

A man with a large afro hairstyle, wearing a red robe, stands on a globe of the Earth. He is looking down at the globe. The background is a vast, dark blue space filled with stars, nebulae, and a bright blue comet streak. A large, glowing blue beam of light enters from the top right corner, illuminating the scene. The overall atmosphere is serene and contemplative.

**“Samastha Lokaah
Sukhino Bhavantu”**





UniTE

Universe and I Together Eternally is the Path forward

HEAL the World... My Blessings To You

!



Let's HEAL the World..



A Prayer

A COSMIC EMBRACE

Samastha Lokaah Sukhino Bhavantu...
...a chant that embraces the Cosmos...

Beloved Bhagawan...

Tum ho Daata, Tum Jeevan Daata,
Tum Bandhu Sakha, Pita aur Mata,
Terey hi Naam sey judhta hai sab naata...
**You are the Creator, Supreme Benefactor,
Friend, Companion, Mother and Father,
All relationships begin and end in You,**
Tum tak pahuchana hai ye paigaam,
Tum hi sey payaa hai jeevan,
Ye jeevan Terey Naam,
**Our feelings to You we need to communicate,
You have given us life,
Our entire existence to You...we dedicate,**
Oh, Sai Maa, Sai Ram, Sai Shyam,
Milkar karna chahtey hai Tera Kaam,
Yeh arzoo hai,
Yeh tamanna hai,

Palko mey hai ye khwab,
Wo karein jissey ho purey shrishti ko laabh,
'In The Service Of Sai...'

Together we would like to serve You and work for You too,
Our core brims and craves a deep yearning,
The eyelashes caress a dream,
That which benefits the cosmos may from within us stream,
Samastha Lokaah Sukhino Bhavantu...
**This is what we have learnt from You,
This is what pleases You,
The mere mention of Your Name gives us joy supreme,
O! Precious Mother, O! Sweet Lord,
Unitedly we must work to fulfill Your dream,**
At Your Cherished Lotus Feet, this life we do submit,
That You may do with us as You deem fit...
Sab ka mangal ho, Sab ka ho kalyan,
Iss par ho laksh hamara, iss par ho dhyaan,
**May there be peace and wellbeing for all,
Such should be our focus,
To this must we align and connect as our Divine Call,
Samastha Lokaah Sukhino Bhavantu,
All we want, Loving Sai Maa, is to please You...**



History

- For many years, it had been customary to chant Lokaah Samastha Sukhino Bhavantu at the end of bhajans at Prashanti Nilayam and wherever Sai Bhajans were being held globally.
- Lokaah Samastha Sukhino Bhavantu means – May all the beings in **this** world be happy and peaceful.
- **31st August 2008** was a golden lettered day for all of creation.
- Bhagawan in His Infinite Love, Magnanimous Grace, Immense Compassion and concern...gifted us all the Maha Mantra – **Samastha Lokaah Sukhino Bhavantu**.
- **Samastha Lokaah Sukhino Bhavantu interprets as – May all the beings in ALL the worlds be happy and peaceful.**
- A divine flashback reveals that for a few days from **20 July to 27 July 2009**, Bhagawan made the students chant **Samastha Jiva Sukhino Bhavantu**. What a personal touch...a one-on-one connection!
- However, gauging that humanity was as yet not ready for this leap from the macro to the micro, He reverted our attention back to **Samastha Lokaah Sukhino Bhavantu** – ‘May all the beings in all the worlds be happy and peaceful.

Is it not imperative then that we chant this mantra for Universal Peace both individually and collectively?

It is time enough.

We have to start - **Now**.

If we keep chanting this sacrosanct phrase, the mantra becomes ‘**us**’ – **Universal Seva**...and we soon realize and are overcome by a deep awareness that the happiness of others is what truly makes us happy. The bonus is that along with peace, this revives a feeling of **brotherhood, camaraderie** and **oneness**.

Beings of light did spring forth from the silence deep within the Lord’s Heart and so we are all connected and never apart...for those beings are us all...

Beyond the confines of caste, creed, colour, region, religion, belief and language...Samastha Lokaah Sukhino Bhavantu radiates peace for all beings the Universe through.



Benefits

On Conclusion of Dasara Divine Discourse in 2009, Bhagawan spoke thus:

“God illumines the entire universe as the Atma Tatwa immanent in all the living beings and objects.

Even though God may appear to be involved in so many activities in the world, it is verily for the pleasure of His devotees. He has no desire of His own. He has only one desire – Samastha Lokaah Sukhino Bhavantu.

Universal Benefits Of Chanting

- What pleases Him is that we unite and live together in peace and harmony. Let us not delay to be a part of this **Cosmic Embrace...that resonates, pulsates, emanates a pure and divine frequency.**
- **Collective chanting creates the desired result, the positive energy required to attract widespread peace and harmony.**
- Samastha Lokaah Sukhino Bhavantu is **US – Universal Seva.**
- The subtle vibrations released through this chant births inner joy.
- Which blossoms into selfless loving sentiments that reflect - **Care for all Life, Concern for Nature, Respect and Reverence for every bit in Creation.**
- This will help heal the world that our children will inherit and make it a better place.
- As well as purify the environment for generations to come, enhancing global harmony.

Individual Benefits of Chanting

- You are included in who you are reaching out to with this Mantra, **that...**is its beauty.
- It encircles and encompasses all including the one who chants.
- Sit where you are, chant **Samastha Lokaah Sukhino Bhavantu** and embrace the Cosmos, all sentient and insentient beings, those seen and unseen...humans, animals, birds, mountains, valleys, rocks, rivers, forests, the Elements Five, the Sun, the Moon and those twinkling Stars, all the beings in all the Planets and Planes/Lokaas...without moving an inch.
- **The pure loving energy, the shimmer of light, released by chanting it together will reach the Lord’s Heart and His Bliss will envelope us all.**
- **Samastha Lokaah Sukhino Bhavantu will help you reach the real you...that is Bhagawan Sri Sathya Sai Baba.**

How To Propagate The Mantra Universally?

- **Everything in this Universe is an intention.**
- The Universe came into being only through the Lord's Intention, His Sankalpa.
- **There is so much power in each thought as each and every thought is sheer energy.**
- As regards bhajans, Bhagawan has said that it should not be done mechanically. When the Lord's Name comes upon the lips, it should be meditated upon in the mind and then hailed by clapping of hands.
- **The same applies to Samastha Lokaah Sukhino Bhavantu. It should be understood by the mind and felt in the heart.**
- **Prior to chanting, let there be a conscious intention, an absolute awareness that – May this mantra envelope the Individual, the Society, the City, the Nation, the Earth and the whole Universe...a Cosmic Embrace, bringing love, peace, wellbeing and harmony to all that do dwell in it.**
- Who knows where and when help is required even as we walk down the street. The vibrations emanating from the constant recitation of this chant could bring peace to many an unknown/known despairing soul.
- **This chant is truly selfless in nature for it goes beyond the fulfillment of individual needs and is intended for the welfare and peace of all beings in the entire Universe.**

Activities – SSSSO INDIA AND SSIO

Spiritual Activities

- **Chanting of the Maha Mantra 9 times for the well being of the 9 planets along with the Gayatri Japam on a daily basis during 9 pm to 9.15 pm**
- **Chanting for a fixed number of 3 times after every program of the Sai Organisation - 3 times after bhajans**
- **Gatherings especially intended to chant this Maha Mantra enmasse**
- **Japa (using japmalas), Likhita Japa Books**
- **Laksharchana using Samastha Lokaah Sukhino Bhavantu**
- **Conduct a Sri Sathya Sai Symposium on the topic Samastha Lokaah Sukhino Bhavantu at New Delhi / Mumbai / Hyderabad / Chennai / Bangalore and Trivandrum**

Using Print Media

- **Stickers with Mantra for all Vehicles of Sathya Sai Devotees with the SSSSO Logo**
- **Note Pads with Logo and Mantra /Note Books of Sri Sathya Sai Schools**
- **Mantra - to be translated in all possible languages and spread through different channels**
- **Small books on personal experiences with this mantra**
- **Article in Newsletters**
- **One page write up to be distributed**
- **Share a quote of Bhagawan Baba (aesthetically designed – 365 Nos) for every day sharing to all Corporates and offices with the SSSSO Logo and the Maha Mantra of Samastha Loka Sukhino Bhavantu**

Activities

Using Audio Visuals

- Mantra CD
- Video
- Animation Story for Bal Vikas student education
- Mobile Ringtones
- Local radio stations can air it at regular intervals

Using Social Networking Sites

- Propagating the Mantra through social media
- Facebook
- Twitter
- Linked-in
- Catchy Status Messages which propagate the idea

Creating A Website

- Website / Blog with universal sayings and quotes
- Email-Id
- Posts by people around the world about their experiences through this chant



Samastha Lokaah Sukhino Bhavantu

If we have to live a life that pleases You, Sweet Mother Sai,
We earnestly need to chant: '**Samastha Lokaah Sukhino Bhavantu**',
Peace for all beings,
For all are dear to You,
Peace for all beings,
For all belong to You,
This prayer pleases You immensely,
So let us chant it incessantly,
For life should be lived to please only You...
'Samastha Lokaah Sukhino Bhavantu',
Embraces the five elements and the five human values too,
Beyond religion, caste, colour, creed,
Country, planet, space and time,
Selfless and true,
'Samastha Lokaah Sukhino Bhavantu',
Peace for all in the Universe,
For all belong to You...



A fragrant offering at the Lotus Feet of our
BELOVED BHAGAWAN