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## Message from Sadguru Sri Madhusudan Sai

### Good begets Good!

**W**e all know by now that the purpose of human birth is to realise God and the surest way to do that is to do good—for, in every Good, there is God, even literally! And so, our mission is quite simple – do good and be God.

Doing good is not a choice that one can exercise as per one's convenience, but it is the very existential obligation that every human must fulfil. Most people ask as to how much good is good enough, and to them I say, 'do good till you become God'; anything less than that is not enough good done.

Once the goal is clear that we must find God within and without, the path becomes clear too, which is to do good day and night.

*kuru puṇyam ahorātram, smara nityam anityatām* – do good day and night and be reminded of what is real ( God) and what is unreal (Illusion of the world).

When we do good today, we get an opportunity to do good tomorrow again. We earn our chance to do more good with every good done by us. To be able to do good selflessly and consistently, is possible through the grace of God, and every time we do good, we draw more grace upon us. It therefore has a self-perpetuating power.

As the act of goodness in Fiji, with the opening of the Sri Sathya Sai Sanjeevani Children's Heart Hospital for Fiji and the Pacific Nations, did good to 30 children by gifting them a second chance at life; it also opened doors to immense possibilities of goodness for the individual, the family, the community and the world at large. The impact of even a single good deed is immeasurable as it sets off a chain reaction of goodness that is impossible to assess and quantify. From those to whom good was done, our ask was to pay their debt of gratitude to do more good to more people.

Even as we celebrated the inauguration of the Hospital at Fiji, we also deliberated about what good could be done next. And now on our road to God, the next milestone of good that we all are going to do would be to open another super speciality hospital in the crisis hit Sri Lanka. And, as always it would be run free of cost, for there cannot be a price tag on goodness which by itself is priceless.

Fiji Islands done, now may we join hands to work towards alleviating the suffering of several of our own in the emerald island nation of Sri Lanka, which needs us now more than ever before?

From one island to another, good begets good till we get to be God!



## April 30 - May 08, 2022 - The 'Gift of Life' Ceremony at Sri Sathya Sai Sanjeevani Children's Heart Hospital, Suva, Fiji

### 30 Surgeries in 9 days

A highly emotion-filled ceremony took place at the Sri Sathya Sai Sanjeevani Children's Heart Hospital in Suva where 30 children who had just undergone successful life-saving heart surgeries were each presented with a 'Gift of Life' certificate. Gifts were distributed to these children in the presence of their parents, dignitaries, and guests from over 12 countries around the world. The Gift of Life Ceremony was organised by Sai Prema Foundation Fiji which had built this state-of-the-art Children's Heart Hospital in Nasese, Suva, which is the largest project ever undertaken by an NGO in Fiji's history.

Sai Prema Foundation's Director Mr Sumeet Tappoo spearheaded the hospital project from start to finish. He expressed his happiness about having changed the lives of these children forever.

The Hospital was officially inaugurated by the Honourable Prime Minister of Fiji, Mr Josai Voreqe Bainimarama on April 27, 2022. Surgeries commenced on April 30, 2022 by a leading team of surgeons and medical professionals from USA, Australia and Oman, led by a leading paediatric cardiac surgeon - Dr Shaun Setty from South California, USA. Three to four surgeries were performed every day over a period of nine days, thus resulting in 30 surgeries.

The Director of Sri Sathya Sai Sanjeevani Children's Heart Hospital, Dr Krupali Tappoo said,

*"In a short span of nine days, 30 children have been saved by performing the necessary procedures for their congenital heart defects. The youngest child operated is only seven weeks old and the eldest is 13 years old. It gave the families much relief that their precious children will be able to live a normal life - run, play, grow, attend school and become useful citizens in society, and they may feel inspired to help others who are in need."*

### Impact Stories

- A mother narrated the journey of her daughter who was diagnosed with congenital heart disease and how she found hope when she was told that the surgery could be performed here in Fiji at the new children's heart hospital. Blessed with a second lease of life, the daughter hugged her mother on the stage, as she received the 'Gift of Life' certificate and goodies from the Hospital's heart ambassadors and dignitaries
- Ms Esther Rokobuli had lost her first child in 2008 due to heart complications. Only two years ago, Ms Rokobuli found out that her second child also had a cardiac problem, when the child suddenly fell sick at school due to severe breathing problems. One can imagine the plight of this mother—the fear of losing the child, the pain of seeing the child suffer, and the helplessness about not being able to do a thing about it! This is when she came to know about the Sri Sathya Sai Sanjeevani Children's Heart Hospital where paediatric cardiac surgeries were performed absolutely free of cost by the Sai Prema Foundation. After the surgery was completed, the head surgeon, Dr Shaun Setty told Ms Rokobuli that her daughter was fully recovered.

In her own words - "My heart, you know, gave a big sigh of relief. I just cried; I was in tears; I was emotional; I was happy; I had tears of joy - knowing that my child has made it! This is the best Mother's Day gift a mother could get—not to worry about her child when she goes to school;

*to know that she is alright. As a mother I can't always be by the side of my child, but now the worry about her is off my mind and my shoulders—the heaviness has been lifted!"*

- Mrs Jotishma Singh, a mother of a six-month-old baby said her baby's surgery was timely, and she and her husband will never have to worry about taking their baby overseas.

*"We are so blessed that Sai Prema Foundation has helped us by providing free treatment for my baby. This is the best gift I could get for mother's day"*

### In the words of Sadguru Sri Madhusudan Sai:

*"How do we measure a mother's happiness? We cannot monetize the value of a mother's love, as it is infinite. Similarly, goodness is infinite. The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems. Sri Sathya Sai Sanjeevani Children's Heart Hospital is a hospital for the people, of the people and by the people, and therefore we all have an obligation to promote the good work. These surgeries would not have been possible without the spirit of volunteerism from the visiting paediatric teams and above all the spirit of responding to the needs of others before self. To the children, this means a whole new world of hope and gateway to infinite possibilities."*



Gift of Life Ceremony



Gift of Life Ceremony



Ms Esther Rokobuli sharing her experience



“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



##### Queensland

In the month of April 2022, a total of **423 hot meals** were served to the homeless in Brisbane CBD and to the destitute living in a Caravan Park in Queensland.

##### Victoria

Volunteers partnered with a local Anglican Church in the west of Melbourne to provide **144 breakfast meals** and other pantry items like pasta packets and cereals.

##### Western Australia

The volunteers served close to **512 meals** to the needy individuals through NGOs like CARAD, HD Streetwise, Women’s Refuge Centre, and Homeless Youth Centre located in Western Australia



- Arts classes were conducted in the Women’s Refuge Centre. Complimentary morning tea was served to rejuvenate the participants and **four welcome packs** including pantry items, hygiene and sanitary products were distributed
- Period Aid Project is yet another initiative that was undertaken to enhance sanitary hygiene of women. **50 sanitary products** were distributed to women from refugee families and indigenous families

##### Health in Kind

Two sessions on health education were conducted at a Senior High School by the ‘Health in Kind’ volunteers who are qualified health professionals.



# Region 1

## Japan



### Home of Universal Peace

#### Meals Distribution

- A total of **410 meals** were served to the needy in the month of April 2022
- Over **50 food packets** are being distributed every weekend at multiple locations in the heart of Yokohama city

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

- During the month of April 2022, the Trust helped a child for free healthcare consultation service
- **Six children** suffering from ailments such as Down Syndrome, mental disability, etc., were supported by providing transportation service to their schools, and also by accompanying them to their schools



# Region 1

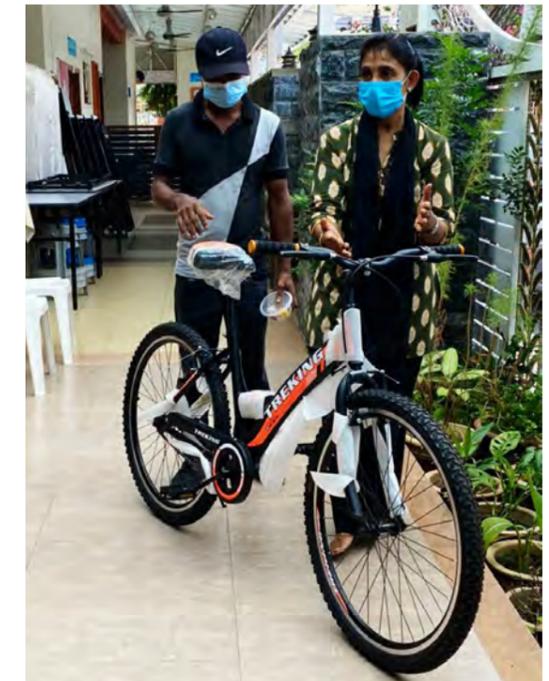
## Malaysia



### Sai Ananda Foundation, Kuala Lumpur



Noticing the many refugee families in and around the vicinity of Sai Ananda, a home survey was conducted to evaluate the economic status of refugee families. Based on the survey conducted, **30 bicycles** were distributed to the refugees, to help them in their easy commutation to their work locations.



## Region 2

### Middle East



#### iftar sevā

- In collaboration with the All Kerala Colleges Alumni Forum (AKCAF), the volunteers from Middle East were able to provide close to **7,450 iftar kits** at labour camps, to fishermen and car cleaners
- This collaboration with AKCAF came about when a member of AKCAF came to learn about the 'Sai Love Kits' that distribute monthly ration and hygiene products to the needy on a monthly basis. The member extended an invitation to collaborate with their team for the *iftar* or *fuṭūr sevā*

#### Desert sevā

Over **27 needy beneficiaries** residing in the desert were provided with Sai Love kits in March 2022, which can cook about **1,620 meals** in total.

#### OMAD – One Meal A Day

One Meal A Day *sevā* which was started as part of the 'Feed the World' initiative ensures that every volunteer serves at least one other person every day. The volunteers shared cooked meals, fruits, biscuits and beverages like tea, coffee, etc., with the beneficiaries. Approximately, **312 meals** were served to the hungry in the month of March 2022.



## Region 2

### Nigeria



#### Spiritual Self Awareness Initiative

#### Joy Village Enugu, Nigeria



**A**ruike 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 who cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternal 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 April 2022, a total of **156 children, 387 adults** and **120 eye patients** were provided with world-class treatment. Around **four deliveries** were performed and numerous surgeries such as circumcision, catheterisation, and manual vacuum aspiration were conducted. Close to **575 medical investigations** were also conducted

#### The Embodiment of Love Academy (TELA)

- The Embodiment of Love Academy is made up of the Nursery, Primary and Secondary Schools. About **1,185 children** from low income groups receive free quality values-based education at TELA
- '**Biarieniu – Come and Eat**' is the breakfast programme of Joy Village that feeds an average of **130 students** with healthy hot meals every morning. **500 school children** in two other schools in the Ezeagu community are also fed nutritious morning meals. A total of **16,250 meals** were served in April 2022

## Region 3

### Greece



### 'Ίδρυμα Μοιράζομαι' (Foundation of Sharing)

#### Food Distribution

In April 2022, the Greek devotees intensified their sevā to celebrate the holy day of Easter, which is one of the two main festivals of the Greek Orthodox Church.

- The Foundation delivered **97 brand new toys, 100 chocolate Easter bunnies and 100 traditional Easter candles**, together with decoration materials, to approximately **80 children** at the Elpida Children's Oncology Unit, Athens. It was a sight to see children enjoying themselves while decorating their Easter candles, with the help of the nurses
- **300 kilograms of Easter cookies and 300 traditional sweet bread packets** were provided to **300 families** of Argypoli Municipality
- **600 kilograms of Easter cookies** and several packets of sweet bread were offered to 'Kivotos Tou Kosmou' – Ark of the World Childrens' Home, E.G.N.Y.A. (The Parents Association of Mentally Disabled), Η Αργώ/ Argo (institution for children with severe disabilities), Ag. Theodoron Church Anavyssos, and Constantinopoliton Elderly Home. **600-700 people** beneficiaries were benefitted from this service
- A total of **170 Easter candles** were donated to the children of 'Kivotos Tou Kosmou' – Ark of the World Childrens' Home in Athens and ΕΠΑ: Εταιρεία Προστασίας Ανηλίκων (Association for the Protection of Minors) which is also called 'The Good Shepherd (Ο Καλός Ποιμένας) in Pireaus
- Every Saturday, the volunteers got together to cook delicious dishes, such as pasta soufflé, briam (traditional Greek dish of roasted vegetables),

pizza and sandwiches, amounting to a total of **760 meals** which were served hot and fresh to children at ΕΠΑ: Εταιρεία Προστασίας Ανηλίκων (Association for the Protection of Minors) in Pireaus and 'Kivotos Tou Kosmou' – Ark of the World Childrens' Home in Athens

- The volunteers packed **120 boxes** of food items which included beans, olive oil, pasta, milk, cereals, etc., and distributed to Zoodochos Pigi Church at Alimos, Support Center for Children and Family at Athens; and to **20 poor families** with school-going children. These food items can easily cook about **10,440 meals**
- **450 boxes** of food supplies consisting of pasta, oil, rice, lentils, milk, etc., were delivered to the municipality of Vari, Voula and Vouliagmeni, to be given to **450 poor families**, which could cook approximately **38,250 meals**
- **200 similar boxes** were sent to the municipality of Karditsa (a city in central Greece, 300 kilometres away from Athens) for the poor families that needed support. The items provided could be equalised to about **17,200 meals**
- **1,850 meals** as boxed food items such as pasta, lentils, rice, milk, etc., were sent to the 'Hospice for Neuro-disability.' Breakfast items like milk, cereals, Easter bread, jam, etc., amounting to **2,940 meals** were sent to Ο Καλός Ποιμένας – The Good Shepherd Children's Home also known as ΕΠΑ: Εταιρεία Προστασίας Ανηλίκων (Association for the Protection of Minors) at Pireaus
- **80 boxes of food items and other necessities** were distributed to poor families in the Anavyssos area, amounting to **1,840 meals**
- **70 pizzas** were offered to the children and adults with disabilities at E.G.N.Y.A. (The Parents Association of Mentally Disabled) and **35 pizzas** were distributed to the orphans of St. Andrew Children's Home
- **1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese** were provided to the elder care homes at Athens and Palea Fokea

#### Educare

Members of the Foundation supported the education of **three children** studying in Sri Sathya Sai Loka Seva Gurukulam Group of Institutions, India via the 'Each One Embrace One Programme' and **two children** studying in Sri Sathya Sai University for Human Excellence, India via the Each One Higher Educate One Programme.

## Region 3

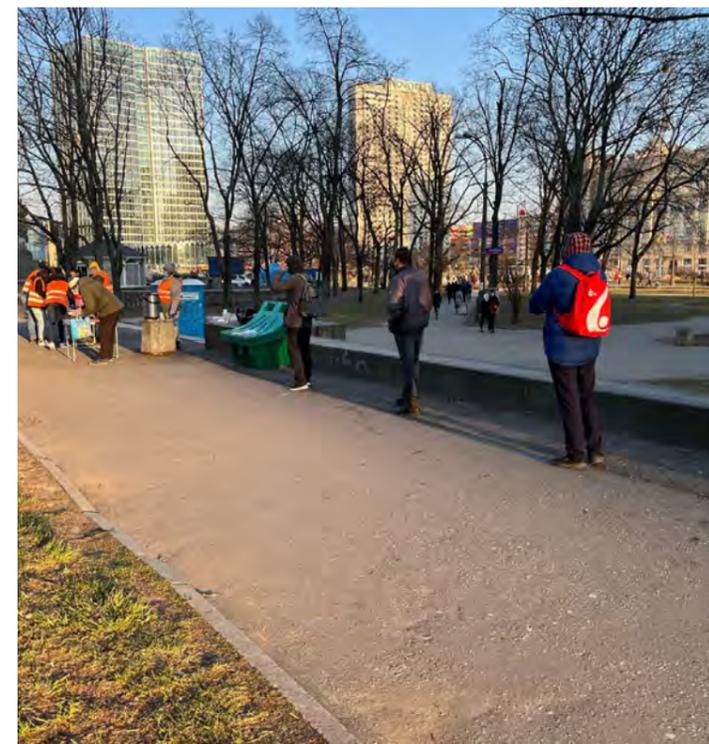
### Poland



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



- The Polish Association 'Love All – Serve All' distributed packages consisting of groceries such as rice, noodles, cornflakes, oil, sugar, milk, juices, etc., to over **25 families** with approximately **97 members** in total
- The Association continues to associate with WARSAW SEVA for distributing Indian meals three times a week. In the centre of the city of Warsaw, hot Indian meals complemented with hot tea and lemonade were served to needy individuals, families and Ukrainian refugees. About **1,393 beneficiaries** were benefitted in this way



### 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 in the districts of Şişli, Pendik and Ömerli. A total of **1,580 meals** were distributed door to door in the month of April 2022
- In the district of Uskumruköy, grocery boxes consisting of kashar cheese, olives, rice, vegetable oil, pasta; and hygiene products such as toilet paper, detergent, softener, bleach etc., 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** in the district of Şişli, by paying their house rents and bills for utilities such as electricity, water and gas



## Region 4

### Argentina



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



During the month of April 2022, at two soup kitchens – Mi Dulce Sueño, Benavídez in the province of Buenos Aires; and Los Pequeños de Juan y Evita, La Bonorino at CABA – Autonomous City of Buenos Aires—**578 meals** and **1,218 snacks** were distributed to needy individuals.

- In the city of La Plata, food supplies were delivered to **five soup kitchens** and assistance was also provided to **two needy families**
- A special shipment of clothing was delivered to a center in the province of Salta which will be distributed to needy individuals
- School support activities were carried out in two rural schools located in Traslasierra and San Marcos Sierra in the province of Córdoba
- Some of the members of the Foundation continue to teach *vedas* on a virtual platform



## Lessons For Life

### What is the correct definition of the word 'Love'?

All that is selfless is love. Selfless thought is love; selfless speech is love; and selfless acts constitute love. Another name for love is selflessness—in fact, there is no other name for love. True love is always selfless and hence thinks for others, not for itself. It finds joy in the joy of others and peace in the peace of others. Love is the fundamental basis of all human values. It is the fertile ground in which all other values grow.

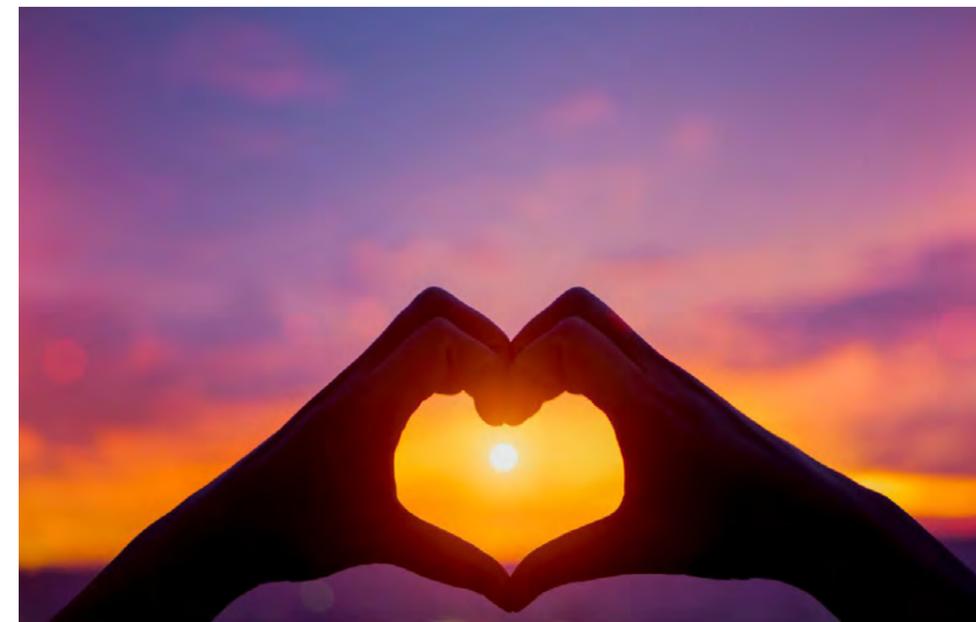
Everything is love; it contains everything within itself and is in everything. It is absolutely selfless. Everything else that is selfish is not love. Just as water is pure when there is no other contamination, love should be free from desire or expectation. Love itself is its own reward. Love lives by giving and forgiving. Love is complete by itself. The very act to be able to love should be considered a blessing in itself.

**Love as Thought is Truth**

**Love as Action is Righteousness**

**Love as Understanding is Peace**

**Love as Feeling is Non-Violence**



## My Inner Journey

### Found My Answers and My Path to the Highest Self!

By Mr Antonio Figueroa

**B**r Antonio Figueroa is a long-standing ardent devotee of Bhagawan Sri Sathya Sai Baba. He retired as a Police Officer and then joined the IRSA Company as the Security Chief. For many decades, Mr and Mrs Figueroa have been the recipients of the grace and blessings of Bhagawan Sri Sathya Sai Baba. Currently, under the guidance of Sadguru Sri Madhusudan Sai, Mr Figueroa is discharging his duties as the Treasurer of Fundación Sai Prema de Salud, Educación y Valores Humanos (Sai Prema Foundation for Health, Education and Human Values).

I was born into a family which instilled the faith of Catholicism in me. I was a fervent adherent of Catholic religious precepts, but had many questions to which I did not receive answers. In my mind, I always wondered, "If God is fair, as He is, why are there so many differences of all kinds - like the social, economic, religious differences..? What is the cause of these differences?" Catholicism says that we live only once and there is no reincarnation, but some other religions say that we are born again to reap the consequences of what we sowed in our previous lives—these concepts left me confused.

I joined the Argentine Federal Police as a Police Officer in order to work for the common good of society. But the harsh realities of the Argentinian political situation at that point in time showed the young policeman in me, a totally different reality. Thus my religion and my work—both left me with many questions to which I had no clear convincing answers.



Years passed in this way, until one day, my wife Edith whom I consider as my spiritual companion, told me about a Spiritual Master in India - Bhagawan Sri Sathya Sai Baba. It was on August 13, 1993 that we visited for the first time the Sai Baba Centre in Buenos Aires.

The moment I saw the image of Sri Sathya Sai Baba, I recognised my Heavenly Father in Him and I felt the presence of an engulfing love. From then on, I was hooked on to reading Sai literature that was available in Spanish and this helped me get answers to many of my questions. I only regretted not having met Baba much before. From the deeper levels of my being, I started transforming and my life changed for the better.

The following January 1994, we travelled for the first time to Prasanthi Nilayam. I instantly felt at home despite the drastic cultural change there. I experienced an immeasurable shower of love from Baba.

In November 1995, we travelled again to Puttaparthi. At that time, my wife Edith was pregnant with our beautiful daughter, whom Baba named Sai Jyothi in an interview. True to her name, she was indeed a beautiful being of light, who illuminated our lives with her presence. During this trip, Baba explained to me very profound things in a simple and easy manner, that aren't easily comprehensible otherwise. Being an *avatār*, He comes down to our level to answer our questions. However, it is up to us to contemplate on His messages and practice them.

Baba's *maha samādhi* left us all in deep pain. Though I was really heartbroken, yet there was an inner voice that told me that it is not yet over and there is something more to this abrupt ending.

I continued to participate in service activities at the Sai Baba Centre. One day, Ms Rosana, who was the President of the Sai Centre told us about Baba's presence in His subtle body. I was overjoyed to know that my Heavenly Father had not abandoned me, that He had returned, or, actually, that He never left.

Baba, through the instrumentation of Sri Madhusudan Sai visited Argentina in the year 2016. My inner journey of transformation breathed afresh at this juncture, and I started applying His messages of detachment, surrender and unity in my practical life.

My long cherished desire to be an able instrument in His mission came true when Ms Rosana Berra and Mr Jorge Berra called me to accept the role of a Treasurer in the Sai Prema Foundation of Argentina. I realised that all the previous years of doing *sevā* in the Sai Baba Centre were a preparation for this wonderful part of His mission, which is accelerating every passing day.

As a team, we always followed the words of Baba, and thus we could execute few tasks by being His hollow instruments. The inauguration of *Shanti Prema Ashram* manifested in 2018 by simply doing whatever He told us to do.

In 2020, Sadguru Sri Madhusudan Sai began with His simple yet profound teachings of 'Master the Mind.' To me, it is a great spiritual treasure! The *kāthopaniṣad* helped me delve in to the inner recesses of my True Self. The two roads of 'Service' and 'Spirituality' that Sadguru is taking us along are sure to take us to our true destination.

I feel very happy, protected and guided by my Heavenly Father, on this journey back home. He always takes care of my needs, both material and spiritual. I beg Him from the depths of my being to continue guiding me on this journey towards Him!



## My Inner Journey

**Bhagawan Sri Sathya Sai Baba  
– A Guru, Guide, Mentor,  
and above all, my Friend**

**By Mrs Itinder Anand**



**M**rs Itinder Anand is an ardent devotee of Bhagawan Sri Sathya Sai Baba and now Sadguru Sri Madhusudan Sai. Along with her husband – Mr Sunny Anand, she is serving in the Divine Mission in all her capacity and might. Always ready and available to the Lord, Mrs Anand truly inspires all to serve God in human.

**B**utterfly wings coming out of a cocoon – a very hard, painful watch, not to be touched or disturbed (a very intense happening)—an irreversible change for beauty to express itself in its full grandeur. The caterpillar is not even aware of how majestic is the becoming, not as a caterpillar nor in the cocoon, not even when it becomes a butterfly.

When you're asked to write about transformation, what do you write? Those around me say that I'm not the same person. Internally, I feel I have heard a lot of words, also understood them theoretically on an intellectual level, but experience is a HAPPENING. For me, transformation is not a transformation unless it's an experiential one. At this point in my life, it's just a word, of which I have no true understanding or depth about. Becoming a vegetarian, a tea totaler, speaking softly, being kind to anyone and everyone is not transformation. It's simply being a human being,

so the question is: Am I transformed or have I become a human? Just like if a dog barks, he's called a dog. If a human screams, he's also called a dog. Speaking sweetly and kindly in my humble understanding is just good etiquette. Those who laugh often at life's jokes – are they truly transformed? At best, these and such questions from duality to non-duality experientially have left me flustered, frustrated, and waiting for experience. I am left wondering: Have I truly transformed? The answer, if no, leaves me as a hypocrite, as to how am I even attempting to write something I know nothing about! If experienced, all I can do is smile, because it's just a Divine joke. What Sathya Sai Baba has done for my life cannot be put into words, because I am incapable of doing so. Between immense laughter, hysterical tears, and a raving/screaming lunatic, somewhere there in between, I THINK I exist – or do I? A thousand words are far too many, because when the eyes flow with Love continuously, transformation is experienced both by the Observer and the Observed in that one moment.

Sai Sankalp is Divine Will. It just happens – like beating of a heart, like breathing, one doesn't even realise the movement of life force that flows through us effortlessly. True transformation is the same. It is a happening always, UNKNOWINGLY. A deep sense of gratitude through the tears, pain, grief, laughter, and internal fights, He always brought me back to Loving Him. An aspect of HIMSELF is MYSELF, and hence am I no different.

*Sai Sankalp ki Jai!*

