

## **Charter**

The Sai Organization charter states that every member should undertake spiritual discipline as an integral part of daily life and to abide by the following guidelines.

### **Nine Point Code of Conduct**

1. Daily meditation and prayer.
2. Devotional singing/prayer with family members once per week.
3. Participation in Sai Spiritual Education by Children of the family.
4. Participation in community service and other programs of the Organization.
5. Regular attendance at devotional meetings conducted by the Organization.
6. Regular study of Sathya Sai Baba literature.
7. Use of soft, loving speech with everyone.
8. Avoidance of talking ill of others, especially in their absence.
9. Practice of the principles of ..ceiling on desires.., consciously and continuously striving to eliminate the tendency to waste time, money, food, and energy and utilizing any savings thereby generated for the service of mankind.

### **Ten Guiding Principles**

1. Love and serve your country. Do not be critical of others countries.
2. Honor and respect all religions as pathways to God.
3. Love all humanity as part of your family; know that humanity is a single community.
4. Keep home and surroundings clean.
5. Help the needy with food, clothing, and shelter. Help them to become self-reliant.
6. Be examples of honesty. Do not participate in any corruption such as bribery.
7. Curb jealousy, hatred, and envy.
8. Develop self-reliance; become your own servant before proceeding to serve others.
9. Adore God, abhor sin.
10. Observe your country's laws and be an exemplary citizen.

## **Centers**

Central San Jose	(408) 868-9117
Concord	(925) 265-7801
Elk Grove	(916) 400-1078
Fremont	(510) 676-4937
Fresno	(559) 436-8856
Mt. Tam	(415) 289-0620
Monterey Peninsula	(831) 626-8902
Nevada City	(530) 265-6415
Oakland	(925) 361-7011
Peninsula	(408) 888-6918
Reno, Nevada	(775) 842-0512
Sacramento	(916) 601-3871
San Bruno	(415) 613-1726
San Francisco	(415) 706-3537
San Jose	(408) 268-3651
Santa Rosa	(707) 536-9745
Stockton	(209) 956-1967
Tri-Valley	(925) 640-7217
Santa Cruz Devotional Group	(831) 708-2179

For more information, visit the regional website  
[www.region7saicenters.org](http://www.region7saicenters.org)

Contact Regional Officers

**President:** Prema R.Rao  
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**Vice President:** Lakshmi Vyakaran  
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For information on medical services in Region 7

**Medical Director:** Dr. Joe Phaneuf  
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Other Regional Officers' contact information listed on  
the back page

"The Highest Love transcends the ego; it is sweet, it is sacred. Devotion reveals to you that God is in everyone. See God in everyone. Practice that broad, inclusive type of Love" ~Baba, Sathya Sai Speaks, 8:35, 89

# Sathya Sai Baba Centers Of Northern California & Nevada

**"Love All, Serve All"**

**"Help Ever, Hurt Never"**

**- Baba**



## ***Sathya Sai Organization***

"The main objective of the Sathya Sai Organization ... is to help you recognize the divinity inherent in you. So, your duty is to emphasize the One, to experience the One in all you do or speak. Do not give importance to differences of religion, sect, status, or color. Have the feeling of oneness permeate all your acts. Only those who do so have a place in this Organization; the rest can withdraw."  
~Baba

There are Sathya Sai Baba centers in various cities across the United States and in over 170 countries around the world. There are 20 Sai centers in the Bay Area. All are welcome, regardless of race, creed, economic status or religious orientation. There is no membership fee to join.

The organization undertakes devotional, educational and service activities to further one's spiritual growth. Members meet regularly in order to study and discuss the teachings of Sathya Sai Baba and to engage in group devotional singing, meditation, and prayer (Devotion). Many centers have a children's program (Sai Spiritual Education). Center members also plan and implement a variety of community service projects (Service). In addition, there is an active Young Adult Program in many centers. There is never any solicitation or fee charged for any of the functions that a center conducts. Please contact the regional team or a center near you for additional information.

"Service is a lifetime program; it knows no rest or respite. This body has been given to you so that you may devote its strength and skills to the service of brother-man. Serve man until you see God in all men; then, what you do will be elevated to worship." ~Baba, Sathya Sai Speaks, 9:35, 189

## ***Devotion***

Devotional activities in the centers are meant to promote one's inherent divinity in daily actions. Devotion programs typically include Devotional singing, study of spiritual discourses and texts and meditation sessions. These activities and programs are centered around Sathya Sai Baba's universal teachings. Centers may practice spiritually uplifting activities such as multi-faith prayers and chants as part of their devotion programs. Once a year, all centers get together for a continuous 24 hours of Devotional singing, a program to spread the Divine vibrations emanating from the hearts of devotees worldwide.

## ***Service***

"Service to mankind is service to God". With this in mind centers provide a variety of programs to engage the aspirant with local community needs, using our resources and skills. In the Bay Area, we are providing service at homeless shelters, soup kitchens, public parks and nursing homes, and have conducted blood donation and bone marrow drives. Center members have contributed towards collection of clothing, shoes, school supplies, household goods and toiletries for persons in need. We conduct a free medical clinic in San Lorenzo on a weekly basis. The centers come together to serve on multiple projects, notably one in July to serve disabled persons to enjoy a day at the beach.

## ***Education***

The Sai Spiritual Education (SSE) program is for youth aged 6 to 17. The essential Unity of Faiths, Five Human Values (i.e., Love, Truth, Right Action, Non-violence and Peace), and the Life and Teachings of Sri Sathya Sai Baba comprise the substance of SSE. The primary objective is to bring out the latent divine qualities within each child through the process of Education. Specific techniques include, learning prayers, singing devotional songs, silent sitting/meditation, listening to and enacting stories that exemplify human values, community service and practical application of virtues learned.

## ***Young Adults***

Within the Sai Organization, a Young Adult is a person aged 18 to 35. Young Adult programs are established to encourage members to lead purposeful lives by learning and practicing spiritual values as defined and established by the life, message, and works of Sathya Sai Baba. Programs provide forums for Young Adults of like mind to discuss issues in leading spiritual lives in today's world, and opportunities for participation community service. Several centers have active Young Adult groups.

## ***Regional Contacts***

### **Coordinators**

**Devotion** : Murali Krishnaiyer  
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**Service**: Vasundhara Shastry  
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### **Young Adult Representatives**

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**Men**: Lakshman Mantha  
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### **Young Adult Advisors**

**Women**: Poorni Ottilingam  
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