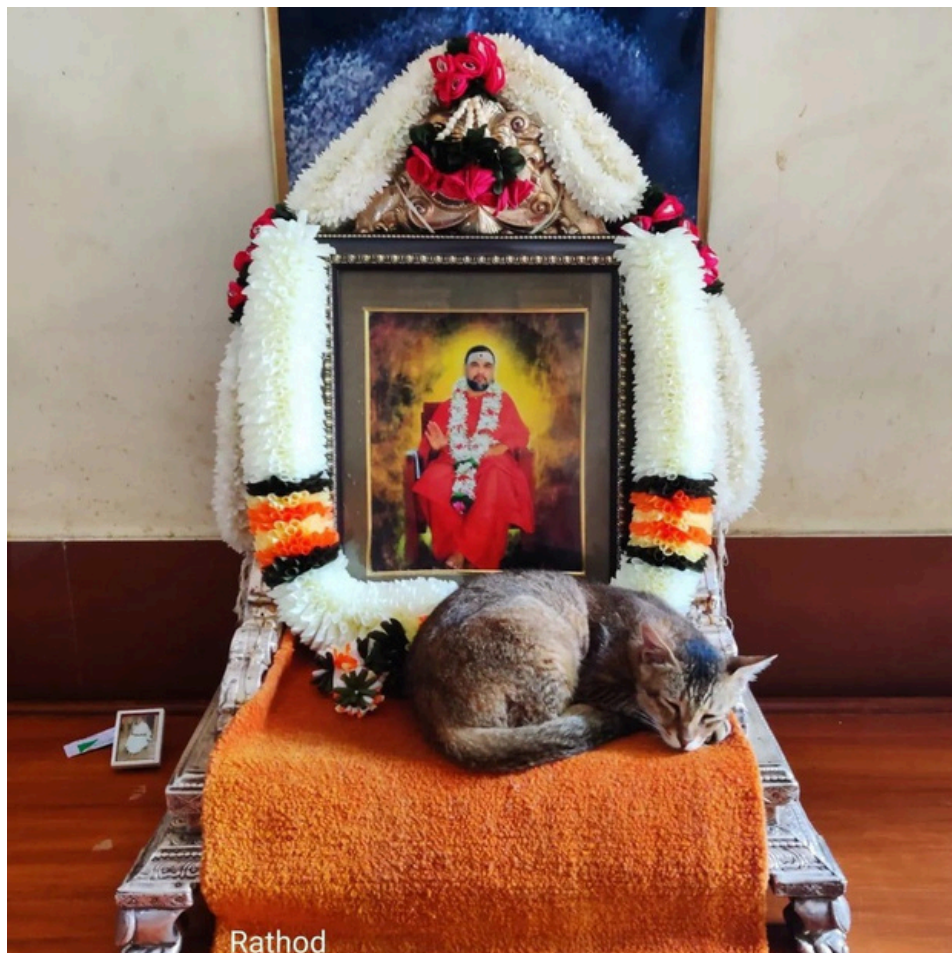
**“Do not think they are lesser than you.
Do you know what you were in your previous life?
Or what you will be in the next?”**

Sathya Sai Baba’s words — *“Love All, Serve All – Help ever, hurt never”* — do not apply only to human beings.

They are an invitation to elevate yourself and begin to see the truth.

For everyone who was present with Swami that day, it became a profound and memorable lesson.

~ Venkat



Rathod



An Advice For The Cry Babies — Devi Amma



Our family and I underwent severe difficulties and hardships in our lives. When we lived in J.P. Nagar, Bangalore, we had no money even to pay the meagre electricity bill. We spent the darkness in candlelight. Returning in the evenings, we were embarrassed even to enter our dark, unlit home. We wondered what our neighbours would think about our condition!

Our neighbours were not bothered! None were willing to listen to our problems, much less help us. Yet, we never disclosed our troubles and distress to anyone. Neither my mother, my siblings, nor I approached anyone to complain about our misfortunes. Even our close neighbours were unaware of our difficult times! We stoically bore our lot.

In contrast, we live in a strange world today, with the people who inhabit it even stranger. We often find people lamenting over minor, insignificant issues these days. One can lend a shoulder and even empathise with an occasional outburst. Those who complain should realise that this has become a permanent fixture and pattern in their lives. If they knew the unspeakable miseries and misfortunes we suffered in our lives and how hard life is, they would understand that patience and endurance are needed.

Problems and challenges are part of life. Hence, it is strange when one constantly whines about even trivial problems when they find a willing and patient ear. They neither understand nor care about how it affects the sympathetic listener. Their callous nature and insensitivity are saddening, as is the disheartening waste of precious time. May God help us, patient but unwilling listeners, who are unsuspectingly caught when we receive a visitor or answer a phone call.



fAn inert idol in a temple can better handle these constant outpourings of complaints! They perform miracles, too, but are smart enough to act deaf to this torrential whining!

A few years ago, a Western lady would often call me to cry about her problems over the phone. Another *Bhagawans* devotee (a well-known counsellor) suffered the same plight. Neither of us wanted to listen to her complaints anymore.

Bhagavan Sathya Sai Baba, who was aware of my predicament, advised, “Write to her what I am about to tell you now. If you hesitate, you will ultimately suffer.” After briefly considering it, I agreed to *Bhagavan’s* proposal. *Bhagavan* dictated the following:

Dear devotee,

You are wailing over the phone every day. It has become a habit for you. I have to listen to it all the time. Stop troubling me. Stop this outpouring over the phone immediately. You have Bhagavan’s photo on your altar. Sit before it, and cry, weep and lament to your heart’s content. I am also present in that photo. You will immediately start crying after reading this message, which will cleanse your mind and give you clarity. Henceforth, please do not trouble me by calling me.

This lady called me a few months later. She said, “Initially, I was shocked to read *Bhagawan’s* message and cried profusely. Later, I followed his guidance and continued talking to his photo. Suddenly, I received clarity because *Bhagavan* started answering right from within myself. I will not bother you anymore. My heartfelt gratitude to you and *Bhagawan!*” I was delighted to hear her experience.

A final word of advice to all such lamenting devotees! We live in a world made up of joy and sorrow, happiness and misery. Adjust yourself to sail with both pleasure and pain. Learn to live with both equanimously. Spare me for your laments. Please sit before your favourite deity or Master’s idol, or photo in your altar and pour out all your problems, stress and domestic squabbles. The Divine is the performer of all miracles and shall do the needful! Kindly follow *Bhagawan’s* instructions verbatim. Clarity and solutions to your problems will dawn on their own. My blessings and love to you all!

~ Devi Amma

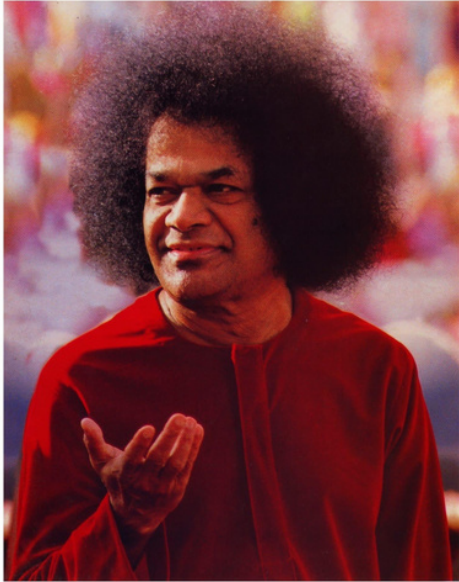
With heartfelt thanks to Devi Amma for granting permission to share this chapter.
From: *Autobiography of a Siddha* (July 2025).







Baba's Self-Realized Devotees - By R.D. Awle



Baba is said to have many Self-Realized devotees quietly doing His work in various locations around the globe. So far I've personally met four of them – and to my mind, nothing proves Baba's perfection more clearly than His divinized devotees. (As Jesus said, "By their fruits you shall know them." These are very sweet mangoes!)

Gopalakrishna Baba

The first is a man named Gopalakrishna Baba, who lives in a small Sai Baba temple in Bangalore. His parents were ardent Sai devotees, but from his early childhood Gopalakrishna was intensely drawn to the local Sri Ramakrishna Temple, where he would spend all his time absorbed in devotion and meditation, cherishing the dream of becoming a monk in the Sri Ramakrishna order. He became so immersed in God that he almost never felt the need to sleep, and would remain awake throughout the night repeating the Divine Name. In his mid-teens, when Gopalakrishna was alone in the house one day, vibhuti began miraculously manifesting on Sai Baba's photos in his parents' puja room, leaving a strong impression on the young man. Soon afterwards He visited Baba's ashram, and, as he tells it, "My heart instantly recognized in Sai Baba the same Divine Being who had lived as Sri Ramakrishna."



His devotion for Baba soon became the overwhelming force in his life, and in the coming years he often visited Baba's ashrams, and received many blessings from Him. However, in 1990, when Gopalakrishna went to Baba's ashram for the Birthday celebrations, due to the massive crowds he was unable to see Baba the way he wished, and therefore told Baba internally, "Next year I will celebrate Your Birthday in my own home, so please come there to receive my worship!"

Clearly the Lord was listening, for the next year on Baba's birthday, while Gopalakrishna was performing a puja in his home, Baba suddenly appeared before him in a living form, manifested a beautiful Lingam, and gave it to Gopalakrishna, an event witnessed by others. In those precious divine moments Baba told him, "Every Monday, perform worship to this Lingam. I am with you always."

And so it is. Gopalakrishna is now established in changeless Peace, knows the thoughts of all around him, and possesses many miraculous powers. His foremost Western disciple, a beautiful man from Holland, told me an interesting miracle story. It seems that on one of his first trips to India, he had come down with dysentery, and when he reported to Gopalakrishna that the medicine prescribed by a doctor could not be found in the local shops, Gopalakrishna simply waved his hand and instantly manifested a strip of the required tablets. Some people have reported that by drinking the water used in Gopalakrishna's worship of the Lingam they have been healed of long-standing diseases; others say they have had their personal problems solved, while others say that his grace has enabled them to find the most precious gem of all, peace of mind. It seems that Gopalakrishna Baba is a genuine wish-fulfilling tree.





Devi Amma



The second great devotee is a woman named Devi Amma, who lives near Baba's ashram in Whitefield. She is radiant with saintly Love, and my intuition is that she is a fully-Realized Saint of the highest order. Devi Amma speaks fluent English, and tells delightful stories, often bubbling over with laughter. She humbly says that on the inner plane she often finds herself in a group of Spiritual Masters gathered around Sai Baba, saying it has been given her to keep one foot in that realm, and the other in our realm! She speaks with great familiarity about the various forms of God, and the ancient Sages and celestial beings, for it seems they visit her on a regular basis. "There are many levels of angels," she said to one questioner. "They look very beautiful, so beautiful! When they reach the highest level of angel, they become almost as beautiful as Lord Jesus."

Devi Amma's life story is amazing. When she was 15, her uncle died unexpectedly, and the tragedy led her into deep introspection on the meaning of life. In the spontaneous meditations that followed, she began hearing the sound "OM", and soon after this, a blazing sun of spiritual light appeared in her room. From within that effulgence gradually emerged the form of a divine man with a radiant aura, who introduced himself as the ancient Sage **Agastya**, the first of the great Rishis.



(She says, with all humor and humility, that in a previous incarnation she was **Agastya's** daughter.)

(Agastya declared that he was her Guru, and began appearing before her on a daily basis, instructing her in meditation and the secrets of spirituality, and by the age of 20 she had attained Enlightenment. One night, Sathya Sai Baba unexpectedly appeared in her room, His form repeatedly changing into the form of Lord Subramaniam (her family's chosen Deity) and then back into the form of Sai Baba, thus revealing His oneness with God. Some years later, when she finally saw Sai Baba in person, she had the same experience: "Sai Baba - Subramaniam! Sai Baba - Subramaniam!" She says that while Agastya is her Guru, Sai Baba is the **Poornavatar**, and is now working through her to bless and uplift humanity.

Little Heart

The third great devotee is an Australian woman who calls herself "Little Heart." She says she attained union with Baba through the path of Love, and now sees God everywhere, and is always aware of her true Being as all-pervading Consciousness. She lives near Baba's Brindavan ashram, writes beautiful books, and gives sage advice, so to speak, to those with questions.

I recently had an interview with her, in which she said, among other things, "A Poornavatar like Baba doesn't exactly come along at every tick of the clock!" (We are indeed fortunate to be alive at this time, and be aware of His presence on the Earth!)

Having lived a very full life in the world before coming to Baba, including two marriages and two divorces, Little Heart is in an unusually good position to know the struggles Westerners go through in making the transition to a life of spirituality. I always find it encouraging to meet a Self-Realized Westerner. (Yes, it is possible...!)

Source: <http://www.saibaba-aclearview.com/contents2.htm>

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Floating An Passant — Enlightenment Pending

I saw a photo of a woman floating on her back in a seaside pool, her phone held up in the air as if the screen were her anchor.

Funny—yet also confronting. Not because it was strange, but because it was painfully familiar. I have that same Pavlovian reaction: notifications first, surroundings later.

We've unlearned "doing nothing" so thoroughly that even water is no longer a reason to be offline.

We live in an age where silence is almost suspicious—where we'd rather check what's happening elsewhere than feel what's happening right here.

Maybe it's enough to simply wonder, every now and then: *"What am I actually doing?"* ... and then—just for a moment—discover how uncomfortable real rest can be.

~ An Passant





The Value of an Inheritance

When we pass substantial wealth on to the next generation, we give them more than money alone. We often pass on comfort as well. Yet abundance can also lead to caution, fear of loss, and a tendency to avoid taking risks. This may weaken a person's ability to face challenges and grow independently. In that way, wealth can unintentionally become a brake rather than a support.

It is striking that many successful entrepreneurs did not start out with financial advantages. Their strength lay in perseverance, creativity, and a firm resolve to build something of their own. For them, money was never the starting point, but the result of effort and courage.

True progress does not arise from what you receive, but from what you are willing to develop.

The secret of abundance lies in sharing. The ability to share what we hold in abundance makes us rich — both inside and out.





The Tangle Behind the TV

Behind the television hung a tangle of cables so old that no one quite remembered where it had begun. A jungle of cords: some shiny and new, others yellowed with age, and some that had once been black but had faded into a dusty shade of grey.

Every time a new device entered the house—a game console, a media player, a soundbar, a streaming box no one fully understood anymore—another cable was simply added. Sometimes with the best intentions (“This time I’ll really take note and tidy it up later”), sometimes out of sheer convenience.

And when a device disappeared, the cable rarely followed. “*You’ll probably need it again someday,*” someone would say, bending it back behind the TV like a sleeping snake. And so the nest slowly grew into a twisting history of everything that had once seemed important.

What no one noticed was that the tangle was telling a story.
A quiet biography of a living room.

And really... people work much the same way.

In a human life, things keep getting added too: encounters, jobs, failures, loves, fears, ideas, habits, hopeful plans. Sometimes consciously chosen, sometimes added by accident, almost without noticing. And when something leaves—a phase, a dream, a relationship, a belief—we don’t always escort everything neatly to the exit.

Something stays behind.

An image.

A pain.

A lesson.

A habit we no longer need but think, *let it be for now—maybe it’ll come in handy.*



Years later, those leftover wires may have become tangled with new ones. We tell ourselves we've started over, yet deep inside still hangs that old, dusty cable—connected to a device that no longer exists, but once mattered greatly.

Every now and then, you need the courage to undo the whole tangle. Pull everything out. Take the TV off the wall. Lay the power strip open on the table. Hold each cable in your hands. To empty it all out—and to choose again:

What do I still need?

Which devices are actually still here?

What can finally go?

It's the same with life. Sometimes we need to pause everything, untangle the chaos, and look with care:

Which experiences still carry me forward?

Which beliefs give energy, and which drain it?

Which fears have outlived their purpose?

Which dreams are truly mine—and which am I living out of habit alone?

That clearing-out is difficult. Sometimes painful. Sometimes illuminating. But it creates space. It brings clarity. It allows room to move on—carrying only what truly fits who you are now.

Because whoever looks at the tangle behind the TV doesn't see clutter, but a memory of everything that was once connected. And whoever dares to sort it out discovers what is truly needed to continue living—with a clear picture and sound that finally makes sense.

~ submitted by Fabri





On the Education System:

Teacher vs. Guide

If we truly want society to become healthier, we must start at the foundation—our schools.

Mohanji has advocated for a fundamental shift for years:

**50% of a school team should be teachers,
and 50% should be trained counsellors.**

In many countries, such as Japan, the early school years involve very little teaching in the traditional sense. Children are first guided in learning to understand themselves: their emotions, respect, attention, calmness, and cooperation. Only then does cognitive knowledge follow.

And that is precisely what children need.

We currently place tremendous emphasis on information, while neglecting wisdom, emotional development, and inner stability. This produces adults who may understand how the world works, but not how to handle themselves.

That gap eventually becomes the breeding ground for many of the problems we later try to repair.

When we, as a society, invest structurally in emotional education and human development, we will hopefully need to fix far less of what has already gone wrong.





/A Surprising Visit to the Temple

Four School Classes on a Journey of Discovery in the Sai Temple

It all began with a letter from a teacher we did not yet know, asking whether we would be willing to speak about religions — a theme being explored at school. Our temple, which welcomes all paths and traditions, turned out to fit perfectly within their project.

🌲 Festive Atmosphere & Wonder

On Friday, 12 December, the Sai Temple was unusually lively. Four classes from the Jozefschool in Medemblik paid us a visit: a total of 78 children, accompanied by teachers, supervisors and parents.

Full of energy, the children bounced in, leaving coats and shoes in the hallway. Almost immediately, the space filled with a cheerful blend of curiosity and excitement. In the coffee area, boys and girls naturally chose separate tables, everyone was offered a drink, and Kannaiah invited the children to share what they expected from their visit.

🔥 Before the Altar

Seated on cushions in front of the altar, the children listened attentively. They raised their hands politely when they wished to ask a question, while their eyes wandered across the room: the lights, the colours, the photographs — even the ventilation holes in the ceiling drew keen interest.

Children from Years 5 to 7 still ask wonderfully open and honest questions, and Kannaiah responded to them all. He spoke about the balance between head, heart and hands, and shared the story of Ram in response to a question about the silver *chappals*.

Throughout the day, small yet meaningful moments unfolded:

a sudden silence, a brave remark, many hands raised at once — even the toilet turned out to be an object of fascination.

🌸 A Small Treasure from India

Each child received a small gift brought from India: a finger counter to help keep track of a mantra.



Kannaiah calmly explained how it works and offered them a mantra to take home:

✨ “I allow myself to be surprised today.”

To be repeated nine times a day — a playful invitation to look at the world with open eyes.

(We soon discovered it was best to hand out the counters at the very end; otherwise, they quickly became the focus of friendly competition.)

🎁 For the Adults

The accompanying adults received a bracelet bearing the words:

“Be You!”

A simple yet powerful reminder that authenticity may be the most valuable example we can offer a child.

💬 A Selection of Reactions from the Day

- “It smells funny in here!” (incense 🤔)
- When asked, “What do you believe in?” — “Nothing!”
- Questions about Nandi the bull
- Why there are empty chairs
- “The man in the cupboard...”
- Why shoes are left at the door
- “I’d like to cycle here with my parents!”
- “Can you sing another song?”
- “You have so many talents!”
- “May I play a song on the harmonium?”
- “What are you not allowed to do in a temple? Shout, fight, swear!”
- Applause, cheers — and a hug

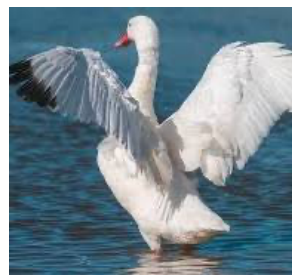
🍊 In Closing

As they left, the children received a small treat: a mandarin or a sweet wrapped in cellophane with a smiley.

Our heartfelt thanks go to our fellow hosts, Anna and Brenda R. ❤️

P.S. In accordance with privacy regulations, we are unable to share photos or videos of the visit.

2026
HAPPY
NEW
YEAR



“If you want to fly high, you have to shed your weight...”

~ Mohanji

“The secret of health for both mind and body is not to mourn the past, not to worry about the future, and not to fret over the present.”

~ Osho

MAANDBLAD

Kent u iemand die geïnteresseerd is en
het maandblad nog niet ontvangt,
laat het ons dan even weten!

KOPIJ VOOR DE HET MAANDBLAD

Inleveren als (Word) bijlage naar:
info@gks-holland.nl voor de 15e
van de maand.

Colofon:
GKS MAGAZINE january 2026
Lay-out: Natascha Chandansingh
Eindredactie: Kannaiah & Carla



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