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Message from *Sadguru Sri Madhusudan Sai*

A Merrier Christmas in the Mission Divine

This Christmas was holier, merrier, and happier than ever before. Though it was always holy as Jesus Christ was born on this day, this Christmas was holier as 32 children suffering from congenital heart diseases were given re-birth at Sri Sathya Sai Sarla Memorial hospital by the medical team of Sri Sathya Sai Sanjeevani Hospital, Nava Raipur.

Though it was always a 'Merry Christmas' as the life and teachings of Christ was celebrated before too, this time it was merrier as His teachings of love and service were being practised in letter and spirit. Even though every Christmas was always a happy occasion because it united all with their loved ones to share and care, this time it was happier because so many fathers who had watched their children helplessly suffer every day but could do nothing for want of money, and so many mothers whose hearts wept seeing their children struggle to take every breath, were united with their healthy children and carried away their bundle of joy, hale and hearty, back to their homes in several states of India and even a neighbouring country. Some shed tears of joy, some breathed a sigh of relief, some bowed down in gratitude to the unseen Infinite, and some simply broke away into a full smile after a very long time. But we saw the Christ smile in their smiles just as we had seen Him grieve in their tears. This Christmas was special at Sathya Sai Grama, for the spirit of Christmas of giving, loving, and serving was observed in its truest

essence.

As I sat down and recollected all that happened in the last few months when this hospital was being made ready on a war footing basis amidst COVID restrictions and protocols, with hundreds of them working day and night and hundreds contributing more than their might from around the world, my heart swelled with love and gratitude for all.

Now, as we embark on the next crucial phase of building a medical school at Muddenahalli that would enable thousands of poor and rural children aspiring to become medical professionals with the sole aim to serve their fellowmen but are denied their dream of medical studies due to prohibitive costs, I can see thousands of brothers and sisters from around the world stand together in solidarity in this mission of love and service.

So far, we always thought it was 'Sai Mission' and that we were all a part of it, but now each one of us must think that it is 'My Mission', each person's very own mission - to serve all and realise the Self. This one thought that **'Sai Mission is My Mission'** - shall guide us henceforth, for unless we feel and work that way, we cannot transform ourselves into Sai.

Let this new year bring a new zeal and a renewed pledge to work with Sai, for Sai but most importantly as Sai.



It's time we step in and take charge!

– Bhuvana

Sadguru Sri Madhusudan Sai called me a couple of days ago. We had a very deep conversation, and as I walked out of the interview room it seemed like an epiphany; snippets of life gushed in front of my mind's eye.

As a little girl, all I wanted was to be with Sathya Sai. This was my life's dream, aspiration, ambition...call it what you may. And though I was fortunate to study at His Feet, I had to go far away from Him beyond the shores of India. Something seemed amiss, as I wanted to 'be with Him'. Then, it finally happened soon after the physical departure; I returned to India and met Sri Madhusudan.

I watched Sri Madhusudan, like they say – up, close, and personal. I met him as a Divine communicator, who gradually became a good friend, and then a dear brother as the days rolled by. We chatted, we joked, we laughed, we ate, we travelled, we wrote books...and I continued watching and observing him. He taught me gradually and slowly to outgrow the idea of wanting to 'be with Him'. He taught me that 'Sai' is NOT a person. He taught me that 'Sai' is NOT confined to a place. He taught me that from a Divine point of view everything and everyone IS 'Sai' in the true sense. It was like watching

a silkworm gradually breaking open from the cocoon and transforming itself into a butterfly – free, yet mindful, and aware. This person who was right next to me suddenly attained the ultimate stature! And to do that, we can only imagine the amount of courage and selflessness from his end; to me, unparalleled! This inspired me and continues to inspire me every single moment with a question constantly running at the back of my head – how can I be a resemblant...a ditto?

Looking back, in the last ten years, I can say that I have become more selfless, just by watching Sri Madhusudan Sai. I packed and threw away all my ideas, wishes, wants, desires for the sake of the greater good. I realised that I have someone I can look up to, by my side, my very own contemporary. In the last ten years from a simple appreciation, it has grown into adoration! I am NOT looking at a Divine descent who has to inspire me, for often times I have rejected the idea. I am looking at a fearless and selfless person who has taken up the task of His Master, Sathya Sai. Being selfless and fearless is spirituality. And, then I thought to myself – our Master is the same! If I also want to make my Master happy, just as Sri Madhusudan Sai did, what am I supposed to do?



While on one side we have the responsibility to uplift the downtrodden, on the other hand we have the responsibility to uplift ourselves, so that we can uphold the mission. Many of us unwarily say 'we are part of the Sai Mission', and it is time we carefully ponder over this and realign our thought process and ask ourselves – What is Sai? Who is Sai? What is this Sai Mission? And where do we fit in? Is all this the task and charge of only one person – that of Sadguru Sri Madhusudan Sai? But who is Sadguru Sri Madhusudan Sai? Well, He said it on many occasions that He is just another instrument who has been given the task, just like each one of us. It's time we believe and understand that we have the same potential – that we are indeed potentially Divine. It's about the realised potential – which means someone has realised their Divine potential like Sadguru Sri Madhusudan Sai; and unrealised potential – which I guess is all of us, as we still cannot fathom the fact that we are Divine. That's all that there is to this enigma, which we must all slowly begin to realise and experience. But the bigger question,

how serious are we exactly? Do we want to give up our individualities, desires, likes, dislikes, and wants, or like Sadguru would say, 'do we simply want to hold on to our marbles and diamonds, petrified to part with our dear possessions?' We must make place. We must make space. We must let go.

Sathya Sai taught us to walk on our two feet! Gone are the times when we were dragging our feet, trailing, lagging behind, and happy to be bystanders. Quite literally, watching from the side wings. It's like a father who is expected to work and toil beyond his retirement age. But shouldn't we shoulder the responsibility of the father – our Master – as we grow up?

And what is this responsibility? Well, He has left behind such a huge task for us. It's not yet done – on both sides – service and spirituality. It's time we step in and take charge, as it is not the responsibility of only one person!

So, isn't the Sai Mission my Mission? To me, it indeed is...**Sai Mission is my Mission!** What about you?

December 25, 2021 – Christmas with Chiranjeevi Bhava - Gift of Life



Dr Ragini Pandey presenting the statistical data of the surgeries conducted

Christmas Celebrations 2021, Sathya Sai Grama, Muddenahalli

Every year around three lakh children are born in India with congenital heart disease (CHD). CHD is the largest cause for infant mortality in India. Dedicated to address this national burden, **Sri Sathya Sai Sarla Memorial Hospital** commenced paediatric cardiac surgeries in its **150-bedded multi-disciplinary facility** with an indomitable spirit to cure children with congenital heart diseases.

Ever since the month of November 2021 till date, the Hospital has mended about 55 little hearts with a magnanimous heart that charged no fee, in collaboration with its partner – Sri Sathya Sai Sanjeevani Centres for Child Heart Care which currently has three centres at Chhattisgarh, Haryana and Navi Mumbai.

In the month of December 2021 alone, in a span of **nine days, 32 surgeries** have been completed by a **20-member healthcare team** consisting of paediatric cardiac surgeons, anaesthetists, cardiologists, technicians and paramedical staff of the Operation Theatre and ICU Management, who came together from Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Atal Nagar Nava Raipur, Chhattisgarh to provide the 'gift of life' to these 32 children. These children were coming from the really deserving underprivileged families from Karnataka, Uttar Pradesh, Bihar, Odisha, Chhattisgarh and Jharkhand, who underwent the initial screening at their respective States, conducted by the Divine Mother and Child Health Program team and were subsequently brought in for the surgery at Sri Sathya Sai Sarla Memorial Hospital. The

spectrum of cases conducted ranged from simple to complex conditions that required high quality paediatric and neonatal intensive care and allied health support services like physiotherapy, nutrition, radiology, and lab services.

The day of Christmas that is celebrated to eulogise the spirit of harmony, love, joy, and selfless giving, sent forth the message of universal love and service to all of humanity from Sathya Sai Grama, where the blessing of a long life – 'Chiranjeevi Bhava' through the 'Gift of Life' ceremony was bestowed on 32 children who have been given a new life, a new beginning, in the Divine presence of Sadguru Sri Madhusudan Sai ! Dr Padma S Veerapaneni, Chief Neurologist and Director of KIMS Hospital, Hyderabad and Chairman of RiSE Foundation, India was the Guest of Honour at the event. Mr Prahlad D N, Non-Executive Chairperson of Surya Software Systems Pvt Ltd was also present at the event along with the Chairman of Sri Sathya Sai Health and Education Trust, Mr C Sreenivas.

The event started with a heart-rending video that captured the condition of children who were operated and cured. Dr Ragini Pandey, Senior Paediatric Cardiac Surgeon from Sri Sathya Sai Sanjeevani Centre for Child Heart Care, Atal Nagar Nava Raipur, Chhattisgarh, who was instrumental in treating and mending the 32 little hearts, presented a short synopsis of the various cases of the children and their backgrounds.

Later, the 'Gift of Life' certificates were presented to all the children. A fifteen-year-old boy, who received the treatment, expressed his heart by saying, *"In the way Lord Krishna had two mothers, mother Devaki and mother Yashoda, I too have two of them—one who gave birth to me and another gave a new life to me."* (referring to Sadguru Sri Madhusudan Sai). Thereafter, the surgeons, medical, and paramedical team were felicitated for rendering such a marvellous selfless service.

Chiranjeevi Bhava – Gift of Life certificates presented to children



Felicitation of the medical and paramedical team from Sri Sathya Sai Sanjeevani Centre for Child Heart Care, Atal Nagar Nava Raipur, Chhattisgarh



December 25, 2021 – Christmas with Chiranjeevi Bhava - Gift of Life

Mr Prahlad D N in his speech said that he did not believe Mr C Sreenivas when he spoke to him about the hospital initially. It is only after coming in person to witness this service that he truly believes now that there are selfless people in the world still. He made an appeal to all the students to work hard and walk the path of selfless service to make India a stronger nation.

Dr Padma Veerapaneni shared her thoughts by saying that the children who underwent the surgery looked so healthy and bright, that too considering the criticality of the cases that were handled. She also said that after having a look at the state-of-the-art equipment, the entire medical team and the children, she felt that it was nothing less than a miracle which manifested right in front of her eyes! In her own words: *“I wish all the children who received ‘gift of life’ good health and a long life. I congratulate the team for going beyond all limitations to make this ‘gift of life’ happen. True motivation for all this, I believe*

is coming from Sadguru Sri Madhusudan Sai Himself. The education, healthcare and nutrition activities carried out by Sadguru is truly mind blowing and I am interested to know more and work hand in hand.”

Mr C Sreenivas in his speech conveyed how blessed the day was and that it will be one of the unforgettable days of his life.

Here’s to quote the words of Sadguru Sri Madhusudan Sai from His benedictory message on the Christmas evening, *“Since morning, there were so many messages pouring in from around the world filled with greetings and wishes for the festival of Christmas. I don’t think Christmas could have been merrier, happier and holier than what it is today, here. It is holy not only because of the birth of Jesus Christ but also because so many children got a new lease of life—they are reborn today in this hallowed place. It is merrier not only because we are celebrating the birth of Jesus Christ, who showed us the way of love and sacrifice, but it is indeed merrier because here and now, we are actually practicing the message of Christ by having served these little children and*



Sadguru Sri Madhusudan Sai felicitating Dr Muniyappa



Benedictory message by Sadguru Sri Madhusudan Sai

their families. So many parents came with so much of sorrow, anxiety in their hearts, and now they are going back with so much of happiness in their hearts. This is the reason why this Christmas has become happier than ever before.

I don’t have much to advice, much to preach. I only have few words of gratitude to all those who have worked tirelessly, to make sure this Christmas is special—to Dr Ragini Pandey and her very capable, efficient and hardworking team, who have worked tirelessly round the clock. Our gratitude to all of you who have worked behind the scenes! To our Sri Sathya Sai Sarla Memorial team, which is a fledgling team – collective gratitude from our side, and from all those parents who are blessed to have their children back in their arms!

I would be failing in my duty if I don’t express my gratitude to all the devotees and followers, who on one call extended their help for this noble cause. For all those know, in the month of March there was absolutely nothing over the place where the Hospital stands today. And today we are in the month of December and already we have had two sets of paediatric cardiac surgeries conducted. All the devotees who rallied around this cause, sacrificed much more than their means to ensure that this Hospital comes up well in time and it is world class, with all its equipment, infrastructure, manpower, and this is how it is a world class hospital of the gold standard today. It is free, but world class. Most of the times free is synonymous with substandard. This is not the case here—we are free yet we provide world class facilities.

Every child has three fundamental rights – right to education, right to nutrition and right to good health. It is the responsibility of the entire society to make sure that every child is able to have an access to these. It is not just the problem of the parents, but it is the societal responsibility. This is what we are working towards. Mother and Child Healthcare is our forte. In Telangana, near Kondapaka we are coming up with a Mother and Child Centre and I’ll be visiting Telangana in January 2022 to begin the services. Right now, there is a clinic, but over a period of time, a hospital will come up. This would be our very first foot print of healthcare in Telangana State.

Lives of all great men make our lives sublime and they leave behind foot prints of their messages on the sands of time. The foot prints of Sri Sathya Sai Baba—Love and Service are guiding us to our own divine destiny. We are all walking in His footsteps not only to attain the divine realisation within, but also to realise that everything and everyone is divine.

Wishing you all a holy, happy and merry Christmas!”

The evening ended with a scintillating performance of the Sai Symphony Orchestra, consisting of the students of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions who performed a set of musical pieces ranging from pure classical to jazz and heart touching Christmas carols.

Mr Prahlad D N addressing the gathering



Felicitation of Dr Padma Veerapaneni



Sai Symphony Orchestra



Divine Will Society Malaysia - Kuching

The story of the 'Vishwa Niketanam' āśram (The Universal Home) and its successful completion is another important milestone in Swami's mission of establishing centres of education, centres of healing, and spiritual retreats in preparation for the golden age.

A brief background to the establishment of Vishwa Niketanam āśram is as follows:

It was a long cherished dream of Brother Henry Gan and his family to offer their property comprising of six acres of land to Swami. It remained only a dream for many years until Swami's visit to Kuching on February 01, 2017, when Swami accepted Brother Gan's offer of the land. Later that month, in Chennai (India), Swami gave instructions for the land to be used as a spiritual centre and blessed it with the name Vishwa Niketanam - Universal Home. Construction work started in December 2017 and Swami graciously came to Kuching on March 13, 2019 and inaugurated the Vishwa Niketanam Centre for Human Development on March 14, 2019.

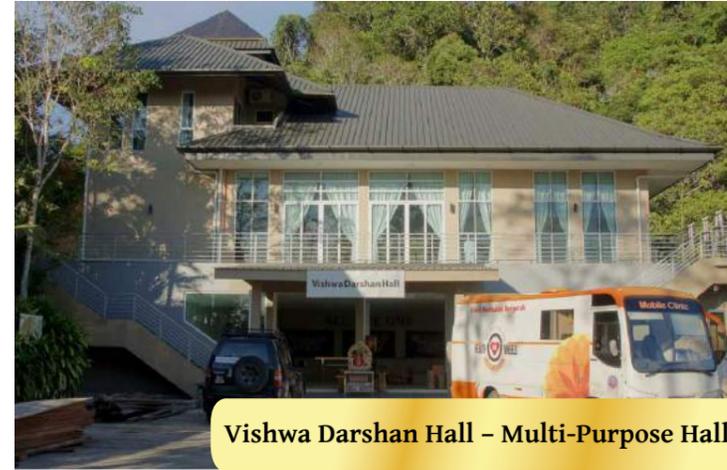
During the satsang on January 30, 2018, Swami said,

"This place has been waiting for 20 years - the family

wanted to offer it but, somehow, they were unable to meet Me or hand it over to Me at that time. Ultimately, their wish to offer it to Me, in order to benefit the community, is being fulfilled by their children. Today, the father has been granted peace and rest at My feet. Therefore, do not think anything happens just by chance - there is a significant reason behind everything that I do, why I do and where I do. There is always a reason. No action of Mine is just a casual action - it is always full of deeper, inner significance.

In the end, whatever you possess, whatever you acquire, will all turn to dust, but the good that you do for others will remain, eternally. One may ask, 'Why does Swami go on requesting the opening of more centres and āśrams - are the existing ones not enough?' It is like asking, 'Why should we open more schools and hospitals? Are the present schools and hospitals not enough?' If you have more children needing education, if you have more patients needing hospital treatment, then you most certainly need to open more schools and more hospitals.

In the same way, these āśrams and centres are to be opened for those who seek spiritual guidance in their lives. These āśrams, these temples, are like the guiding light that will bring back straying humanity onto the path of spirituality. If you open a school, it can go on educating children for hundreds of years. If you open a hospital, it can go on treating patients for hundreds



Vishwa Darshan Hall - Multi-Purpose Hall

of years. Similarly, if you open one āśram in the name of the Lord, it will go on, for hundreds of years, guiding people to the path of God.

This is a universal, spiritual home, for all the people who want to find God - but, be under no illusion that you will find God because of this place. You will find God because of yourself, and being in this place will help - this sacred environment, the spiritual atmosphere will bring out the divinity which is already within you.

In such an extensive building, there will obviously be places for dining, cooking and accommodation, as well as the prayer hall. The accommodation will have a basic, minimum charge, so that the āśram can look after itself. The Prayer Hall should be freely available to everyone who wants to come and pray. In times to come, hundreds of people will come here to find peace, spirituality and God within themselves, by living here.

Vishwa Niketanam āśram, or Universal Home, is also a Centre for Human Development. There will be activities related to human development here. Animals can develop into humans—Monkey became man and man will become God - that is the process. Over time, many people will come here and spend time here to find their true selves, who they really are. This should become the place where you find your divinity and become divine.

You should keep it open to people of all faiths and religions, as long as they follow the rules of the āśram. Here the lifestyle is different, and people's ways are different, so certain things have to be shaped differently here. This āśram is a very sattvic place. When you come here, you must get rid of your unwanted things—leave them behind. Spend this time energising yourself in a good and pure atmosphere, meditating and doing things which will help you develop as a better human being. Hence, the rules must be put in place. Then whoever comes is fine, as long as there is no creation of profit or anything like that. It is only an āśram. Anybody should be able to use the facilities, as long as they have a good cause and a noble reason to be here.

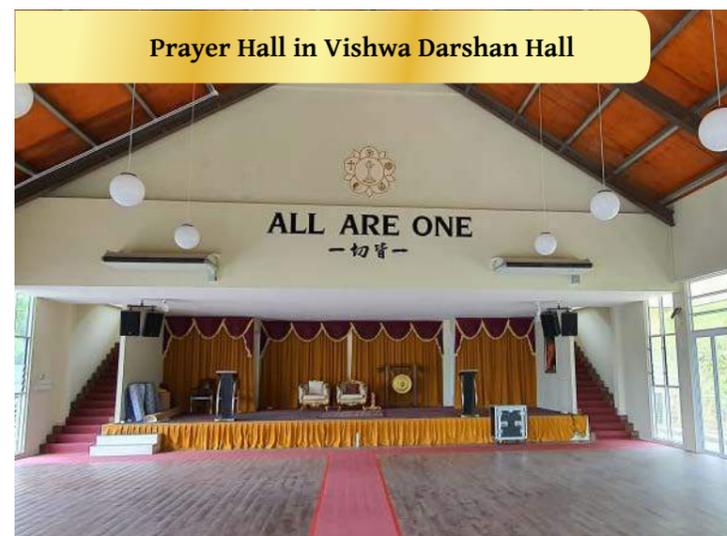
For the construction of the āśram, I gave very clear instructions on how it should be done. I approved everything: the design, the height, the location - all of it. Only after My approval did they start to build. It is on a beautiful hill, with a good view. What is the point of going to the hill and staying mostly inside a room? You should see the hill and the surrounding area. I told them to make a trail where people could take a short walk in the mornings and evenings, by themselves, whilst thinking of God. Whilst chanting and contemplating on good thoughts, they can walk around the hill. Here and there, I told them to place meditation benches, as whilst walking, they may feel like sitting down to think of God, or to read a good book, or to contemplate on a good thought or even to have a small satsang and discussion, and then walk around and come back to the place.

The centre will grow steadily. Eventually, it will grow to become an Institute of Human Values and Human Development. Initially, it will start on an informal basis, but eventually it will grow into a proper institute, with people enrolling into these programmes.

Vishwa Niketanam Centre for Human Development, Kuching, Malaysia



Prayer Hall in Vishwa Darshan Hall



Sai Naivedyam - Divine Offerings



Divine Will Society Malaysia - Kuching

They will come and stay here for workshops. They will learn from many people from around the world about values education, like human values, parenting values and so forth. They will also learn about the spiritual and philosophical teachings of various religions and masters. In this way, they will open up."

On the day of the inauguration on March 14, 2019, Swami said:

The purpose of establishing this āśram is to enable man to focus on and realise this singular presence of God in the entire universe; to see and experience the oneness and thereby realise his own divinity. That is the vision of this āśram—that everyone should see God in everything, everywhere and in all. I invite one and all, from the entire universe, to come and experience God, to participate in events at this āśram, to realise God, and ultimately, to find the highest peace and highest joy that only this realisation can confer.

This invitation is from God, because it is God's home- it is His universal home. So, when Tony asked Me what should be the title, the motto, the vision of this āśram, I said, 'All are One.' However, that motto should not



Internal façade of the Restaurant

just exist as words; the words should translate into practice, and ultimately, should be experienced.

This āśram is a home for everyone, and is everyone's responsibility. In your own home, you perform all the chores and activities without a sense of obligation or duty. You do it with joy, because you believe it is your home and you need to look after it. You do not pay each other for cleaning your home. Similarly, this is everyone's home, and so it is the responsibility of everyone. This āśram needs to be completed. In four more months, it will be in good condition to start the activities here. I have also given instructions that a stupa of all faiths has to be built here. That stupa will be a guiding light for everyone, for them to see that everyone, of all religions, can worship the one God here as equals.

I bless that in times to come, many, many people, not only from Malaysia and this region, but also from Australia, Japan and Indonesia will come here for spiritual retreats. After having done sevā, they will come here to sit in silence, to listen to God's voice within and to connect with each other, with nature and with God.



Japanese Tea Houses

Some of the projects currently carried out by Vishwa Niketanam are:

1. **Medical Camps** – As on date, more than **1,250 villagers** in about **20 villages** have been served, **550 dental treatments** have been provided, with the help of **281 volunteers** who have travelled more than **8,800 kilometres**.
2. A programme in Chinese for the Sanathana Vani radio began since 2017.
3. Translation of Sri Sathya Sai Uvacha series began since 2018. So far, Volumes 1-12 of Uvacha and Story Divine Parts 1 and 2 have been translated to Mandarin.
4. **Wheelchair and Hospital Beds** – Approximately **250 wheelchairs, 26 hospital beds (six beds to hospice, six beds to an old folk home, four beds to NGO for free bed rental, 10 beds to pharmacy chain as a joint community project for free rental)** have been provided.
5. **Swami's Birthday** – launch of joint community project for free rental hospital with Ting Pharmacy.
6. **One Youth** – joint venture project with Lions Club International for **Blood Donation Campaign** was conducted on October 23, 2021. **108 donors** came for the event. This shall be a half-yearly programme going forward and will be conducted every six months.

Restaurant Kitchen



Gazebo



Sri Sathya Sai Sanjeevani Mother & Child Hospital, Nava Raipur, Chhattisgarh completes 150 child deliveries and 2,500 pregnant mother consultations in the first 100 days of its coming into being

In India, maternal and child health services need immediate attention and improvement. Maternal mortality, neonatal mortality and infant mortality in India are twice the World Health Organisation's, 2030 targets. However, most of the causes of mortality are avoidable.

The COVID-19 pandemic demanded much attention from the healthcare service and this impacted the delivery of regular healthcare services. The impact was significant for women and children in general and pregnant women in particular. Responding to this pertinent and immediate need, Sri Sathya Sai Health and Education Trust took upon itself to provide antenatal care through outreach camps, progressing into daily outpatient services and eventually the setting up of Sri Sathya Sai Sanjeevani Mother & Child Hospital in Nava Raipur, Chhattisgarh, India with the following objectives:

- Identification and management of high-risk pregnancies
- Increase in institutional deliveries and sterile practices
- Timely transport facilities to handle emergencies
- Availability of high-quality care for the poor



Inaugurated by Sadguru Sri Madhusudan Sai and Honourable Governor of Chhattisgarh, Ms Anusuiya Uikey on September 13, 2021, the **35 bedded hospital** with two operating theatres, neonatal ICU, antenatal ward, labour room, postnatal wards and also out-patient facilities serve hundreds of pregnant women and children on a daily basis. Following are the services provided in the Hospital:

- **Mother Care:** Antenatal care, ultrasonography, foetal echocardiography, lab investigations, obstetrics and gynaecology consultations, normal and c-section deliveries, laboratory investigations, medicines, nutritional supplements, counselling services etc.
- **Child Care:** New-born care, immunisation and growth monitoring, NICU facilities, paediatrician consultations, child heart care, laboratory investigations, medicines, nutritional supplements, counselling services etc.

Screening rural children with HD Steth



Sathya Sai Sanjeevani Mother & Child Hospital 'Mamatva', Nava Raipur Atal Nagar, Chhattisgarh

Since its inception in September 2021, more than **2,500 women** have been consulted in OPD and **150 children have been successfully delivered with zero maternal and neonatal mortality**. All the services are rendered **absolutely free-of-cost**. In a recent letter to the Chairman of Sri Sathya Sai Health & Education Trust, the Raipur District Health Administration has requested Sri Sathya Sai Sanjeevani Mother & Child Hospital to act as a referral centre for all women registered in government healthcare centres, needing critical care services. Another such hospital is functioning as the Sri Sathya Sai Sarla Memorial Hospital in Sathya Sai Grama, Muddenahalli, Karnataka which also has embarked on the journey of serving the mothers and children of Chikkaballapur district.

Sri Sathya Sai Sanjeevani Mother & Child Hospitals are a manifestation of selfless love

to serve the poor and needy of rural India, wherein primary healthcare services are uplifted through Sri Sathya Sai Sanjeevani Hospital's tertiary model. It is envisioned to setup **nine** more centres of the same capacity, across the country in the **next 18 months**. The places identified to establish these centres are:

- 1) Kondapaka, Telangana
- 2) Bastar, Chhattisgarh
- 3) Yavatmal, Maharashtra
- 4) Panvel, Maharashtra
- 5) Ayodhya, Uttar Pradesh
- 6) Haridwar, Uttarakhand
- 7) West Bengal
- 8) Odisha
- 9) Rajasthan

Ultrasonography being done to rural pregnant mothers





“Service is the ultimate expression of Love”, says Sri Sathya Sai Baba. The Centres for Human Development of the Sai Global Federation of Foundations are the beacons of hope for the world with the twin goals of spreading the light of love and the joy of service. The COVID pandemic wrote tales of ‘distancing’ and ‘isolation’ on the canvas of the world. Human contacts were feared for contact with the virus. This threatened to stall all sources of even the basic humanitarianism that urged people to play the part of a benefactor for a beneficiary who is in need of help. Despite these, the members of the Sai Global Federation of Foundations swore by the value of living for others greater than living for one’s own self and reached out to the ones who needed help more so now than ever before.

“sevā and sādhanā has to go hand in hand”, says Sadguru Sri Madhusudan Sai. While sevā purifies our minds from selfishness, sādhanā helps us get rid of doership and elevates our consciousness. Hence the Centres of Human Development balanced the sevā and sādhanā activities perfectly. The study of ‘Master the Mind’ series, which is a bouquet of talks given by Sadguru Sri Madhusudan Sai on the step-wise path to transcend the mind and experience the true self, was taken up by the members with utmost earnestness and devotion. Guest speakers were also invited from time to time to expound on various spiritual topics.

“Service is the ultimate
expression of Love”

Australia



Heart of Love Foundation,
Australia



New South Wales

A group of seven volunteers started serving hot and delicious food on a daily basis to the needy in the towns of Blacktown and Riverstone in Australia. In November, more than **200 meals** were served. Children also joined the volunteers in this service activity.

Queensland

The volunteers at Victoria served **144 meals**, Close to **900 meals** were served in Brisbane to the homeless individuals and families. These included fruits, cereal, soup and fruit juice. A new site with homeless individuals was identified and volunteers started serving hot meals to about **15 homeless people** from mid-November. Besides food, these homeless individuals expressed that they look forward to spending valuable time in the loving company of the volunteers.



Victoria

While lockdowns started to ease in Melbourne, there was a further opportunity to reach out to the community. Working with the local community hub, the volunteers provided the much needed pantry items for about **50 families**, which equalled **530 meals**. It included baked beans, long life milk, cereals, rice, noodles and other items.

Western Australia

70 meals were delivered to ‘Passages’ – a youth engagement hub, ‘CARAD – Centre for Asylum Seekers, Refugees and Detainees’, and ‘The Women’s Refuge’ – an organisation that help and support women and children who are subjected to violence. Close to **30 cooked meals** were delivered to HDStreetwise – a boutique op shop which sells second-hand products at cheaper rates and also aid people in crisis.

Apart from this, **30 kilograms of rice**, **five kilograms of nuts**, **four kilograms of dry fruit**— equivalent to **177 meals** were delivered to CARAD.

A cooking class was conducted by volunteers at ‘The Women’s Refuge’ focussing on healthy cooking and they together prepared about **15 meals**. The volunteers, staff and residents of the refuge sat together and relished their meals.

Region 1

Japan



Home of Universal Peace

Human Excellence Academy of Japan

A series of sessions on 'Mindful Parenting' was conducted online, on a monthly basis by the volunteers of the Human Excellence Academy of Japan, under the guidance of Dr Ron and Suwanti Farmer. The participants enjoyed the 'Guided Imagination' meditation sessions, which enabled them to focus on breath, light, etc., and to take a dip into the realms of peace and joy that is latent within themselves.



General Incorporated Association of Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

In November, the Trust in association with a local public health centre provided free medical examinations for **four foreign national families**, whose children were facing developmental disabilities and were suffering from conditions such as trisomy 18 or Edwards Syndrome and trisomy 21 or Down syndrome. The beneficiary families hailed from different countries such as Nepal, Bangladesh and Brazil.



Region 1

Laos



Sri Sathya Sai Foundation Lao PDR

As part of the 96th birthday celebrations of Bhagawan Sri Sathya Sai Baba, on November 23, 2021, the Sri Sathya Sai Foundation Lao PDR organised a small spiritual gathering in the school premises. On this auspicious occasion, the Sri Sathya Sai Girls' School building was freshly painted in white, which increased the grandeur of the edifice.

In continuation to the ongoing service activities, around **280 hygiene packets** were prepared and distributed to the residents of the Vagrant Home. Each pack consisted of hygiene items such as toothpaste, toothbrush, soap, shampoo, detergent, etc.



Region 2

Middle East



Desert sevā

Considering the whole world to be one happy, united family, the volunteers from Middle East have been serving needy individuals and families in the barren desert regions. In the month of November 2021, **25 beneficiaries** were provided with Sai Love kits consisting of groceries and essentials like wheat flour, sugar, salt, lentils, tea powder, spices, cooking oil and other hygiene essentials like soaps, tooth brush, tooth paste, detergents, sanitisers, etc. These kits would provide up to **1,500 meals** for a month.

OMAD – One Meal A Day

In November 2021, 13 volunteers have served close to **350 meals**. Fruit, juice, water, laban, snack/biscuits, sandwich, a complete meal, sweets, etc., were served to the needy. On the day of Bhagawan Sri Sathya Sai Baba's birthday on November 23, 2021, each volunteer ensured to serve atleast one person at their place of convenience.

Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruike Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas in the States of Enugu and Imo. These Hospitals are meant for rural dwellers that cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternity health care services, absolutely free of cost, while also treating children and adults from all age groups. On an average, the Hospitals treat **72 patients on a daily basis absolutely free-of-cost**.

In the month of November, a total of **415 children, 721 adults and 120 eye patients** were provided with world class treatment. Close to



20 deliveries were performed and numerous surgeries were conducted such as caesarean deliveries, appendectomy, lipoma incision, circumcision, catheterisation, and manual vacuum aspiration. Apart from this, **284 lab investigations** were also made.

In addition to this, educare through the Embodiment of Love Academy (TELA) is provided to **1,185 children** and sociocare through Biarienu Breakfast Programme feeds an average of **500 children** with hot and healthy meals.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Celebration of Bhagawan Sri Sathya Sai Baba's 96th birthday was filled with love and excitement at Sri Sathya Sai Karuna Nilayam Foundation. Cooking arrangements and purchases; involvement of youth in packing gift items and goodie bags for children; preparation of special nutritional packs for the elderly; vibrant decorations and playful children—all of these turned Sri Sathya Sai Karunalayam Medical Centre, Batticaloa into a heavenly place.

On the November 22, 2021, all the staff and youth joined to distribute deliciously refreshing ice-cream cones to the passers-by along the main road, to cool them down on a hot day. Many were taken aback and surprised by the offering, and upon inquiring from the staff and learning the reason for the celebrations, they were quite pleased and were eager to know more about Bhagawan Baba and the Hospital.



On the auspicious morning of November 23, 2021, the Chairman of the Foundation – Mrs Penny Jayewardene and the Director – Nishantha Dissanayake cut the Birthday cake. Since very early in the morning, the Centre's Kitchen was a hub of activity as the staff were getting ready to prepare food to serve around **300 people**. Thanks to the labour of love of many selfless hands, who contributed to this noble service of cooking and packing food packets for the needy. The lunch packets and goodies were transported to the nearby village for distribution.

The lunch parcels along with the goodie bags, yogurt for children, and a pack of nutritional supplements for the elderly were received by the villagers, with hearts filled with gratitude and faces lit up with genuine joy. When greeted with a loving 'Sairam', many villagers repeated it back excitedly, much to the delight of the staff. It was a simple, yet beautiful exchange, as it showcased the transformation that had taken place in this village.



Region 3

Croatia



Zaklada Ananda (Ananda Trust Croatia)



'Wings of Love' is an initiative to bring together people to ideate on the fact that there is 'love in unity' and there is 'unity in love', and to inspire them to progress from 'I' to 'We' to 'He'. This, indeed is the need of the hour and is possible if all worked sincerely to achieve this goal. This initiative began on November 01, 2021 to commemorate the 96th birthday celebrations of Bhagawan Sri Sathya Sai Baba.

Around **six online lectures and workshops** were conducted **absolutely free of cost** on different subject matters. Irrespective of many challenges and various restrictions imposed by the government on public gathering, the ever-enthusiastic devotees participated in the *akhaṇḍa* bhajans, via online platforms, deriving divine bliss.

Wings of Love (Krila Ljubavi), a dedicated YouTube channel was created on November 01, 2021 with over **3,500 views** ever since then. More importantly, a wave of 'love and unity' was generated, where people felt the positivity and shared their pragmatic comments and extended their much-needed support to the whole project.

Lectures and workshops were conducted in the following topics

- Yoga – Ancient technology for modern man
- Workshops to create positivity and increase life satisfaction
- Living an enlightened civilisation, now and here
- Mindful teaching
- Eco villages in co-creation with nature
- Master the mind

People from several different background engaged themselves in various ways to take forward the message of 'Wings of Love'. Volunteers from different fields of work such as Education in Human Values (EIHV) group, veda union, members of Ananda Trust, members of different associations and groups—Center of consciousness, eduCare, GitaZen, etc., came together to make the workshop purposeful and successful. The common string which binds all the volunteers is the love towards Swami. Few more new lectures are planned for sessions to be conducted in May 2022.

Swami blessed the Project saying, "Blessings to you all. Go ahead with these programmes.

Where there is unity, there is purity. Where there is purity, there is divinity."



Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

In November, the Greek devotees got together to pack food items such as lentils, beans, chick peas, pasta, rice, milk, rice crisps, wheat crisps, etc., in boxes, which were later delivered to various organisations who were extending help to the needy. **150 boxes** in total were equally distributed to St Theodore Church in Anavyssos, the 'Argo' association for children with disabilities in Kalyvia, and the St Panteleimon Church in Alimos. The food items delivered amounted to **12,975 meals**.

Almost, **400 kilograms** of legumes and rice were sent to families in Elis/ Ileia, an area of Greece which was recently stricken with extreme weather catastrophe. The provision that were provided for these families were equivalent to **5,000 meals**.



The monthly *sevā* of providing **80 boxes** with food essentials and other basic necessities to the poor families of Anavyssos area also continued, offering approximately **1,840 meals** in total.

70 pizzas were delivered to the 'EGNYA Foundation for children and adults with disabilities', and **30 pizzas** to the St Andreas Children's Home.

Additionally, the Foundation continued, on a monthly basis, to provide the two Nursery Homes for the Elderly at Athens and at Palea Fokea with **1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese** in total.

Lastly, members of the Foundation continued to volunteer **three times a week** at the support centre for children and families, assisting the poor children with their primary and secondary school studies.



Region 3

Poland



Stowarzyszenie Love All – Serve All (Love All – Serve All Association)

The Polish Association 'Love All – Serve All' distributed packages with food items like oil, fruits, cheese, sugar, milk, juices, etc., to about **20 families**, which summed up to **67 people**.

It continues to associate with Warsaw Seva Association and served hot and healthy Indian meals along with lemonade to **1,181 needy people**.



Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



Once a week, grains or pastas with legumes was cooked and served alongside milk or yoghurt, and bread. A total of **1,619 meals** were distributed door to door in the districts of Şişli, Pendik and Ömerli. New shoes were also distributed to the people in need in the district of Pendik.

In the district of Uskumruköy, grocery boxes consisting of pasta, red lentils, chickpeas, dried beans, flour, sugar, toilet paper, paper towels and snacks for children, were distributed to about **10 families**. A needy family in the district of Şişli, was also helped in this manner.

The volunteers of the Trust helped **12 economically deprived families** by paying their house rents and bills for utilities such as electricity, water and gas in the district of Şişli.

Region 4

Canada



Sai Global Service Foundation of Canada

During the freezing and snowy days in Canada, hot coffee was served to over **50 homeless individuals** struggling with the winters on the streets. Over **100 packets** of banana, apple, oranges, vitamin juice and blueberry muffins were served to the needy who were residing under the bridges and setup tents in Edmonton.

Sai Global Service Foundation of Canada (SGSFC) collaborated with the 'Hope Mission Edmonton' to distribute hot lunch meals to the needy on a weekly basis. Food drive was done to deliver groceries for needy families in the Edmonton area. Packets of food items were consistently given to hungry needy individuals living on the streets, which made them feel loved and cared.



Region 4

United States of America



Divine Will Foundation



Sathya Sai Sanjeevani Medical Centre, Clarksdale

Sathya Sai Sanjeevani Medical Centre in Clarksdale, Mississippi is working with local musicians to expand services and strengthen public support for the Centre.

The Mississippi Delta Region and Clarksdale in particular, are widely celebrated as the birthplace of the indigenous American music known as 'The Blues'. The tradition still thrives in Clarksdale, with a lively music scene that fills restaurants, nightclubs and outdoor festivals with a steady stream of fans from near and far.

However, despite their importance to Clarksdale's cultural and economic vitality, many in the local music industry lack resources to cover their basic health needs. In response, the Centre has made a partnership with Musicians United, Clarksdale—a newly established advocacy organisation for music industry professionals.

Participants of the music events and their family members will have free medical access to all of the Centre's services. Thereafter, it is hoped that they will be inspired to serve as unofficial, high-profile ambassadors for healthy living in the Clarksdale community.

Sai Global Mission



Sai Global Mission

An online concert in Carnatic vocals was held with child prodigy, Ms Sooryagayathri, who hails from the village of Purameri in Vadakara, North Kerala in South India. Ms Sooryagayathri displayed great poise to perform for her fans across the globe, and to help support Each One Educate One's (e1e1) mission to empower and uplift rural girls through education. Her devotional singing enthralled the audience, while she also sowed the seed to support the children of India.

Though she faced many obstacles due to the pandemic, Ms Sooryagayathri continued to support e1e1's mission that continues to affect the lives of its worthy recipients and its generous participants.

This year has been a difficult period for many in different parts of India. Besides the second wave of the pandemic, nature continued to leave her mark through cyclones. With the heavy rains due to the cyclones many parts of Tamil Nadu were flooded. Victims of the flood lost homes, livelihoods and basic necessities. Multitudes of families have lost their bearings and have moved to relief camps uncertain of what the future may hold for them. Sai Global Mission along with Sai Healing Trust took the step forward to help fellow men by providing rations of food, medicines and basic necessities which included blankets, bed sheets etc., to flood relief victims of Tamil Nadu. The team on the ground continues to support the current situation.

My Inner Journey

I to We to He

Mr Vivek Mahadevan



Mr Vivek Mahadevan has been a Senior Executive in the Technology Industry for the last 35 years. He is currently the CEO of a Software Company based in Houston, Texas, USA. He graduated with a BTech in Mechanical Engineering from IIT Madras and has an MS Engineering and MBA from the University of Iowa, USA. With Baba's blessings, he is currently on the Boards of Divine Will Foundation, Sai Global Mission, HD Medical and PeopleShores. He plays an active part to help coordinate all of Baba's humanitarian projects in the USA.

While growing up in India, my family was involved with the Ramakrishna Mission and were devotees of Sri Ramakrishna and Swami Vivekananda. Through the Bal Mandir classes, I was exposed to the values and teachings of both the *gurus*. During this time, I read a number of spiritual books which left a deep impression on me.

In 1980, I tied the wedding knot with Nandini, arranged through our fathers who knew each other from their Presidency college days. Little did I know how significant that would be as she was a longtime devotee of Baba from a young age. After a few years of marriage, I came into Swami's fold through my own personal experiences. When I was 35 years old, Swami saved me from a near death experience due to a serious attack of hepatitis. He appeared in the hospital room and told me to drink *vibhuthi* water daily. Within a week, the doctors were amazed to see all my blood tests normalise and I was discharged home without any further medical intervention. From that moment on, I knew Swami was God.

When we moved from Texas to California in 2006, our family started hosting monthly study circles in our home to continue to spread Swami's mission and discuss our spiritual progress. During one of these study circles in the year 2016, a couple of devotees mentioned that Swami has descended in the subtle form as they had an

opportunity to see Him in Muddenahalli, India. We were all very interested and excited to hear their experiences.

During the June of 2016, we heard that Sri Madhusudan Naidu, Sri Narasimha Murthy, and Sri C Sreenivas, along with their entourage, would be visiting the Bay area, California to address devotees. The public *satsang* was in Sunnyvale, the next town over from ours, and we knew this was our chance to learn more, since we still had many questions. Coincidentally, Nandini had fallen very ill around this time and we were worried that we may not be able to attend the *satsang*. However, the previous day, my daughter Veena, who was in town at the time, attended the Young Adult (YA) retreat as she heard from other YAs that the *satsang* at Sunnyvale was a very special event and should not be missed. She was hesitant at first to miss work as the *satsang* was in the middle of the week but felt a magnetic pull towards the event. Upon seeing Brother Madhusadan walk into the room for the first time, Veena was overwhelmed with emotion as she could feel the strong vibrations and energy emanating from His presence. After the YA retreat, she came back ecstatic and said that Bhagawan Sri Sathya Sai Baba was indeed speaking through Brother Madhusudan after listening to the powerful Q&A session. She took copious notes which she read out to us and we felt it was only Swami who could give us that kind of divine guidance.

Nandini and I then decided that we must attend the afternoon *satsang* to hear the discourse, even though she was still feeling unwell. Nandini was seated close to the aisle and when Brother Madhusudan walked past her, He stared at her and looked right into her eyes, just like Swami would do in Puttaparthi, when He was in His physical form. Tears immediately started flowing down her cheeks as she quickly recognised that this was indeed her Beloved Swami in His

subtle form. After listening to Swami's message that afternoon, I also felt in my heart that our Beloved Swami was back. After this, Nandini started recovering slowly and was able to regain her health within a month.

Soon after this, we were keen to visit Swami—so, Arvind Thiagarajan, a devotee informed Swami about us, and Swami asked us to visit Muddenahalli in January 2017. Nandini and I arrived in time to attend the Annual Sports Meet 2017. Later that afternoon, we along with Sundar Kamath as well as Murali and Sudha Vullaganti, were fortunate enough to have an interview with Swami. During that interview, Swami called me 'America' and said, it was time to help Him in His various endeavours of service, as my skills from the many years of business executive-ship can help. This was the first time we had been so close to Swami and we immediately felt the strong vibrations and energy in His resplendent presence. This is how PeopleShores Initiative started under His divine guidance.

In June 2017, we eagerly awaited Swami's arrival in Northern California. Swami performed the ground-breaking ceremony for the Center for Human Development (CHD) in Los Gatos, CA. He materialised a beautiful Shiva *lingam* which He buried in the ground and said that it will be there for centuries to come. This CHD center will be one of the *āśrams* constructed in various countries around the world, to where the Prema Sai Avatar will visit during his worldwide travels.

At the request of my friend, Arvind Thiagarajan, CEO of HD Medical and with Swami's approval, I joined the Board of the Company. As Swami was the Chairman of HD Medical, Arvind wanted to present the company's update to Swami. We eagerly offered our home as the venue for the meeting in June 2017 and also requested Swami for a *satsang*. In fact, I had a dream a few days earlier, in which Swami said He would like to come and visit our home, and this is how it came true. Swami always works in magical ways with His impeccable divine timings.

On the extraordinary day of June 17, 2017, Swami, Sri Narasimha Murthy, Sri C Sreenivas and the entourage visited our home, along with the Board of Directors and the HD Medical Management team. We live in downtown Mountain View, an urban setting which has a very busy vehicular traffic pattern, and a number of pedestrians passing by at all times. However, that particular afternoon, there was a sense of calm and peacefulness in the air that we had never experienced before. All our neighbours gave us their driveway to park guest cars. In fact, there was plenty of parking for all of those in attendance too, which is never the case on a Saturday evening in downtown Mountain View!

During the *satsang*, both Sri Narasimha Murthy and Sri Sreenivas spoke eloquently about devotion and Swami's mission. Swami then gave a beautiful discourse on love, devotion, and selfless service, and shared the importance of His mission, which is to encourage self-transformation in all individuals.

During the HD Medical company update, Swami provided very specific instructions to the team as to how the future design of the HD Medical Stethoscope as well as the features of the new multipurpose consumer medical device will look like in the next couple of years. He also materialised a beautiful blue *lingam* for one of the team members for the sake of his health.

During this trip, Swami was gracious enough to give an interview to our family, including my wife Nandini and my daughters Veena and Rupa. After the interview, there was no doubt that our Beloved Swami was with us, given the detailed personal messages He relayed to us about the different events in our lives where we relied on Him to get us through difficult situations. We knew more than ever, that **He had never left our side in all these years**. We requested Him to always keep us near His fold and to use us as His instrument in His various healthcare, education, nutrition, and other service projects.

In summary, Swami's visit to our home was a turning point in all our lives. His Boundless Love and Selfless Service initiatives left a deep and lasting impression on all of us. We will faithfully carry out His Message and Mission along with our fellow devotees, to continue to transform ourselves in this journey from 'I' to 'We' to 'He'.

My Inner Journey

Just do as He says

Dr Krupali Tappoo

Dr Krupali Tappoo is an Australian qualified and trained General practitioner who is leading Swami's medical mission in Fiji along with her husband, Mr Sumeet Tappoo and family. Currently, as per the divine guidance, she is serving as the Director of Sri Sathya Sai Sanjeevani Medical Centre, Sri Sathya Sai Sanjeevani Children's Heart Screening Centre and the upcoming Sri Sathya Sai Sanjeevani Children's Heart Hospital in Fiji. Dr Krupali is the owner of a private medical practice in the capital city of Suva and is also an Assistant Professor in Family Medicine at the Fiji National University. In 2018, she was bestowed with the honour of being 'Fiji's Person of the Year.'

Dr Krupali left Australia in 2016 and returned to Fiji at the command of her beloved Lord who instructed her to give back to the country where she was born. Dr Krupali has been the in charge of organising paediatric cardiac surgeries in Fiji over the past few years and this has given her a deeper understanding into the dire need for Fiji to have its own paediatric cardiac hospital, as Swami has commanded. Dr Krupali has been involved with the journey of Sanjeevani Hospital right from its beginning and is looking forward to the day that it will give birth to new 'gifts of life' for hundreds and thousands of children.

I always believed that there is God. But the form did not matter to me as much. My grandmother used to say, "Whether you pray to Krishna, Rama or Sai Baba, they are all ultimately one and the same."

I did not know much about Bhagawan Sri Sathya Sai Baba before my marriage with Sumeet, whose family have been ardent devotees of Baba, spanning across many generations. However, my first experience with Bhagawan Baba in Prasanthi Nilayam was astounding. After our



marriage, we had an interview with Baba on July 23, 2007 and I knew that I had met God. I experienced pure love for the very first time in my life. Baba was also very kind as He materialised an 'akshayapatra' for me—a silver vibhuti box in which vibhuti kept manifesting. This experience of His love and grace had an everlasting impact on me.

My true journey of spiritual transformation began eight years later in September 2015 when Baba came to Fiji in His subtle form. Even before His arrival, just by hearing Sumeet's experiences, I knew inside me that it was Baba, it was God. In March 2015 in Muddenahalli, Baba had mentioned to my husband Sumeet and his parents, that He would come to Fiji and that a lot of work was going to happen around the world.

Before His trip to Fiji in September, Sumeet travelled with Baba to the United States of America. The experience which He gave us both during this trip—Sumeet at US and I at Australia—was simply divine. Whilst I was praying in my altar room in my home in Australia before going to work, Baba was relating my prayers to Sumeet in real time! He was telling him exactly what I was praying to Him and what I was asking for. When Sumeet called to relate to me what Baba told him, it brought me down to tears. It was an experience which affirmed our faith that He is always with us.

When Baba came in September 2015 to Fiji, I had come from Australia to meet Baba. On the second day of His trip, He gave a personal interview to my parents and me. As soon as He sat down, He

said, "We have used the land, the water, the air of this country. It's time to give back to this country. Everyone takes from this country, but no one gives back. Finish your education in Australia and move to Fiji. I have a lot of plans for you. We will build a hospital." All I could say was, "I will do whatever you say." On this day I made a promise to my master that I would do whatever He said to me, no matter how difficult it may feel.

The whole trip was exciting and I vividly remember the overwhelming sense of peace in the presence of Baba, with tears of joy trickling down my eyes, by realising that I had met my master. Making the move from Australia, a developed country to Fiji, which is still a developing country was not easy but I knew that this was the next phase in my life and an opportunity that was given by God. I realised that I had to do this come what may.

Being a doctor, I understand the plight of a person when they are sick, but my understanding is now matured to another level, after having involved myself in children's heart surgeries since 2016. In March 2016, exactly a month after my move to Fiji, a paediatric cardiac surgeon from Raipur, Dr Ashish Katewa, came to Fiji for a scouting visit with the aim to perform the first lot of surgeries in August 2016. I attended many meetings with him and met many officials in the Ministry of

Health and the main public hospital, a place where I had worked many years before.

In August 2016, the Sanjeevani team from Raipur together with a cardiac theatre nurse from Australia and an anaesthetist from Oman, operated on 23 children with congenital heart diseases. Observing the surgeries in the operation theatre and seeing the open beating heart of a child for the first time, was one of the greatest moments in my life! There are at least 200 children born every year with congenital heart disease in Fiji and over 2,500 children in the South Pacific. There are no local medical professionals who can perform children's heart surgeries and there are very few visiting teams who come and operate. Many children still die because of unavailability, inaccessibility and issues of unaffordability, with surgeries costing over \$100,000 overseas. My heart pained at this thought—being a mother myself, how helpless I would feel if my child was dying and I could not afford or provide the treatment required! I thank our dear Baba for thinking so graciously about these children and providing them with a new gift of life with the help of the visiting teams that we organised and now with the upcoming Sri Sathya Sai Sanjeevani Children's Heart Hospital which will be a beacon of hope to thousands of mothers.



How can we become like you?

You have no need to become like Me. You are already Me!

A sculptor obtains a big block of stone to carve out a statue. He must bring out the shape from inside. The statue will not come from outside and enter the stone. It is already within the stone. So, what is the sculptor's job? He is removing all the material which is not part of the statue, saying, "*neti neti—not this, not this.*" What remains, after removing the unwanted material, is the beautiful statue.

Similarly, I am already in you—you and I are one. First of all, you have to cultivate this faith. What is there in the stone does not come from somewhere outside; hence, you must have the firm conviction, 'I am God!' God dwells within you!

You may ask, "*Why am I unable to experience the bliss of Divinity?*" To experience divinity, you have to remove the undesirable things which have accumulated within you. You must remove the blockages that you yourself have erected, and then you too can experience the bliss. What are these blockages? Traits such as selfishness, hatred, ego and attachment are the blockages. To get rid of these barriers, you must travel from 'I' and 'mine' to 'we' and 'ours'. In order to shed these unnecessary traits, first of all,

you need to give up selfishness. The journey is from 'I' to 'We' to 'He'.

When you live alone in your house, you only think of yourself. In the hostel, you are with several other students and you have to think about them, too. You also have to think about the people within the society—not only think about them, you have to serve them according to their needs. Whilst doing *sevā*, gradually, you get rid of your unwanted qualities, allowing your true nature to emerge.

It is very easy to become like Me—because I am not telling you to obtain it from elsewhere. You are always Me. To bring something from America, London, Switzerland, is difficult. What is the difficulty when I am already within you? However, you have to cast off the unnecessary 'fancy dress'. Stop identifying yourself with the body, then I will manifest Myself from within.

The moment you develop a selfless attitude, you will experience Me. What is selflessness? – the feeling that, 'I am doing this for God and not for others,' is selflessness. Many people do things for name and fame. That is only for the mind and the body. There is no need of such things for the *ātma* (soul). Whether people observe you or not, whether they tell you or not, whether they ask you or not, you should go on serving them without any expectation of return—only then will you attain Me.



“Live Together, Love Together, Serve Together and Merge Together.”

Over the years, the Sai Prema Foundation in Fiji, under the direct command of Baba has worked on various health care projects. Sri Sathya Sai Sanjeevani Medical Centre was inaugurated in April 2018, the Sri Sathya Sai Sanjeevani Children's Heart Screening Centre was inaugurated in April 2019, and since 2015 rural outreach camps have been conducted whereby Health on Wheels is taken to the remotest communities.

These past six years have taken me through a journey of intense transformation. I have been a witness to His divine mission in Fiji and internationally and just by observing, I am awe-struck and humbled to see how God works. More important than being a witness is to be a part of it all. I know for sure that I am not the same person I was six years ago. The divine has certainly inspired and moulded me to become more selfless, kind, giving and loving. Being a medical doctor, it has given me a purpose to serve my patients keeping in mind the ideals of our dearest Lord.

His golden words to humanity through the Master the Mind series, Kathopanishad series and the discourses given before and after the 96th Birthday celebrations is a clear message for all of us—becoming God is, now our priority. I know this is what Baba wants from us now. This is now my priority.

In order to fulfill His command and become His instrument, we need to transform from human to Divine. I made changes in my life that I knew were necessary if I was to be His instrument such as becoming vegetarian.

A spiritual journey is not a bed of roses. This journey has required tremendous amount of faith. There have been days that have been extremely difficult. But I have stuck to this single thought process that no matter how difficult things are, we just do as He says. He is the all-knowing almighty. He knows the master plan, we don't! It is necessary to have faith in Him, faith in ourselves and faith in His mission.

At the inauguration of the Sai Prema Ashram in Fiji in 2019, Baba told Sumeet and me to "*Live Together, Love Together, Serve Together and Merge Together.*" This has become my new mantra in life. I pray to Baba to allow me to serve Him in whatever way that He pleases.

