

Sai Centres

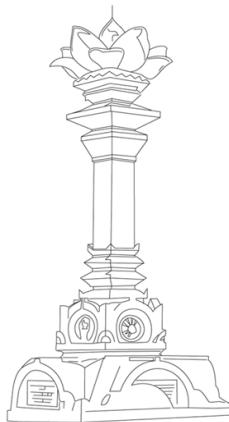
Kingston, Ocho Rios & Montego Bay

Activities:

- **Bhajans** (Singing the Glory of God): Every Thursday between 7 p.m. and 8 p.m.
- **Seva (Service)** – Every Second Sunday of the month.
- **Study Circle:** Every First Sunday of the month.
- **Akand Bhajan:** (24 Hours Bhajans): Once every year in November.
- **Major Festivals:** Guru Purnima, Baba's Birthday, Christmas, Shivarathri & New Year.

For further details please refer to Sai Jamaica web site

God can be felt and experienced only in the deepest depths of silence.



Sairam!

By the divine grace of Bhagawan Sri Sathya Sai Baba, the Sai Centres in Jamaica are in the Sai Service for the past several years. There are three Sai Centres in the island (Kingston, Ocho Rios and Montego Bay) that are whole heartedly committed to serving the society.

For more particulars on the individual Sai Centres as well the details of the spiritual and seva (service) activities of the centres please visit us at www.geocities.com/saijamaica or email us at SaiJamaica@Yahoo.com.

Jai Sairam!



Sri Sathya Sai Baba Organisation of Jamaica

Kingston, Jamaica

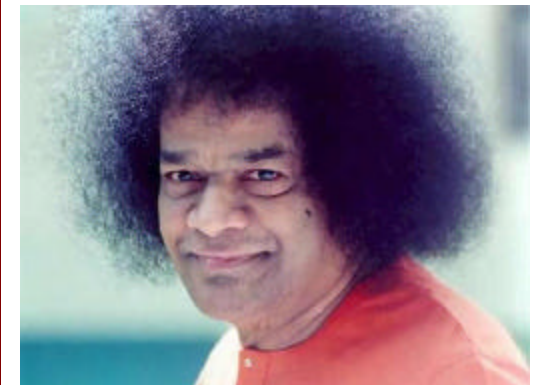
Website: www.geocities.com/saijamaica

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Om Sri Sairam

Sai Jamaica

Sri Sathya Sai Baba Organisation of Jamaica



I have come not to disturb or destroy any faith, but to confirm each in his own faith - so that Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu.

- Baba

Loka Samastah Sukino Bhavantu

May the Whole World Be Happy!

Love All ! Serve All !

I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster.



Your heart must be transparent, like glass, with spiritual light within illuminating the whole world.



I shall be with you, wherever you are, guarding you and guiding you.
March on, have no fear.



Love as Thought is Truth.
Love as Action is Right Conduct.
Love as Understanding is Peace.
Love as Feeling is Non-violence.



Start the Day with Love;
Spend the Day with Love;
Fill the Day with Love;
End the Day with Love;
This is the way to God.



Hands that Serve are Holier than
the Lips that Pray!



Sathya Sai Education in Human Values

EHV

Sathya Sai Education in Human Values ("SSEHV") takes its name from Sathya Sai Baba, the great contemporary world educator. Sathya Sai Baba says that education has two aspects: the first is related to external and worldly education, sometimes referred to as book knowledge. The second aspect, known as *Educare*, is related to human values. The word "Educare" means to bring out that which is within. Sathya Sai Baba teaches that human values are innate in every human being and that true education develops the full human potential of every individual.



The Sathya Sai Education in Human Values program rests on the five pillars of Truth, Right Action, Peace, Love and Nonviolence. The spiritual principles embedded within these values are the foundations of true humanness.

EHV The 5 Pillars!

TRUTH

Children gain a deeper understanding of Truth by developing discrimination, honesty, selfreflection, and integrity

RIGHT ACTION

Children experience Right Action through the sub-values, which include self-confidence, forbearance, responsibility, good manners, and other social skills.

PEACE

Children experience Peace as they gain emotional equilibrium through self-acceptance, optimism, patience, contentment, and humility.

LOVE

Children develop compassion, sharing, tolerance, friendship, and sacrifice as they discover that Love is not mere emotion, but the force that permeates all creation.

NONVIOLENCE

Children learn that true Nonviolence is not harming anything, living and / or nonliving, in thought word or deed.

It encompasses cooperation, respect for diversity, ecological balance and the unity of life.