



वसुधैवकुतुम्बकम्
vasudhaiva
kutumbakam



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Message from *Sadguru Sri Madhusudan Sai*

God is Good

To do good is the highest goal of human life. In fact, the one who realises his divinity naturally does good to all. Therefore, the highest service one can do to the world is to realise one's divinity so that good alone will happen through such a realised being. God is in every good and that's why He is known by the virtues of *satyam* - Truth, *śivam* - Auspiciousness, and *sundaram* - Beauty. Truth, because 'God' is permanent and so is 'Good'; God is auspiciousness, so is 'Good'; God is the pristine beauty of the soul, and so is 'Good'.

Śivarātri brings this message of goodness. Lord Śiva drank the deadly poison *halāhala* that threatened all creatures and saved them. He offered to bring the mighty Ganges to earth by letting her descend on His head first, so that her force would not destroy the earth, and thus quenched the thirst of all. Lord Śiva, therefore stands for goodness. And every devotee of Lord Śiva must strive to imbibe His example of doing good selflessly and fearlessly, as a mark of true devotion to Him.

The Foundations, Organisations and Institutions, that have been setup across several countries are but means and ways to keep doing good. Alone one can do only little but together each achieves more. So, when we come together sinking the differences between ourselves to do more good collectively, we are redeemed together. Many drops join to become a stream, streams join to become rivers, and rivers join to reach the ocean. So also, individuals, families, communities and countries must ultimately reach the highest goal of Self-realisation through fearless and selfless service.

God is Good and so should we be, for we are none other than God and goodness - *Śivam* - is our very nature.



February 11 – 18, 2022 – Seven-Day International Workshop – Various Dimensions of Vedic Science – 2022

The month of February witnessed a seven-day extraordinary workshop which emphasised and elaborated the immutable role of the Vedic sciences, the importance and its need in today's world. The workshop was a joint effort of five universities in India viz. Vaidik Vigyan Kendra – Banaras Hindu University; Sri Sathya Sai University for Human Excellence; Kashi Hindu University, Shiksha Sanskriti Utthan Niyas, New Delhi; and Maharishi European Research University, Netherlands. Sparsh Himalaya was the media partner who played a very important role of making the content available to interested individuals in the society.

The entire workshop was divided amongst seven brainstorming topics which were present one by one across the seven days. Eminent scholars and thinkers in the field of Vedic sciences were invited to speak and impart their knowledge and experience to the world-wide curious audience. The topics discussed during the workshop are as follows:

Day 01: Vedic philosophy of *pañchakoṣā* based education – character building and holistic development of personality

Day 02: Uses of Vedic mathematics sutras

Day 03: Concept and development of chemistry in the Vedic period

Day 04: Possibilities of contribution of Vedic language in the development of artificial intelligence

Day 05: Importance of Vedas in present times

Day 06: Limitations of modern science Vs Potential of Vedic knowledge

Day 07: Importance of Vedas in modern education

Each day was filled with invaluable and precious knowledge which need to be instigated in the contemporary generations. Without the proper foundation of ancient Indian knowledge and wisdom, the development and progress will result in disastrous events in the near future. The workshop revolved around the importance in bringing the perfect synthesis of ancient wisdom and modern sciences and thereby bring a brighter, safer and moral future for the upcoming generations. A quick glance of the proceedings of each day and summarise the points of each speaker:

February 11, 2022 – Day 01: Vedic philosophy of *pañchakoṣā* based education – character building and holistic development of personality

Presiding Speaker: Prof Kamlesh Jha

He said that, “*All the knowledge of the entire creation can be found in the Vedas which is indestructible and eternal – अनंता वै वेदाः । In order to understand our true nature, we need to dig deep into the Vedas and practice what they say. Only by rising above the pañcha-koṣā one can attain self-realisation and be called as a jivanmukta.*”

Chief Guest: Sri Atul ji Kothari

He explained stating the deterioration of the Indian education system was due to English education and invasion. This further elaborated the topic expressing ‘How it has become difficult for the current generation to understand fundamentals of Indian culture.’

Special Chief Guest: Sri B N Narasimha Murthy

He presented his ideas about the need of imparting education in the most ancient *gurukulam* way which is deeply rooted in the Vedic knowledge and tradition. He then gave a bird's eye view of the ongoing mission of Sadguru Sri Madhusudan Sai through the three verticals viz. Educare, Healthcare and Nutrition. He also showcased the unique aspect of Sri Sathya Sai University for Human Excellence by introducing the under-graduate and post-graduate courses in Vedic Studies.

Key Note Speaker: Dr Tony Nader

Dr Tony Nader propounded on understanding the true reality – Consciousness, and track back the path to it discovering which concludes stating ‘Everything and Everyone is that Consciousness – *ahaṃ brahmasmi* – I am that Consciousness’.

February 12, 2022 – Day 02: Uses of Vedic mathematics *sūtras*

Presiding Speaker: Prof Girija Shankar Shastry

Prof Shastry presented the importance of the priceless knowledge which were seen (*paśyanti*) by the rishis in their meditation who were *mantradrāṣṭā*. He said that through this very mathematics, the entire universe is emerged and is functioning. This came from the *avyakta brahma* (formless God) and worshipping this knowledge is equivalent to worshipping God Himself. He accented to learn and teach Sanskrit to students from a very early age.

Key Note Speaker: Dr Rakesh Bhatia

Gave several references from the works of Sri Bharati Krishna Tirtha ji, who is referred to be the father of Vedic Mathematics, and gave an elaborate understanding of the 16 volumes of the 16 *sūtras* (formulaes) of the Vedic Mathematics. He said that Vedic Mathematics improves and develops human brain 5-6% faster in a complete sense than any other prevailing methods.

February 14, 2022 – Day 03: Concept and development of chemistry in the Vedic period

Presiding Speaker: Prof Chandrabhushan Jha

Prof Jha gave a brief description on ‘How Vedas are the foundation of the entire Indian knowledge’. In his talk he discussed about different herbs, their importance and usage of which the knowledge was available since the Vedic times, dating thousands of years back, through citing examples from *carakasamhitā* (an ancient Indian Ayurvedic text on internal medicine written by *caraka*).

Key Note Speaker: Prof Lallan Mishra

He gave insights on Vedic Chemistry – Concept and Development. He described about the knowledge which it holds in it revealing the various chemical processes within the human. Also propounded on the ‘Classification of *rasāyana*’ to maintain and heal human body.



February 15, 2022 – Day 04: Possibilities of contribution of Vedic language in the development of artificial intelligence

Presiding Speaker: Prof Ujjwal Kishore Jha

To sum up the talk of Prof Jha he said that the artificial intelligence (AI) is made to solve the human, technical and linguistic problems of the mankind. He quoted few examples from the ancient times where usage of airplanes, modern weaponry, etc., were used thousands of years back in India.

Key Note Speaker: Dr Vrajeshkumar Khambolja

Mr Khambolja gave an overall view of ‘What is AI? How it is used in our daily lives? & How can it be developed further?’ According to the studies that Sanskrit grammar is considered to be the greatest gift to the humanity as can help in AI development.

At the Forefront

February 17, 2022 – Day 05: Importance of Vedas in present times

Presiding Speaker: Dr Raja Louis

His most important discussion was on 'Vedic Technologies of Consciousness – bringing peace and harmony to society and restoring balance in the environment'.

Key Note Speaker: Prof Rajesh Naithani

He praised the New Education Policy, stating that it is paving way to take our countries Vedic knowledge to the students and thru this NEP, we will position and re-establish Bharat back again in its rightful position as Vishwa Guru. The concluding words were, "The world has entered into a level playing field and we have become one global village. If we have to achieve world peace, we have to get back to our Vedic roots."

February 18, 2022 – Day 06: Limitations of modern science Vs Potential of Vedic knowledge

Presiding Speaker: Prof Hriday Ranjan Sharma

Prof Sharma gave a clarity about vidya, avidya and anuvidya saying, anuvidya is the knowledge which will lead the mankind to understand the mysteries of this entire creation. He remarked, "We need to change our perspective while developing the modern science where we amalgamate it with ancient wisdom, otherwise it would lead to destruction of the entire mankind and not contribute to its development."

Keynote Speaker: Dr Prashanth Shiv Sharma

Dr Sharma presented a short review of the concepts of Physics which were available from past 500 years and brought about the beautiful correlation of Science and Spirituality.

February 18, 2022 – Day 07: Importance of Vedas in modern education

Presiding Speaker: Dr Ramesh Pokhriyal 'Nishank' "In today's world of turmoil which is filled with instability and unpredictability, it is only the Vedas that can reestablish joy and peace within people. If Vedic knowledge is spread in the world, certainly the world's problems will find resolution since Vedic knowledge is eternal and relevant to the past, present and future., said Dr Pokhriyal.

Chief Guest: Sadguru Sri Madhusudan Sai

Sadguru Sri Madhusudan Sai in his most inspiring talk said, "Sri Sathya Sai University has been set up for the purpose of increasing the accessibility of the Vedic tradition and knowledge systems of India for the whole world. The Vedic tradition recognises two types of knowledge: parā and aparā (higher and lower) and true Vedic knowledge is that which relates to the ātmā or Self. This parā vidyā is presented in a manner of great logical analysis, especially in the upaniṣads. The concept of discussion, analysis and asking questions is being explored as a method of teaching today, however these methods can be found in the ancient Vedic culture. The children of today possess a great thirst for learning (jijñāsā) and it remains to be discussed and seen how the teaching methods of Vedic culture can be adopted into modern day education. If children learn according to the Vedic methods of questioning and analysis, they will retain the knowledge for life since they would have acquired it through their own efforts and jijñāsā. Such thinking must be adopted into the pedagogy of the education system, so that students no longer study to achieve marks, but for the sake of obtaining knowledge."

Saraswat Guest Speaker: Professor Hriday Ranjan Sharma In his talk he spoke about the three aspects of life: ādhibhautika, ādhidaivika and ādhyātmika and it is important to realise that the Self is beyond that which is physical and seen.

In Focus - Global

Sathya Sai Sanjeevani Medical Centre, Clarksdale

The Sathya Sai Sanjeevani Medical Centre in Clarksdale was inaugurated by Sadguru Sri Madhusudan Sai in June 2019. Since then, the Clinic has blossomed into a caring and compassionate Medical Clinic for the underserved population in Clarksdale and its surrounding counties. Providing free medical care in the United States of America can be challenging when compared to other countries—partly due to the many regulations that need to be satisfied. The Clinic was licensed and started by a lone volunteer physician who had then recently received her Mississippi medical license and she made an almost five-hour commute from Huntsville, Alabama, to see patients every Saturday, at the Clinic, since December 2019.

Due to the COVID-19 pandemic in early 2020, the Clinic had to switch to telehealth services and was available to every person who needed medical advice. A few months later, following the local rules, the Clinic reopened in-person visits. At this time, the Clinic began operating full time from 9:00 a.m. – 4:00 p.m., five days a week and for a half-day on Saturdays. The Clinic's existence and persistence slowly gained the trust of the local population, while it also brought along other needs of the community. The societal determinants of health became apparent—the recognition that many patients needed transportation, counselling, and financial support to purchase their medications, came as a call to do more. Upon addressing these concerns, there was a noted change in the trust of the community, and the Clinic thoroughfare was put to best use. In addition, developing partnerships with other like-minded physicians and/or organisations helped to optimise the best care for the patients.

Currently, the Clinic provides the following services:

- Comprehensive primary medical care to medically, uninsured women of all ages, and children from birth until 18 years of age
- Any medically uninsured, male members of local, non-profit organisations that have partnered with the Clinic, also receive medical care
- Specialty medical care for pulmonary diseases, sleep disturbances, infections, and mental health problems are provided, either through clinic visits, or via telehealth virtual visits





News from the Centres for Human Development



- Gynaecological care and mammography are provided once a month through a partnership with a Mobile Women’s Health Unit that travels across the State of Mississippi to render this service
- A local Cardiologist visits the Clinic to provide free cardiac evaluation for indigent patients
- Endocrinology services are provided
- Eye care is provided to patients by referring them to local Ophthalmologists, through a programme supported by the American Academy of Ophthalmology that offers free basic eye care for patients for one year
- Through a medical grant that a regional hospital has, indigent patients receive free radiological services including simple x-rays, CT-scans, ultrasound, and MRI
- At the Clinic, patients receive laboratory tests, over the counter/ prescription medications, electrocardiographs (ECGs) and sleep studies, for no charge
- Medical transportation is provided for those patients who need to visit the Clinic, be taken to referrals and/or have their radiology studies done

- Via community outreach programmes, the Clinic provides free, annual flu and COVID vaccines to the people of Clarksdale and neighbouring villages
- Creating employment opportunities for individuals in the community

The Clinic is currently working on a partnership with a local, non-profit Dental organisation to provide free, basic dental care. A counselor will be joining the Centre on a full-time basis, in a few months, to offer the desperately needed mental health care for the community.

The Centre is planning to expand its services by providing specialty medical care, comprehensive school health, health education to the community on common medical topics, cooking sessions that educate patients about adequate and proper nutrition, community health fairs and develop more partnerships with non-profit organisations, regional and/or State health leaders to provide good health care for the needy people in this region and in the whole State. This holistic approach will treat the entire person instead of their individual ailments and in doing so it will strengthen the community with compassion and love.

“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”



Region 1

Australia



Heart of Love Foundation, Australia



Western Australia

Approximately **110 meals** were delivered to NGOs like – HDStreetwise, Passages, CARAD (Centre for Asylum Seekers, Refugees, and Detainees), and a Women Refuge Centre.

Culinary and art classes were arranged and conducted at the Women Refuge Centre.

Six personal hygiene kits and **pantry staples** were delivered to the NGOs.

Queensland

During the month of January 2022, a total **2,227 meals** were served at Queensland.

Out of this, about **940 meals** were served to the homeless in the capital city of Brisbane. Residents of a caravan park in the northern side of the city were also served meals. These meals were freshly prepared by the volunteers with care and love, by setting aside some time from their morning hours to cook food and then serve the beneficiaries.



Dry rations including bread, milk and noodles were served to the destitute and these were equivalent to nearly **1,287 meals**.

Victoria

The team in Victoria partnered with a local community hub and provided pasta to over **160 families** which equalled to about **800 meals** for them. These were the families that were facing difficulties during the pandemic.

New South Wales

While the third wave of the COVID pandemic was rampant in Sydney during the month of January, about **50 volunteers** in Sydney took part in delivering homemade nutritious food to COVID affected families on a daily basis. Over **400 meals** were served in January to the affected families.

More than **580 hot meals** were served during the month of January to about **180 individuals** in the Blacktown and Riverstone region. This activity was done on a daily basis.

Region 1

Fiji



Sai Prema Foundation



Sai Prema Foundation Fiji

Sai Prema Foundation Fiji spearheaded a joint coordinated effort to help **800 families** in the island of Tonga that was devastated by the volcanic eruption during December 2021. Joining Sai Prema Foundation in this effort were Life Flight Fiji, Digicel Tonga, Punjas Fiji and YachtAid Global to help the people of Tonga. The relief packs consisted of basic essential food items that were handed over to the Government of Fiji who facilitated the shipment of these items across to Tonga. The packs were received and distributed by the National Disaster Management Office (NDMO) at Tonga.

The Director of Sai Prema Foundation said that the Foundation saw it as their duty to help the people of Tonga. “Heads and members of Sai Prema Foundation were deeply pained to see the sufferings of our fellow brothers and sisters in Tonga and we immediately sprung into action to do whatever we could to assist. This is our first effort beyond our borders and we are humbled to have this opportunity to serve the nation of Tonga. We are governed by the principles of ‘Love All – Serve All’ and this effort is purely a manifestation of this principle into action”, said Mr Sumeet Tappoo.



The CEO of Life Flight Fiji, Mr Anthony Blake also echoed similar sentiments – “It is important to come together and provide assistance where needed and this collaborative effort is an example of what can be achieved when we all join hands and do the best that we can.”

The CFO of Digicel Tonga, Mr Mohammed Karim was inspired by the spirit of Sai Prema Foundation and he said – “The people of Tonga have had to endure very tough days and we were moved by the effort of Sai Prema Foundation to serve Tonga and therefore we offered our full support to them.”

Punjas Fiji’s Director, Mr Chetan Punja said, “Sai Prema Foundation has always reached out to serve the underprivileged and needy people and we are a very proud partner in their efforts. We mobilised our team to ensure that all ration packs were ready in order to meet the sailing deadline. Tonga is facing a deep crisis and it’s important that everyone collaborates to serve them to the best of their abilities.”



Region 1

Japan



Home of Universal Peace

Meals Distribution

In the month of January, a total of **344 meals** were served to the poor and needy. In the city of Yokohama, approximately **60 food packets** were distributed every Saturday. Along with food packets; masks, chocolates, gloves, and socks were also given.

As per the tradition of Japan to welcome the New Year, Soba noodles along with fried vegetables were distributed on New Year's Eve.

Considering the extreme winters of Japan, homeless people were served miso-soup and tea to keep them warm and comfortable.

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

The Trust served **three children** by giving them free consultation service at nearby hospitals. Two were infants with brainstem disorder and one child had mental disability.



In this area of service, the Trust connects the beneficiaries to the hospital, and continues to monitor and support the children and their families, until things change for the better for them.

Human Excellence Academy of Japan

Journey of Human Development – the monthly online sessions conducted by Dr Ron and Suwanti Farmer continued to happen in the month of January as well.

The topic of the session was **'Focusing the Light and Banishing the Shadow.'** Light and its significance, and its eternal characteristics were discussed in the session. The participants were guided to meditate on one of the verses from the *upanishad* which says that – there is a Light that shines beyond everything and that same Light shines in our heart. The seven steps that can increase the 'Light' in our life were introduced, and the participants were encouraged to practise and meditate on the 'seven steps' daily.

Region 1

Laos



Sri Sathya Sai Foundation
Lao PDR

Infrastructural Advancement at Sri Sathya Sai School Laos PDR

Sri Sathya Sai Foundation in Laos is currently carrying out massive infrastructural improvements in both the girls' and boys' campuses of Sri Sathya Sai School.

The girls' campus has been enhanced with a new library and expanded dining area. These extensions in infrastructure will facilitate the opening of the Higher Secondary School for girls.

In both the campuses, a new state-of-the-art sports facility is being built. The covered sports facility will enable the children to enjoy sports even during hot weather.

Distribution of Food and Hygiene Packs

Sri Sathya Sai Foundation distributed **160 hygiene packets along with food packets** to **160 residents** of a Vagrant Home. The packets consisted of toothpaste, toothbrush, soap and shampoo.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



During the auspicious month of Thai, on the full moon day, a sacred and significant festival by name 'Thaipusam' is celebrated by the Tamil community in India and by the Tamil diaspora worldwide. This day signifies the triumph of good over evil, because Lord Subrahmanya was gifted by His mother, Parvati with a divine spear (vel), as He headed to the battlefield to end the tyranny of Soorapadman.

This day is celebrated for Lord Subrahmanya in Malaysia as well, and people offer prayers by fasting and carrying pots of milk for Lord Subrahmanya.

On the January 18, 2022, in conjunction with Thaipusam, members of Sai Ananda Foundation, Malaysia prepared about **2,500 scrumptious packed meals** for breakfast, lunch and dinner. The packed meals were distributed by volunteers to the devotees who had gathered around the vicinity of Batu Caves to pay their homage to Lord Subrahmanya.



Region 2

Middle East



Desert sevā

In the month of January 2022, Sai Love kits were distributed to **27 residents** in the desert areas.

The 'love kits' carry in it special things that engraves the name of 'love' in it, apart from the grocery items—because every time a volunteer shops something for himself/ herself, he/ she never fails to add the same item into the 'Love Kit' for yet another kin belonging to a larger family in the desert.

Every month, **27 kits** capable of serving **100 needy individuals** for **1,620 meals** are prepared.

OMAD – One Meal A Day

Envisioning a world where nobody is hungry, 'One Meal A Day' is carried out to provide at least one meal a day to the hungry. 'When I eat, I ensure others eat too' – is the intention behind this initiative. The volunteers serve cooked meals, fruits, biscuits, beverages like tea and coffee to the beneficiaries. In January 2022, **15 volunteers** took part in this programme to serve **300 meals** to the hungry.



Region 2

Nigeria



Spiritans 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 healthcare 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 January 2022, a total of **203 children, 644 adults and 110 eye patients** were provided with world class treatment. Around **14 deliveries** were performed and numerous surgeries such as circumcision, catheterisation, and manual vacuum aspiration were conducted. Close to **371 medical investigations** were also conducted.



Region 3

Greece



*‘Ιδρυμα Μοιράζομαι’
(Foundation of Sharing)*

In the month of January 2022, the Greek Foundation ‘Ιδρυμα Μοιράζομαι’ inaugurated a new place from where they can perform all their service activities. Located just 20 minutes from the centre of Athens and from the port of Piraeus, this will be the official seat of the Foundation and the core of all its activities. The new place includes a kitchen for preparing hot and nutritious meals, two long tables for cutting vegetables and preparing sandwiches and other ready-to-eat meals, a room for food packaging, a proper entrance-exit point for loading the van, and a space for storage and other activities. The devotees of the Foundation chanted *vedas*, sang *bhajans* and prayed together to sanctify the new space for the seamless continuation of service to mankind.



Close to **80 poor families** in the area of Anavyssos received the monthly ration boxes containing food and home supplies such as pasta, tomato sauce, olive oil, beans and legumes, toiletries and cleaning materials, etc., which were equivalent to **1,840 meals**.

In addition, **70 pizzas** were served to EGNYA foundation for children and adults with disabilities and another **35 pizzas** were delivered to the orphans of St Andreas.

Lastly, **1,200 portions** of yogurt, **720 litres** of milk and **40 kilograms** of feta cheese, were provided to both the Old People's Homes in Athens and Palea Fokea.



Region 3

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

Misja Prema continued its activity of recovery and distribution of food, thereby saving food from being wasted and delivering it to individuals, families and institutions in need.

The volunteers reached out, twice a week, to six different nursing homes in Warsaw, where food was cooked and served to around **900 people**.

Volunteers in Warsaw, Wroclaw and Bialystok regularly visited families and individuals in need. Apart from food and clothes, personal care products were also delivered.

The Uvacha team works relentlessly to translate and disseminate Swami's messages among Polish devotees, through a newsletter. Every month workshops for bhajan singing and children's education are organised.

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

The Association distributed food packages which consisted of oil, fruits, cheese, sugar, milk, juices, etc., to about **20 families/ 68 people**.

At the centre of Warsaw, hot Indian meals along with lemonade were served to **977 people**.

Region 3

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 **1,975 meals** were distributed door to door in the districts of Şişli, Pendik and Ömerli.

New shoes were distributed to the people in need in the district of Pendik.

In the district of Uskumruköy, grocery boxes consisting of rice, pasta, chickpeas, red lentils, tomato paste, vegetable oil, olive oil, feta cheese, kaşar cheese, sugar, flour and tea were distributed to **10 families**. A needy family in the district of Şişli, was also helped in this manner.

The volunteers of the Trust helped **13 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

Argentina



Fundación Sai Prema de Salud, Educación y Valores Humanos (Sai Prema Foundation for Health, Education and Human Values)



The construction of the first phase of the Auditorium at the Love and Peace Centre for Human Development and Service is in progress.

In the month of January 2022, **130 meals** were served in the different regions of Argentina.

In the city of La Plata and in the province of Buenos Aires, pantry items were delivered to five soup kitchens to cook **50 meals**. These meals along with clothing, and special toys for children were distributed to celebrate the 'Three Kings Day'.



A special shipment was also made to the City of Salta with school supplies, clothing for **30 children and adults**, and **25 pairs of footwear**.

At three picnic areas in the Capital Zone and Greater Buenos Aires, products for preparing snacks, amounting to **100 snack meals** for children were delivered along with non-perishable food products.

Region 4

Mexico



Fundacion para el Desarrollo de la Excelencia Humana (Foundation For The Development of Human Excellence)



In the month of January 2022, food bags and candies were distributed to **110 Tarahumara Indians** and few **needy mexican families**. The food bags contained all the basic ingredients that were needed to make the traditional mexican tamales and hot chocolate.

The book '**Mindful Parenting for a Meaningful Life**' - a workbook for parents was edited and the e-book format was designed.



My Inner Journey

Sai – The Redeemer

By Mrs Phouthasone Inthamone

Mrs Phouthasone Inthamone currently serves as the National Chairman of Sri Sathya Sai Foundation Lao PDR. Mrs Inthamone came into Swami's fold in 2002, and since then she has been engaged in educational and service activities for the organisation. She is also the Managing Director of a consultancy company. Currently, Mrs Inthamone came to Sri Sathya Sai Baba in the year 2002, and since then she has been an active member of Sri Sathya Sai Organisations through its educational and service activities.

बुद्धं शरणं गच्छामि ।

धर्म शरणं गच्छामि ।

संघं शरणं गच्छामि ।

साईश शरणं गच्छामि ।।

buddham śaraṇaṃ gacchāmi ।

dhammaṃ śaraṇaṃ gacchāmi ।

sanghaṃ śaraṇaṃ gacchāmi ।

sāīeśha śaraṇaṃ gacchāmi ।।

I take refuge in the buddhā, the awakened one.

I take refuge in the dharmā, the teachings.

I take refuge in the sanghā, the community of renunciates.

I take refuge in the Lord sāīeśha, the almighty.

I am so hesitant to talk about my transformation as I know I could have done much more under the guidance of our God and Guru – Sri Sathya Sai Baba.

I am a native Laotian from Laos, a country in South-East Asia. Born as a Buddhist, my life revolved around the teachings of Lord Buddha. I always felt a strong kinship with Lord Buddha, and besides that, somewhere in the deepest crevices of my heart, I yearned to know more about the Creator and His Creation.



As a child I always had this strange conviction in me that God is always watching over me with keen interest. I remember, when I was about five years old, I was sitting on a chair in our small house in Vientiane, when I saw a small doll-sized devatā-like (God like) individual, who glided towards me and smiled. He invited me playfully, as if saying – ‘Come, let’s play hide and seek.’ I was not afraid but was rather amused. I ran after him and he glided around, running away from me in a playful manner, and then after some time just vanished into thin air. Later, many years down the line, I had one more similar surreal experience. One day while standing on the banks of the river Mekong, I remembered reading about the divine mythological/celestial beings that resided in the river. As I was thinking of a certain divine being, he appeared right out of nowhere in front of me. His brilliance and effulgence were magnificent. Many years rolled by and in 2002, I came to know about the ultimate Divine Being – Sri Sathya Sai Baba – my dearest Swami.

Now, I reflect and feel that since my childhood He has always been there with me.

My husband and I came to know about Swami, through Mr C Rommel, who was the Chargé d’affaires of the Indian Embassy in Laos. My husband was born and brought up in India and after completing his education had migrated to Laos. He had heard about Swami in India, but never found an opportunity to visit Prasanthi Nilayam in Puttaparthi. As we all know that Swami is the one who decides the right time for us, gauging our readiness to know Him.

Both my husband and I started attending bhajans at Mr Rommel’s residence, and we immensely enjoyed the satsang and its ambience. Slowly and gradually, we got ourselves involved more and more, and we made our first trip to Puttaparthi in September 2002. We were just novice Sai devotees and we weren’t sure of what to expect from this maiden trip. During our stay there, Swami cured me of a chronic ailment which I had been suffering since the age of 14. I used to suffer from bouts of excruciating lower abdominal pain a couple of times a month. Just a few words of divine assurance – ‘You will be alright’ – cured my obstinate painful ailment. Since that day in 2002, I have never experienced that pain again in my life!

At another instance, Swami had lovingly dropped a packet of medicine in my bedroom, in the middle of night in Laos, when I was suffering from a severe headache. Thereafter He appeared in my dream the following morning only to reaffirm that He had sent the medicines. His Grace and Love for us are indeed infinite! I was enjoying my tryst with the Lord and perhaps became a bit complacent – the Lord will be there for 96 years and so what’s the hurry? April 24, 2011 is a day which I would like to erase from my memory, as the news of Swami discarding His mortal coil reached and completely shattered us. I knew that He is very much present, but still the absence of that physical form was a big blow and my heart cried out saying, “If I would get a chance to turn back the clock, I would strive harder to be a better person.”

In 2014, I came to know about Swami’s subtle form and about Sri Madhusudan Sai. It was one of the interviews in Singapore, held at Dr Ravi Pillay’s house, when Swami, out of the blue, mentioned to me that I will have a son soon. Medical practitioners had categorically diagnosed and stated that it was not possible for me to have another child (we already had a

daughter by then). But true to Swami’s words we had a son in around two years’ time in 2017. Slowly and steadily in His inexplicable ways, He had kindled the transformation process in me. Swami’s teachings were and are still moulding my life, day after day, whereby I strive to become a better individual. I am a work-in-progress, and by no means can claim that I am a fully changed person. His assurance, guidance and nurturing are my hope that one day I will complete my journey and rest at His divine lotus feet. Swami’s teaching of ‘Love All, Serve All’ inspires me. The teaching is truly simple and yet so profound. It is the ultimate spiritual lesson for any seeker of truth. This is helping me to take the first baby steps in my spiritual journey.

Swami’s teachings have motivated us to set up a Sri Sathya Sai Foundation in Laos. Through this Foundation we work closely with monks, local communities, and the Government to help and serve the poor and the needy. On November 23, 2013, we held the ground breaking ceremony of a Sri Sathya Sai School at Vientiane in Laos. As per His Divine Will, the small school has now expanded exponentially and has two separate campuses (both for boys and girls), a health clinic and canteen/meditation hall.

Swami is constantly guiding us in all our endeavours since He visited Laos in March 2018. It was the most beautiful and amazing experience of my life and that of Sai devotees of Laos. Swami’s visit ignited the spirit within all of us to try to lead a selfless life and become a better person. When I see the gradual transformation of all Sai devotees around me, the zeal with which all are working for a good cause, it provides me great satisfaction. It is still a long spiritual journey, but He has made our lives worth living by providing us the purpose and meaning for our existence.

I would like to conclude by saying that we all have our unique relationship with Swami. I consider Swami to be part of my family – my dearest One. Every day before I leave for my work, I walk up to the altar, I talk to Swami and thank Him for His grace, compassion and love, which not only protects and guides my family, but all that is present in this universe and beyond. My heartfelt gratitude to Swami for helping me to love Lord Buddha so much more – helping me in the process to be a better Buddhist. Also, my deepest gratitude to Him for allowing me to enjoy His proximity and immerse myself in His Divine love. Swami is verily my Divine mother and father – the Lord of the universe and beyond.

samastāḥ lōkāḥ sukhinō bhavantu.



My Inner Journey

Love – The immutable Factor of Life

By Mr Mehran Ataee

Mr Mehran Ataee was born in Iran. He moved to USA for pursuing his higher education in Electrical Engineering. Mr Ataee has been working in Silicon Valley for MNCs for the past 30 years, developing electronic products. Currently, under the Divine guidance of Sadguru Sri Madhusudan Sai, he is serving as the Board Member of the Sai Global Mission in USA. He is also a member of the team overseeing the construction of the Centre for Human Development, Los Gatos, California. Mr Ataee and his wife – Iris, and their two children – Christine and Steven live in Northern California.

My first trip to Puttaparthi was in 1990, where I met Swami for the very first time in my life. If I can describe that experience in words, I would say – love, joy, light and the best time of my life. How incredible and how wonderful it was and it is to be in His Divine presence! Nothing else mattered to me then. My life found its fulfilment and I was ready to venture on anything He says. However, life prior to seeing Swami was nothing like the words that I just used above.

I was born in a Muslim family in Iran. None of my family members were practicing Muslims, but everyone believed in the principles of ‘humanity’ and ‘charity’. As I grew up, I kept searching for God. However, I failed to find any evidences which would make my faith stronger. When I was 15 years old, I came to know of a relative, who was also a spiritual leader and had many disciples. In the only meeting I had with him, he explained a lot of spiritual concepts to me, which would have otherwise remained a mystery to me. I was grateful to him, but was not ready to believe all his teachings. My heart awaited my guru’s arrival.



Fast forwarding few years—after my graduation in USA and during the years prior to 1988, although I had a good engineering job, it was difficult to manage few things in my life – significant financial obligations beyond my means, severe health complications, ruptured spinal disk, etc., which were turning to become unbearable. To top it all, I got into depression as well. I consulted many doctors for my health complications, but they could not identify the cause. My life surely seemed not worth living, as my body was deteriorating every day. There was absolutely no hope! It was probably the worst time of my life.

One day in the office, I went to get a cup of coffee and one of my colleagues, with whom I hadn’t had any interaction, suddenly asked, “What are you doing for lunch? I want to tell you about my trip to India.” The way he suddenly asked this question was strange, but I reluctantly accepted without thinking much. After a couple of days, when we sat together during lunch break, he told me about Sri Sathya Sai Baba from Puttaparthi, India. After lunch, I felt something had changed in me. I exclaimed to myself, “Wow! How is it possible that my life can feel different so suddenly! I had never read any book about Sri Sathya Sai Baba, but I suddenly felt there was a bright light in my life, the one I was waiting for all these years perhaps!” My joy knew no bounds and a sense of relief and freedom calmed down my being. Few days later, I watched a video – ‘Aura of Divinity’, which was a documentary on Swami. He seemed so familiar, as if I have known Him for all my life! Could He be the one I have been waiting for?—was the only question which was set on rewind in my brain.

My spirit and outlook towards life started changing. My financial situation and medical conditions started improving. The depression which I was facing had disappeared. I underwent a spinal surgery and my back ache stopped. I was most grateful to Swami.

During my first trip to Puttaparthi, an inexplicable joy encompassed me. Puttaparthi felt like heavens descended on Earth. Swami had blessed our group with an interview—this is the most incredible experience etched in my heart forever.

After returning back to USA, I joined the Sai Centre in San Jose California, and became an active member in all its sevā activities. Such a wonderful life it is to be with Sai! He was and is everything to me. During the following years, my family and I went to India several times to see Swami. After my last trip to Parthi in 2003, I found myself isolated from all duties—be it at the Centre or with my Sai family. I have no explanation for it, even today. At times it felt as if there was an invisible wall around me holding me back from resuming. Irrespective of the situations, I always kept Swami in my heart at all times. I often prayed to Swami asking for His forgiveness for the mistake committed, but there was no reply from His end. This went on for the next 14 years.

It was only due to His Grace that in March 2017, after 14 long years, I was able to return to India and visit Muddenahalli. The first darśana of Sadguru Sri Madhusudan Sai, sparked the feeling of love and friendship within me. I felt that finally I was back at home, the place where I truly belonged. In Premamrutham auditorium, as I was beholding His first darśana, He came closer to me and I broke into uncontrollable tears. I often had the same reaction in Swami’s presence at Puttaparthi. There were no questions to be asked. The only feeling was to be immersed in His love and beauty, and enjoy the blessing. My heart knew that I had reached my destination once again.

In the last five years, the spiritual life of my wife, Iris and I significantly changed for the better. My wife always was a devoted Christian, however, now she also listens to every single discourse of Sadguru. Since the last two years, she has become a vegetarian and participates in all the

events related to Swami, attends study circles, etc. She has been to Muddenahalli multiple times. We still have challenges in life, however, what has significantly changed is our outlook towards it. The worries about our future don’t bother us anymore. After all, Swami used to say “Why Fear, when I am Here.” Only now, I am able to understand it in its entirety and practice it.

The transformation that this journey has brought within us, is difficult to verbalise. If one word could be used to explain the transformation, it would be ‘love’. We offer our heartfelt gratitude to our beloved Sadguru for bringing this change within us. What matters to both of us is serving Swami to the best of our abilities, putting our heart and soul in all that we do. Swami created many scenarios where both of us could work closely with many devotees in our town. They have been living examples of love, faith, dedication and devotion to us. We feel blessed to know such wonderful devotees.

Our only prayer at His lotus feet is, “Dear Beloved Swami, please grant us greater capacity to Love All, and Serve All. Please allow and bless us to become whom You want us to be. Please allow us to always be in your Divine presence. Your Mission is our mission. When there is a need to respond, please allow us to only utter the two words ‘Yes Swami.’

We offer our collective gratitude to our beloved Sadguru for showering His Divine guidance, teachings, love, compassion and blessings.

“Love is all there is, Love is all there will ever be!”



What can one do to be more connected with one's inner spirit?

When you are in the world, a little bit of dirt will enter your mind. You come to Me, dressed in white, but when you walk on the road, dust and dirt will settle on your clothes. What do you do with your clothes? You go home and wash the clothes—clean with soap and water. Similarly, in order to keep yourself spiritually clean and pure, you must rely on love and service as the soap and water. You may not be able to live in that feeling all the time, as you will be engaged with your own responsibilities, your profession and other things. Yet, once you finish your work and

go home, in the same way that you wash your clothes, if you constantly chant the divine name and lovingly engage in service, you will be able to keep yourself pure. Do not ask Me for trivial things; ask only for My love. Whatever happens, wherever, whenever, ask only that. Once you recognize the destination, you will know how to get there, so fill your mind with *nāmasmaraṇa* (chanting God's name) and engage yourself in loving action. With selfless love, you will always remain pure. Pray only for God and nothing else!

“Ask only for My love.”

