



वसुधैवकुतुम्बकम्  
vasudhaiva  
kutumbakam



MONTHLY GLOBAL NEWSLETTER



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## Message from Sadguru Sri Madhusudan Sai

### Miles to go



While a significant milestone in the journey of Sri Sathya Sai University for Human Excellence was achieved when the first convocation took place on the Guru Purnima of July 2022; it was only a pointer, reminding us of how far we must still go. The University that started as a small college in 2014, now boasts of three beautiful campuses, two for boys and one for girls, that provides education absolutely free of cost, perhaps the only one of its kind in the world. And as it celebrated the achievements of its bright students who graduated on this Guru Purnima in flying colours, the undergraduate girls shone brighter. Who could imagine that these girls, most of whom are first generate literates, would go on to do their university education and create history in their rural families where all the earlier generations have never been to even a school! Much to the credit of their determination and zeal to prove themselves, these rural boys and girls have all made us proud. The post graduates boys, most of them started off as school students with us, are now posted in various campuses and are shouldering responsibilities much beyond their age; while at the same time pursuing doctoral studies. An experiment to give free higher education and cultivate moral and spiritual values in youngsters has succeeded despite all odds. That is the power of a sincere thought backed by collective goodness of staff and devotees from around the world. The University has

come this far and has now established itself as a unique endeavour in educational reforms in the country and the world, as acknowledged by some of the leading minds in science, technology, arts, social work and sports who honoured us by receiving honorary doctorates.

This Guru Purnima also marked the completion of 11 years since the subtle manifestation, and drawing curtains on the previous phase of decent of God, it marked the new beginning of a glorious phase of ascent of man. The last 11 years could be roughly divided into three equal parts starting from Guru Purnima of 2011. The first being *saṅkarṣaṇa* – the divine attraction, that is when most followers were attracted to this phenomenon; the second phase being *saṅdarśana* – the divine interactions, and the final phase of *saṅkramana* – the divine ascension, that completed itself now.

This story is intriguing, at times intimidating, but nevertheless very interesting and shall be told again and again for all times to come.

The coming decade is only going to be more glorious than before as it would not be led by God who came as a human, but by humans who would rise to become God. This key milestone in the history of human evolution, is only the beginning of the most glorious journey ahead, where we shall walk hand in hand towards our divine destination!



13 July 2022

## - The First Convocation of Sri Sathya Sai University for Human Excellence

**S**ri Sathya Sai University for Human Excellence, Kalaburagi, Karnataka, a fledgling University with a grand vision and a clear path, divinely orchestrated right from its ideation to its every day functioning—celebrated with much majesty and grandeur, the fruition of true education that materialised alive in its graduating students. **Dr Mohan Ji Bhagwat, Sarsanghchalak of the Rashtriya Swayamsevak Sangh** presided over the convocation, in the presence of Sadguru Sri Madhusudan Sai, the Founder of the University along with a galaxy of dignitaries at Sathya Sai Grama, Muddenahalli.

About **93 students** received their graduation certificates, out of which 16 students were bestowed with gold medals for their outstanding performance. **Out of the 93 students, about 48 students were first-generation literates.** Furthermore, it will be good to note that **12 students out of the 16 gold medallists were first-generation literates.** Another pertinent point to note is that **out of the eight undergraduate gold medals, seven medals were bagged by the girls.**

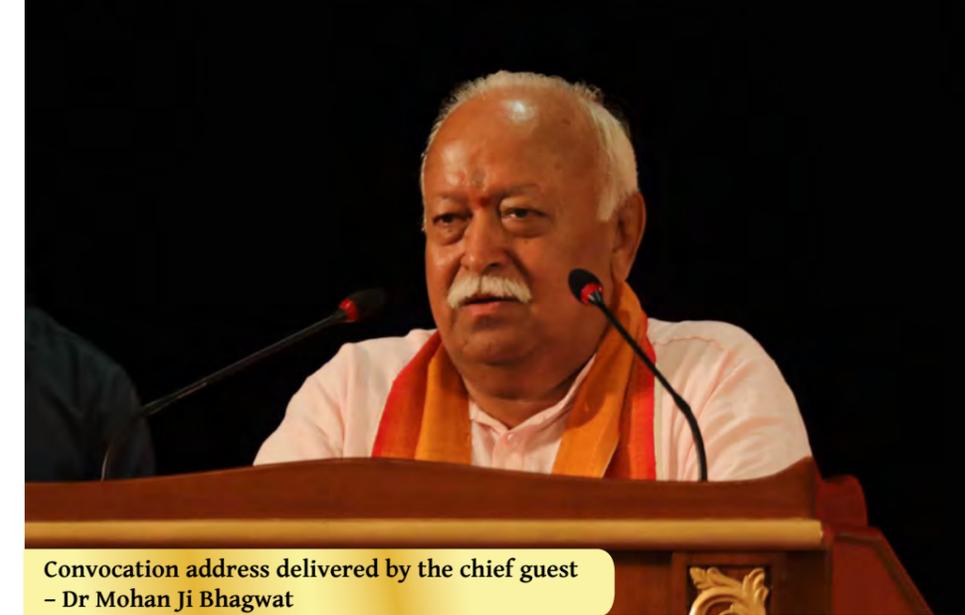
This shows the sheer potency of an equitable opportunity for quality, accessible, values-based education when made affordable as well by bequeathing it as a gift to all children. The human capital thus commissioned will be commensurate with the values and capability these children will bring back to the society.

This unique system of higher education is constantly endeavouring to teach students the true purpose of human life, which lies in realising one's innate nature of being Divine, and thereby leading a life of selfless love and service. The means of education which helps in acquiring the needed knowledge and skills is simply towards achieving the end of creating a sustainable, equitable and prosperous society, so that one's individual welfare is taken care of in the collective growth and vice-versa.

Dr Mohan Bhagwat spoke thus in his convocation address - *"The act of offering education completely free of cost to needy children has truly impacted the lives of these children beyond their imagination. The motive behind using individual excellence to bring about collective excellence is the goodness behind this University. Transformation is the need of the hour—the kind of transformation that shall change the face of Bharath is what I am witnessing here."*

Sadguru Sri Madhusudan Sai remarked - *"Our work is our identity, our work is our worship. This first convocation of the Sri Sathya Sai University for Human Excellence has produced graduands who will dedicate their knowledge and skills for the service of the society. Being a right example to the society is the highest form of service one can ever render, and these graduands will be exemplars of this kind of service."*

On this occasion of the first convocation, the University also took pride in celebrating achievement and altruism by honouring six eminent personalities from various fields of excellence with honorary doctorates. Dr R Chidambaram - India's most distinguished experimental physicist, Dr K Kasturirangan - Former Head of Indian Space Research Organisation, Mr Sunil Gavaskar - Cricket Legend, Pandit M Venkatesh Kumar - renowned Hindustani classical vocalist, Ms Purnima Devi Barman - wildlife conservationist from Assam, and Mr C Sreenivas - Chairman of the Sri Sathya Sai Sanjeevani Child Heart Care Centres—were bestowed their honorary doctorates by Dr Mohan Ji Bhagwat.



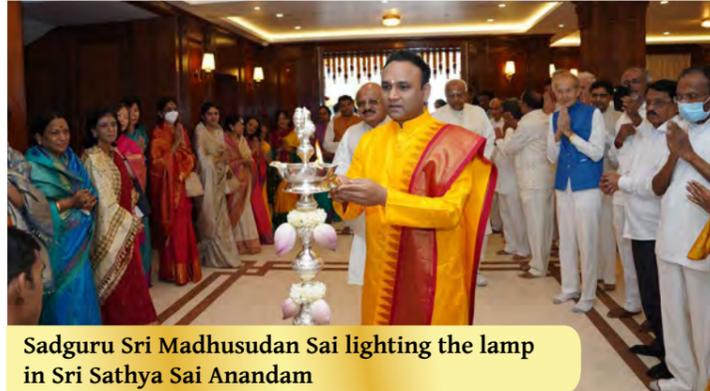
Convocation address delivered by the chief guest - Dr Mohan Ji Bhagwat



## 13 July 2022 – Guru Purnima Celebrations

### Inauguration of Sri Sathya Sai Anandam

Sri Sathya Sai Anandam – the Divine Abode which stands tall as the beautiful hilltop building at Sathya Sai Grama was inaugurated on the auspicious Guru Purnima day after its renovation.



Sadguru Sri Madhusudan Sai lighting the lamp in Sri Sathya Sai Anandam

### Inauguration of Sri Adi Shankara Vendanta Shodha Kendra

Sri Adi Shankara Vendanta Shodha Kendra will be established as the Institute for Vedantic Studies and Research for promoting the study and research of the *advaitic* philosophy of Sri Adi Shankara and disseminating it to all, with the sole aim of uniting the whole of mankind in the subtle, simple and sublime truth of oneness. This shall also serve as the governing body of the Sri Sathya Sai Loka Seva Veda Gurukulam, which is currently conferring *veda śikṣaṇa* in the traditional *gurukula* system.



Inauguration of Sri Adi Shankara Vendanta Shodha Kendra by Dr R Chidambaram and Mr T B Jayachandra in the presence of Sadguru Sri Madhusudan Sai

### Ground-Breaking Ceremony of Nada Gurukulam

Nada Gurukulam will be the musical sanctuary of the Sri Sathya Sai University for Human Excellence. This new beginning shall perpetuate the *paramparā* of Indian classical music and art forms on the substratum of sublime devotion for the Divine. This *gurukulam* shall train students in all forms of performing arts, and shall help them hone their innate aptitude towards art forms, along with promoting and preserving the ancient Indian art forms.



Sadguru Sri Madhusudan Sai performing the ground-breaking ceremony of Nada Gurukulam

### Ground-Breaking Ceremony of Dormitory and Kitchen of Sri Sathya Sai Loka Seva Veda Gurukulam

In order to provide better facilities for living, a dormitory and an exclusive kitchen has been planned at the site of Sri Sathya Sai Loka Seva Veda Gurukulam, the ground-breaking ceremony of which took place on Guru Purnima day.



Ground-breaking ceremony of dormitory and kitchen for Sri Sathya Sai Loka Seva Veda Gurukulam

## In Focus

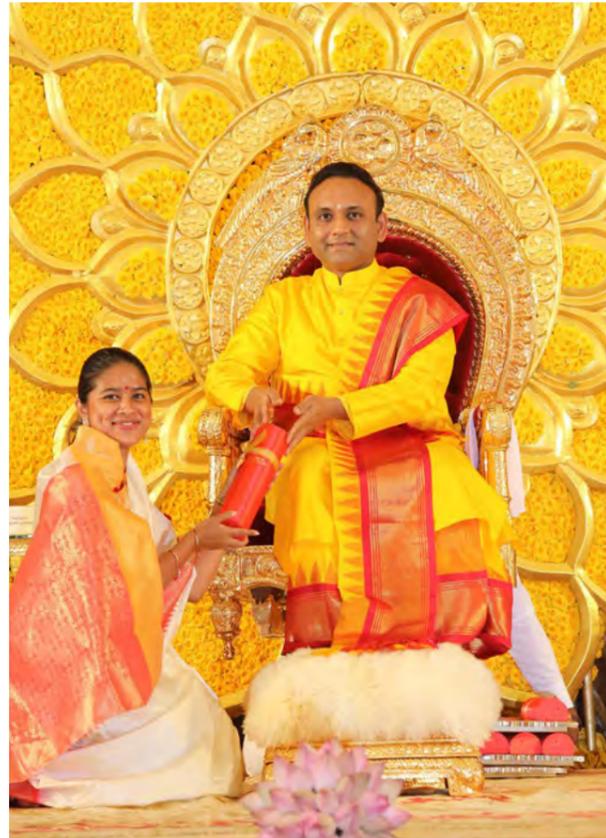
### 13 July 2022 – Guru Purnima Celebrations

#### The Institute of Human Values (IOHV) Confers Certificates of Completion

The Institute of Human Values was launched in 2019 under the aegis of Prashanthi Balamandira Trust to offer completely free of cost values-integrated online courses, for people across the globe, made specifically relevant to their personal and professional spheres of life. Parents, teachers, healthcare professionals, management professionals, social workers, teenagers and spiritual seekers are the specific categorisation of people who are being benefitted by the various courses offered by this unique learning platform. Dynamic Parenting, Mindful Teaching, Compassionate Healthcare, Dharmic Management, Love Without Duty, A Scoop of Self-help, and Indian Culture and Spirituality are the courses currently offered.



**Institute of  
Human Values**



More than 500 students from over 47 countries have signed up for these courses. Users across the globe including countries like Australia, Argentina, Austria, Canada, Croatia, India, Italy, Malaysia, New Zealand, Russia, Singapore, UK, USA, etc., to name a few have enrolled themselves in one or more of the courses offered by IOHV.

On 13 July 2022, around **70 knowledge seekers** from **14 countries** completed one or more courses and received their certificates of completion from Sadguru Sri Madhusudan Sai.



#### Publications Released by the Global Prakashana Team

On the auspicious occasion of Guru Purnima, the Global Translation Team of Sri Sathya Sai Premamrutha Prakashana humbly offered **33 publications** which included **six audiobooks** in **18 world languages** and **one Indian regional language**.

Sri Sathya Sai Uvacha Volumes 12 and 13 – Chinese

Sri Sathya Sai Uvacha Volume 14, and From the Heart Volume 2 – Croatian

Sri Sathya Sai Uvacha Volume 10, and audiobooks of Sri Sathya Sai Uvacha Volumes 7, 8 and 9 – Dutch

Sri Sathya Sai Uvacha Volume 13 – French

Sri Sathya Sai Uvacha Volumes 15 and 16 – German

Sri Sathya Sai Uvacha Volume 15 and From the Heart Volume 1 – Greek

Sri Sathya Sai Uvacha Volumes 14 and 15 – Italian

Sri Sathya Sai Uvacha Volume 7 – Japanese

Sri Sathya Sai Uvacha Volumes 13 and 14 – Lithuanian

The Story Divine (Part 1) – Macedonian

Spirituality 101 – Malayalam

Sri Sathya Sai Uvacha Volume 6 – Nepali

Sri Sathya Sai Uvacha Volume 16, and an audiobook of Sri Sathya Sai Uvacha Volume 6 – Polish

Sri Sathya Sai Uvacha Volume 10 – Portuguese

Sri Sathya Sai Uvacha Volume 12, two audiobooks – Sri Sathya Sai Uvacha Volumes 9 and 10 – Russian

Sri Sathya Sai Uvacha Volume 6 – Sinhala

Sri Sathya Sai Uvacha Volume 10 – Slovenian

Sri Sathya Sai Uvacha Volume 14 – Turkish

Sanatana Dharma Simplified (Part 2) – English

Sri Sathya Sai Uvacha Volumes 17 and 18 – English



14 & 15 July 2022

## - National Conference on Making Higher Education Accessible and Available, Sathya Sai Grama, Muddenahalli

The National Conference on Making Higher Education Accessible and Available was organised by the Sri Sathya Sai University for Human Excellence to delve deep into how higher education can be made accessible and available to everyone, while also incorporating human values into the system of university education. Social Entrepreneurship, which is one of the major aspects of preparing the youth for an effective and purposeful way of using their knowledge and skills in the service of society, was expounded in the Conference by eminent entrepreneurs from around India. About 15 speakers from India and overseas shared their knowledge and came up with practical solutions on the topic.

### Key Points from the Message of Sadguru Sri Madhusudan Sai:

- In India, only 30 percent of high school students go in for higher education and in rural areas, it is just 1 percent of rural women who enroll into higher education institutions. 50 percent of India is young and 50 percent of that young India is girls and only a very meagre percentage of these girls go for higher education. Hence, there is a need to make higher education available and accessible in rural areas
- Higher education has to be made affordable also. Student debt in a very developed country like the United States of America is more than 1.7 trillion. In India also, higher education is a very costly affair especially medical education or any other professional education. Hence, higher education should be given free of any cost to all the students, to nurture human capital, the youth potential and ability
- There is shortage of 10 lakh teachers in India alone. In most of the developing nations, there are no good teachers. Hence higher education has to prepare passionate and motivating teachers
- Sri Sathya Sai University for Human Excellence believes that 'excellence' is possible only when everybody does what they are born to do, and not when they are forced to do something other than what they are born to do. Thus entrepreneurship has to be promoted—not just economical; but also social, cultural and spiritual
- Higher Education Institutions must inspire students to come back and serve our country
- Teaching profession has to be encouraged by giving it back its fair share of respect and acknowledgement
- Like the olden times, Gurukula System of Education has to be revived, and temple culture wherein temples served as houses for education, healthcare, and nutrition along with worship should be restored—thus annihilating the industrial culture of charging for nutrition, education, and healthcare.
- India invests 8% for military budget and only 1% for education. This situation has to be reversed, and hence efforts have to be made to instill human values in children through education, so that we can live in a peaceful world tomorrow

#### Below, From left to right

- Dr K P Sai Leela – Trustee, Prashanthi Balamandira Trust
- Dr Suma Parahakaran – Faculty Research, Manipal GlobalNXT University, Malaysia
- Mrs Smrithi Adinarayanan – Co-Founder, Anaadi Foundation
- Mr Adinarayanan – Founder, Anaadi Foundation
- Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence
- Mr M Murali – Chairman and Managing Director, Shriram Properties
- Professor Chandra B Sharma – Former Chairman, National Institute of Open Schooling (NIOS), Professor (Education), IGNOU
- Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence
- Dr Srikanta Murthy – Vice-Chancellor, Sri Sathya Sai University for Human Excellence

Professor Chandra B Sharma – Former Chairman, National Institute of Open Schooling (NIOS) and Professor (Education), IGNOU, lighting the lamp in the presence of Sadguru Sri Madhusudan Sai to commemorate the inauguration of the Conference



## 17 & 18 July 2022 – International Conference on Post-Pandemic Reforms in Medical Education for Accessible and Affordable Rural Healthcare, Sathya Sai Grama, Muddenahalli

The COVID-19 Pandemic has revealed a critical need for the current medical educational system to provide affordable, accessible, comprehensive, compassionate, and high-quality healthcare to all, especially to the underserved populations living in villages. This two-day conference hosted by the Sri Sathya Sai University for Human Excellence brought together leading medical education experts from India and other countries to share their ideas and programmes, build on conclusions from the 2021 conference, and lead the way to national and international reforms in format, curriculum, structure, funding, evaluation, and access to quality medical education. About 15 speakers from India and overseas shared their knowledge and came up with practical solutions on the topic.

### Below, From left to right

Dr Ravi Pillay – Senior Consultant Orthopaedic Surgeon, Mount Elizabeth Hospital, Singapore  
 Dr S Sacchidanand – Former Vice-Chancellor, Rajiv Gandhi University of Health Sciences, Bengaluru, India  
 Dr Rajagopala S – Associate Professor and Head of Department, Kaumarabhritya (Paediatrics), All-India Institute of Ayurveda, New Delhi, India  
 Dr C N Manjunath – Director, Sri Jayadeva Institute of Cardiovascular Science, Bengaluru, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Dr Vivek Jawali – Chairman, Cardiovascular Science Hospitals Committee, Fortis Hospitals, Bengaluru, India  
 Dr Nitin Gangane – Director Professor and Dean, Mahatma Gandhi Institute of Medical Sciences, Sevagram, Maharashtra, India  
 Dr A R Raghupathi – Director, Medical Education, Sri Sathya Sai University for Human Excellence  
 Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence  
 Dr Srikanta Murthy – Vice-Chancellor, Sri Sathya Sai University for Human Excellence



### Key Points from the Message of Sadguru Sri Madhusudan Sai:

- Health is termed 'swasthya' which means to be situated in yourself. To be in harmony with yourself is true healthcare. WHO also defines health as not just absence of disease or infirmity; but as a complete, holistic well-being
- Young graduates of medical education have to fulfill their responsibilities towards the society and be sensitive towards societal needs by serving the needy, especially in rural areas
- Students' selection is key to the process of having qualified doctors who can serve in rural areas—students selected from local communities and rural areas have 70 percent chances of coming back to rural areas and serving. Where as, if they leave the rural areas and get educated in urban setup, the chances of them returning to rural areas are less than 30 percent. Hence, there is a need for a healthcare system which is for the rural, of the rural, and by the rural. Training rural students, in a rural setup, for the sake of rural patients, by professors who are interested in serving in rural campuses, should be the model

- Every student of the medical college must interact and engage with a rural family and be there almost like a family doctor to sensitise themselves about the need in rural areas
- In India, about 75,000 to 80,000 children are born every day. Hence, a backward integration of taking care of the health of the mother to take care of the health of the child is important
- Preventive healthcare by providing pure air, water, and nutrition to people is paramount to ensure that there is less burden on the healthcare infrastructure
- Lifestyle developed diseases have to be avoided and hence it is important to educate those who are capable of taking care of their health, to follow some restraint on their life style
- Using technology in medical education like simulation labs and virtual reality labs cannot be underestimated
- Healthcare is not a product; it's a service. Service means to be considerate, loving, kind and compassionate towards the other person. Humanness in health care should be restored
- Medical education should be comprehensive enough to include nursing, paramedics, and allied health services as well
- Healthcare delivery is not about having hospitals and equipment; it's about personnel—the doctors, nurses, paramedics who should be trained well clinically, as well as nurtured as good compassionate human beings
- There needs to be emphasis on research in healthcare to find ways to integrate our traditional medicine and medical systems like Ayurveda, Unani, and Siddha in a scientific and evidence-based way. After all, healthcare is a science and should be dealt like science

### Below From left to right

Dr Snehal Kulkarni – Director of Paediatric Cardiology, Sri Sathya Sai Sanjeevani Child Heartcare, Nava Raipur Atal Nagar, Chhattisgarh, India  
 Dr A G Prathab – Registrar (Academics), Professor and Head of the Department of Microbiology, MS Ramaiah Medical College, Bengaluru, India  
 Prof Dr Kannan M Moudgalya – Erach and Meheroo Mehta Advanced Education Technology Chair Professor, Indian Institute of Technology, Mumbai, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Dr K Sudhakar – Minister of Health and Family Welfare and Medical Education of Karnataka, Government of Karnataka  
 Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence  
 Dr Srikanta Murthy – Vice-Chancellor, Sri Sathya Sai University for Human Excellence



20 & 21 July 2022

## - Global Conference on Vedic Ideas for a Better Society

Sathya Sai Grama,  
Muddenahalli

A 'Global Conference on Vedic Ideas for a Better Society' was organised by the Sri Sathya Sai University for Human Excellence (SSSUHE) in conjunction with Vedic Vigyan Kendra of Banaras Hindu University, Maharishi European Research University (MERU), Netherlands, with the support of the Ministry of AYUSH.

Encapsulating the essence of the deep spiritual experience of ancient sages, the *vedas* are the heart and soul of Indian culture. Exploring the realms of *vedic* thought offers an insight into living a holistic lifestyle that takes care of our inner and outer sanctuaries of existence. The two-day Conference assembled a panel of experts and academicians in the field of *vedic* sciences and research to discover those *vedic* thoughts that have gone unnoticed, and relating to the contemporary needs of the society. About 14 speakers from India and overseas shared their knowledge and came up with practical ideas from *vedas* to create a better society.

Below From left to right

Dr Srikanta Murthy – Vice-Chancellor, Sri Sathya Sai University for Human Excellence  
 Prof Rakesh Kumar Upadhyay – Chair Professor, Banaras Hindu University, Varanasi, India  
 Dr Manoj Nesari – Advisor, Ministry of AYUSH, New Delhi, Government of India  
 Prof Dr Mita Kotecha – Head of Department of Herbal Medicine, National Institute of Ayurveda, Rajasthan, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Dr Hridaya Ranjan Sharma – Distinguished Professor of Veda, Department of Veda, Sanskrit Vidhya Dharma Vigyan, Banaras Hindu University, Varanasi, India  
 Prof Vijay Shankar Shukla – Regional Director, Regional Centre, Indira Gandhi National Centre for the Arts, Ministry for Culture, Government of India  
 Prof Upendra Kumar Tripathi – Co-ordinator of Centre for Vedic Sciences, Banaras Hindu University, Varanasi, India  
 Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence



### Key Points from the Message of Sadguru Sri Madhusudan Sai:

- The very purpose of *vedic* knowledge is to make every person in this world an *āryā*. *āryā* simply means nobility or goodness. To be good always and work for the welfare of all is possible only if one realises his true Self, the Divinity itself—this knowledge of the Self can be acquired only from the *veda*
- *aparā vidya* helps one eke out a living, but it is only *parā vidya* that bestows on one immortality. *vedas* are a treasure trove of the *aparā* and *parā vidya*
- The experiential knowledge of the *vedas* as given to us by the ancient sages should be used to improve societies. This is possible only when the *vedic* knowledge translates into an experience for all of us too. Hence *vedic dharma* has to be practised in everyday life
- The goal – to realise the Self also the path to realise it is propounded in the *vedas*. Nevertheless, the Self or *brahman* is only an experiential reality and hence can never be explained enough through words
- The four *puruṣārthas* – *dharma*, *artha*, *kāma*, *mokṣa* and the four *āshrama dharmas* – *brahmacarya*, *gṛhastha*, *vānaprastha*, *saṃnyāsa*

are explained clearly in the *vedas*. Thus, it teaches how one should lead one's life in the most intelligent and constructive manner

- Every *vedic* ritual has deep scientific significance
- *vedas* explain the stages of karma or actions which help one purify one's mind if done selflessly, *upāsana* or meditation to steady the mind so that it finally leads to *jñāna* or attaining the experience of one's highest Self
- *tena tyaktena bhujjithā* – to consume with a sense of sacrifice is the meaning of this. *vedas* teach that one should cultivate the highest virtue of sacrifice and share with others what is not needed by them. What one did not need was never theirs, it always belonged to somebody who needed it more than them
- There are four kinds of individuals: *rogajīvīs* – consume everything and give nothing; *bhogajīvīs* – consume more and give less; *tyagajīvīs* – consume less and give more; *yogajīvīs* – consume nothing and give everything. Students must strive to become *yogajīvīs* by the time they pass out as graduands from the Sri Sathya Sai University for Human Excellence

Below From left to right

Dr Srikanta Murthy – Vice-Chancellor, Sri Sathya Sai University for Human Excellence  
 Ms Sahana Singh – Author and Commentator  
 Prof Rakesh Kumar Upadhyay – Chair Professor, Banaras Hindu University, Varanasi, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Prof Hridaya Ranjan Sharma – Distinguished Professor of Veda, Department of Veda, Sanskrit Vidya Dharma Vigyan, Banaras Hindu University, Varanasi, India  
 Prof Upendra Kumar Tripathi – Co-ordinator of Centre for Vedic Sciences, Banaras Hindu University, Varanasi, India  
 Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence



## 23 & 24 July 2022 – Global Conference on Uniting Religions through Spiritual Wisdom, Sathya Sai Grama, Muddenahalli

Spirituality is the bedrock of all religions all over the world. Irrespective of the masters, their origin, the doctrines, and the rituals, there has always been an underlying unity in the very goal and message of religions. Imbibing values from religion helps one live 'spirituality' in everyday life. Hence, it is important to bring out the finer aspects of religion to make it relevant to the common man and as a means to solve the practical problems of current society.

This Conference was hosted by Sri Sathya Sai University for Human Excellence to bring together a confluence of spiritual masters, philosophers, theologians, and motivational speakers from different spheres of religious practices and studies, to present a refreshing approach to religion, so as to secure its anchor in the unity of its abundant spiritual wisdom. About 12 speakers representing different religious traditions and practices spoke at the conference and enlightened the audience about true spirituality.

### Below From left to right

Dr Hafeezur Rahman – Founder President, Sufi Peace Foundation, India  
 Geshe Lodoe Sangpo – Tenzin Gyatso Scholar, Gaden Jangtse Monastery, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Cardinal Anthony Poola – Cardinal, Catholic Church, India  
 Dr A K Merchant – General Secretary, Temple of Understanding India Foundation and Member of the National Spirituality Assembly of the Bahais' of India and Lotus Temple



### Key Points from the Message of Sadguru Sri Madhusudan Sai:

- 85 percent of the world subscribes to some religion or the other. It is only 15 percent who do not affiliate themselves with any religion. Hence it is important to guide the 85 percent population on the right path
- Sri Sathya Sai Baba said – there is only one religion, the religion of love; there is only one caste, the cast of humanity, there is only one language, the language of the heart; and there is only one God, He is omnipresent. Love is the underlying message of all religions
- There is only one Supreme Consciousness that permeates the entire creation and holds everything together. Even scientists agree that energy transforms itself into matter and matter ultimately goes back to its energy form. So, energy is the undisputed truth of this universe. This energy is the supreme, the Divine. It is not an unconscious energy, not a mechanical force; but is a conscious energy that is aware and alive
- Everything and everybody is Divine. Hence everyone should be treated with due reverence and love
- All religions teach charity, non-violence, harmonious existence, benevolence, compassion and love in different ways, but the message is the same

- Religion is needed to keep people united and focused to live a life of purpose
- Religion cannot exist without spirituality and spirituality cannot exist without religion. They complement each other in some way or the other
- It is important to reinvent religion to make it relevant to modern times. Youngsters need an idea, a purpose, an understanding which is beyond the narrow domestic ideas of mine and thine
- On the day of judgement or final analysis, what really matters is how many people we loved selflessly by seeing God in all. Loving all and manifesting love as service is the final message
- In a grid of X and Y axis, let us consider one side as giving and one side as taking—the ones who take a lot and give a little are capitalists; the ones who give as much as

they take are socialists; the ones who give more and take less are minimalists, and the ones who only give and never take back are spiritualists. We need more spiritualists today

- The four *varṇāśramadharmas* – *brāhmaṇas*, *kṣatriyas*, *vaiśyas* and *śūdras* are like the four limbs of the body and hence all are equally important
- While religions are different schools that follow different extraneous factors of dress codes, rituals, rules, languages and textbooks; but the subject of spirituality taught in all these schools is the same
- Religious institution means certain ways of doing things but all these have relevance in helping us become better human beings and understand spirituality. All the schools of religion must teach the same subject of spirituality without distorting or modifying it to suit their conveniences. All divisive and political conveniences should be shunned

### Below From left to right

Dr Hafeezur Rahman – Founder President, Sufi Peace Foundation, India  
 Geshe Lodoe Sangpo – Tenzin Gyatso Scholar, Gaden Jangtse Monastery, India  
 Sadguru Sri Madhusudan Sai – Founder, Sri Sathya Sai University for Human Excellence  
 Mr Mahabaleshwara M S – Managing Director and CEO, Karnataka Bank  
 Dr A K Merchant – General Secretary, Temple of Understanding India Foundation and Member of the National Spirituality Assembly of the Bahais' of India and Lotus Temple



**24 July 2022 – Visit by Ambassadors and High Commissioners from the Ministry of External Affairs, Government of India to Sathya Sai Grama, Muddenahalli**



**H E Mr Ganbold Dambajav, Ambassador Designate, Embassy of Mongolia**

*“I am impressed with the way Sadguru Sri Madhusudan Sai is carrying out many noble tasks along with his band of selfless volunteers. I want to see him soon in Mongolia soon.”*



**H E Dr Roger Gopaul, High Commissioner, Republic of Trinidad and Tobago**

*“I experienced a massive transformation during the two days that I spent at Sathya Sai Grama and I thank Sadguru Sri Madhusudan Sai for giving us this opportunity. This institution has showed me the possibility of human capital development by adopting a divine strategy, and this has moved me beyond words. I thank Sadguru Sri Madhusudan Sai on behalf of the Caribbean, Trinidad and Tobago in particular.”*



**H E Ms Jacqueline Mukangira, High Commissioner, Republic of Rwanda**

*“My heartfelt gratitude to Sadguru Sri Madhusudan Sai for what he is doing for the world. He is the hope for the hopeless; the voice for the voiceless. His message of love, hope, compassion, happiness and unity will change this world. He is an inspiration to the world and a great mentor for all the young students studying at these institutions. I invite him to my country of Rwanda – a land of thousand hills and mountain guerrillas.”*



**Ms Monica Cecilia Campos Fernandez, Deputy Chief of Mission, Embassy of the Republic of Peru**

*“The job Sadguru Sri Madhusudan Sai is doing for empowering girls is amazing. I wish that his service of love, hope, and unity shall continue. Latin America shall definitely co-operate for such services that are needed there as well.”*



**H E Mr Charrandass Persaud, High Commissioner, Co-operative Republic of Guyana**

*“I am short of words...we are diplomats representing different countries, and within a day and half so far, we have been mesmerised. Sadguru Sri Madhusudan Sai is a Divine being. He has done such humanitarian services, the kind of which some of us won't even dream of. We went to the Sri Sathya Sai Sarla Memorial Hospital and we saw doctors and workers at different levels, who have come not just to work, but to offer their services with love. I could see the love, affection and enthusiasm in them. Where else can you find this? Once you see what is going on here, you will know, that there is hope for the underprivileged; there is hope for the depressed; there is hope for the handicapped, in this vast democracy called India.”*



**Ms Ria A Sital, Chargé d’Affaires, Embassy of the Republic of Suriname**

*“I was simply a witness to all the kindness and compassion that I saw here in an atmosphere of serenity.”*



**Mr Ardak Kakimzhanov, the First Secretary of the Embassy of Kazakhstan in India**

*“I am spell bound.”*



**Except from the Video Talk of Mrs Meenakshi Lekhi – Minister of State for External Affairs and Culture of India**

*“Sri Sathya Sai University for Human Excellence plays a big role in becoming the flag bearers of India’s message of spirituality and well-being to the entire world. Development of spirituality, practice of yoga and meditation, and development of conscience are key to creating responsible young citizens who would value their own lives and also take care of the society and build this nation. This is where Sri Sathya Sai University for Human Excellence and many other spiritual gurus of India are contributing to make India the ‘visvaguru’ and spread the message of happiness and peace to the world. The Ministry of Culture and Ministry of External Affairs have been working extensively as part of the Government to nurture and promote the cultural uniqueness of India and take pride in developing a new India spiritually, economically and militarily. The unique educational system of Sri Sathya Sai University for Human Excellence, which has revived the culture of gurukula system, has to spread across the country for reviving and preserving the country’s spiritual heritage. Even as India moves ahead to emerge as one of the world’s most influential country economically and militarily, and as we strive for the moon and mars, we need to be deeply connected once again with our spiritual heritage and philosophies, to have a better understanding of the world and the essence of being born a human being. Sri Sathya Sai Loka Seva Institutions are focused on healthcare, education and nutrition. Sri Sathya Sai’s Annapoorna Morning Nutrition Programme serves free nutrition to about 5 lakhs children across 6,500 government centres. Sri Sathya Sai Loka Seva Gurukulam Group of Institutions provide free education to 5,000 children from rural hinterlands in its 27 campuses. Sri Sathya Sai Sanjeevani Centres conduct free heart care services for children and has thus far mended about 100,000 children. Sri Sathya Sai University for Human Excellence is also setting up the first free medical college in Karnataka. I wish the very best to them!”*

## 26 July 2022 – 43rd Birthday Celebrations of Sadguru Sri Madhusudan Sai

### Divine Discourse

#### The Final Phase of the Great Grand Mission of Sai – The Ascension of Man

There were two birds living on the same tree – the lower bird and the upper bird. The lower bird went on eating bitter and sweet fruits that were on the tree—upon getting a sweet fruit, it would be happy, and for a bitter fruit, it would be sad. This went on for years—precisely for 32 years. And then, this lower bird looked up and saw a upper bird—a bird which was not interested in the fruits of the tree. It simply sat there watching over everything as a witness. It neither wanted to eat, nor did it not want to eat. It was just there. After a long and deep thinking, the lower bird who always admired the upper bird, told itself, “Can I also be like that?”—it is unaffected by whatever happens around; it is not interested in the bitter and sweet fruits of the tree; it’s only interested in the peace that it experiences, the bliss that it experiences as a witness.

Slowly and steadily, inspired by the equanimity, bliss, and peace of the upper bird; the lower bird strived and hopped one branch at a time to realise what the upper bird is like. And in the process, it had to give up eating bitter and sweet fruits, for its goal to reach the upper bird was more important. And so, in a span of 11 years, it hopped up branch by branch and finally reached the topmost branch, where the upper bird was seated, only to realise that there was no upper bird. There was no upper or lower bird; it was the same bird—when it thought that it was destined to only experience the joys and sorrows of life and struggle every day to make itself happy, it was called the lower bird. But the moment it withdrew from this daily struggle to enjoy things, to experience things; but rather be a witness, it realised that it was the same bird on the upper branch too.

This is not one person’s story. This is the story of every one of us. Some people might have climbed a few branches up earlier. Some might be still there on the lower branches, but we are all sitting on the same tree, striving to realise what that upper bird is like. The struggle to give up this idea of being a lower being is the struggle of every spiritual aspirant. At times, you do find sweet fruits in the world and you become quite entangled in the idea of enjoying more. But once in a while, the tree of life does send some bitter fruit. And that is the time when we look up and see the upper bird and think – Can’t I be like

that? Our sorrows, setbacks, and struggles in our lives are messages from that upper bird, that it’s time that we look up.

We need examples in this world—examples that we can see and follow—examples that will infuse confidence in us. This is the story of every Master who descends for the ascent of the seeker. The story began here in Muddenahalli in July 2011; the stage was Sri Sathya Sai Anandam; the setting was this beautiful natural setting; and the background was that a descent wanted an ascent, for the descent could not carry on in the same body anymore. But, still an example had to be set, an example that people could relate to and feel inspired. The whole process was to just make an example out of that lower bird, so that many other lower birds would also strive to become that upper bird. This is the essence of the whole story.

**The time for man to realise God within himself or herself is NOW.** Until we give up craving for sweet or bitter berries, we cannot ascend. Once we ascend, it does not matter whether the berries are sweet or bitter. This is the story of every one of us. There is no special reason why we should celebrate a day like this; this is just another date on the calendar; so many dates have come; so many dates come and go—but the idea of gathering together is to remind ourselves of the purpose for which we are born. Everything else is secondary. Everything else is unnecessary, even unwanted. The only thing that is necessary is that we all must rise, branch by branch, day after day, to realise that we are that upper bird.

Our role is to just help everybody climb one branch at a time. The service projects, all the various initiatives in so many countries are just ladders, ways which will help us to climb the next branch, so that we keep rising. I am sure that all those who have participated and become a part of these wonderful service initiatives, have climbed a branch or two or even more in the last 11 years. You know better because you alone know on which branch you are sitting now. But, I have seen the transformation in people. I have seen a lot of transformation in so many people, young and old, new and old devotees, and children,

in the last 11 years. Small children talk about divinity and Self-realisation. Many youngsters have taken a commitment to a lifetime of service to society, which has never happened before.

It is happening now, **because this is the final reason, the final phase of the great grand mission of Sai—to uplift humans and help them realise their Divinity.** The path will not be easy; it will be a path of struggle, a path of sacrifice, a path of love and service. Eleven years ago, I was told to be selfless, fearless and shameless—which means, being shameless when we have to do something good; being fearless to do good inspite of impediments, comments, remarks and doubts; being selfless for the sake of others happiness without any expectation in return. These were the cardinal values that were taught to me by my Master, Bhagawan Sri Sathya Sai Baba. He is the *guru* who is teaching us to realise our true selves and the path that He has taught is selfless service.

The last 11 years can be roughly divided into three phases, each three and a half years or so. The first phase from 2011 to 2014/2015 was that of *sañkarṣaṇa* – to attract people to this mission. The second phase from 2015 to 2016 was *sañdarṣana*, when the mission accelerated, and many people came to know about it. The third from 2017 was *sañkramana*, which is the transition phase—I call it the phase of ascension, when the mission changed gears, and there were lot of talks about *brahman* and Self-realisation. Today is the completion of this 11-years phase and the ascension has been completed today. This is why it is a significant July, because it all started in July 2011—and this is where this wonderful, very intriguing, very intimidating, but nevertheless interesting story unfolded.

Mr Narasimha Murthy, Mr C Sreenivas and Mr Issac Tigrett are the three wise men, who came following the star and found the purpose of their lives. They offered themselves to this cause, this mission; and today all of them stand tall as examples of surrender and service. **This is the true mission – the ascension of man and the path is of selfless love and selfless service.**



I had to prepare myself slowly and steadily, just out of devotion and commitment to the Master, to do what had to be done—there were no two ways about it. And that is how all this has what happened; this is how all of us have come this far. It's not just my journey; it's everyone's journey. All of us have moved a branch or two up on the tree—this is The Story Divine. And, I know that in times to come it's going to be a very glorious chapter in the mission. This decade starting from today is going to be one of the most stupefying and wonderful decade in human history. And this place, Muddenahalli will become the epicenter of a great revolution, a spiritual revolution around the world; and this is where it begins.

**The next ten years is going to be glorious years, something that has never happened in the human history;** and this will not come about by some great descent; it will be achieved by people who will ascend and realise they are Divine. So, be ready for such wonderful times coming our way.

Today being my birthday, I am here to demand a gift from all of you. Are you ready to give me? So, I ask from you that which my Master asked from me. **I want your selflessness. I want your fearlessness. I want a bit of your shamelessness and all of these to do good.** At the end, if nothing remains with us, this love will still remain. And in this love we will survive—not just survive, we will thrive.

I am a little unconventional guru that way. I don't expect you to learn *vedas* and *upaniṣads* and by heart all the scriptures—these you may or may not; it's up to you. I do not expect you to go on pilgrimages and do *pāda pujas* to me, or put a photo and put garlands on it. What truly matters to me is whether you follow the message, come what may; and the message is that of selflessness, that of fearlessness, to serve the society, to do what is right.

Today, as we celebrate the closure of one phase, it is the beginning of another. And as I said, another decade, another ten years from now is going to be glorious. But whether it will be glorious for you or not is something that depends on you; it depends on how much of yourself you give away in the pursuit of that perfection. So, each one of you will enjoy only to the extent of your own involvement and participation and effort. But, let me tell you, the view from the topmost branch is wonderful. It's very serene, it's peaceful, it's calming, it's satisfying. And there is no desire left after that, for eating sweet and bitter berries. You can be yourself, unaffected by anything around you. And that peace, that calm, that bliss is something that everyone must experience.

I'm sure that day will come when this whole place will be full of *ātma jñānis*. *brahma jñānis* will be walking on the roads of India and the world will be free from all misery and sorrow. Each one of them would be completely, perfectly happy and contented. That is the world that I have set out to build. And I need each one of you to be a part of this great mission that is unfolding.

We are very fortunate that it could have been anybody out of 8 billion people in the world, but these are only a few hundred thousands of us, and that is all that God wants. We don't need the whole world to change the world. We just need a few good people who are committed, selfless and fearless, who can be change agents, who can be agents of transformation and through their lives they will tell the rest of the world how they can become better, too. And that is the greatest service we can do. There is an example for you to follow and you become an example in this process so that many more can follow you.

Complete the journey. Ascend the tree. Become that one bird, that one bird that we all are and realise that bliss, that peace, the joy that comes to you when you realise your divinity. I bless you all that you may all realise that Self, and in that realisation, we will all become one. This is my only aspiration in life. This is my only prayer. This is my only desire if there is one, and I am sure this desire will be fulfilled through each one of you.



“**S**ervice 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 June 2022, a total of **423 hot and nutritious meals** were served to the homeless in Brisbane CBD and the destitute living in a Caravan Park in Queensland
- A total of **300 fresh and frozen meals** were delivered to a single-parent family of 10 children. This family has been adopted by the volunteers to provide for whatever they need till they get back on their feet

#### Western Australia

- Close to **606 meals** were served to deprived individuals, refugees, indigenous families, and homeless youth by collaborating with several NGOs such as CARAD, Women's Refuge, Tom Fisher House for the homeless and Beanang Kwart Institute (BKI) for indigenous families

- Art class was conducted at the Women's Refuge and **five welcome packs** were distributed
- Period Aid Project is yet another initiative undertaken to provide sanitary pads, tampons, liners, etc. to homeless youth, refugees and individuals from indigenous communities. **68 packs** equivalent to **976 single-use items** were distributed

#### Health in Kind

On 21 June 2022 – International Day of Yoga, the Foundation partnered with another organisation to conduct yoga classes at a high school for students from refugee and migrant backgrounds. A total of **45 students** participated in it.



# Region 1

## Malaysia



### Sai Ananda Foundation, Kuala Lumpur



#### Sai Ananda Refugee Education Centre

**S**ai Ananda Refugee Education Centre was opened in the month of June 2022 to fulfil the needs of the refugee children living in and around the vicinity of Batu Caves. The Centre imparts values-based education completely free of cost to children in the age group of 5-12 years, most of whom are children from families who are already beneficiaries of Sai Ananda's monthly ration. English, Mathematics, Science and Education in Human Values are the core subjects being taught, alongside aerobics, yoga, motor skills classes, dancing...etc. The children commute to the Centre using the free transportation facilities provided, and are also given healthy and delicious breakfast and lunch at the Centre.



## Region 2

### Middle East



## Region 2

### Nigeria



### Spiritan 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 average, the Hospitals treat **72 patients** on a daily basis absolutely free of cost
- In the month of June 2022, a total of **392 children, 679 adults** and **120 eye patients** were provided with world-class treatment. **Four deliveries** were performed and numerous surgeries such as circumcision, catheterisation, and manual vacuum aspiration were conducted. Close to **420 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
- 'Biarienu – 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 June 2022



### Distribution of Sai Love Kits

**I**n the month of June 2022, **75 kits equivalent to 6,750 meals** were distributed to needy individuals and families, most of whom were blue-collar workers. Items like rice, lentils, oil, masala powder, wheat flour, etc. needed for at least a month were provided.



### 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, laban etc., with the beneficiaries. Approximately, **292 meals** were served to the hungry in the month of June 2022.

### Desert sevā

Monthly groceries along with home-cooked food are provided to the desert dwellers during the hot summers. **26 Sai Love Kits** were distributed to these dwellers and around **30 cooked meals** were served to the beneficiaries.



## Region 3

### Poland



#### Stowarzyszenie Misja Prema (Prema Mission Association), Poland

- Twice during the month of June 2022, Misja Prema Association distributed ice-creams to **180 patients** at a Center for Alzheimer's disease near Warsaw. The children at the centre enjoyed themselves by participating in a concert and dance performance
- In order to support the fellow brothers and sisters of Ukraine, Misja Prema collected funds enough to purchase a minivan for the Sathya Sai Vedic Centre, Kharkiv, Ukraine to bring support to the most remote and dangerous areas of the warring nations



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



- The Polish Association Love All – Serve All distributed packages consisting of food items such as rice, noodles, cornflakes, oil, sugar, milk, juices, fruits, cleaning kits, etc., to **five families** in need
- The Association continues co-operating with Warsaw SEVA Association, to distribute Indian meals three times a week at the city centre of Warsaw. Hot Indian meals, hot tea and soothing lemonade were distributed to a total of **1,076 individuals**



## 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 in the districts of Şişli, Pendik and Ömerli. Close to **1,765 meals** were distributed door to door in the month of June 2022
- In the district of Uskumruköy, grocery boxes consisting of flour, sugar, rice, vegetable oil, pasta, tomato paste, salt and olive oil 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, etc.



## Region 4

Canada



Sai Global Service Foundation of Canada

In the month of June 2022, the Foundation members served over **50 packets** of food which included a nutri-grain snack bar, bananas, and juice packs to hungry and homeless individuals living on the streets of downtown Edmonton. In addition to this, bananas and buns were served to over **20 families** residing in tents in the suburbs of Edmonton.



## Lessons For Life

*What is that we can do to escape the consequences of past actions which were done in previous births but are bearing consequences now?*

There are three types of *karmas* – *prārabdha karmas* are those which are now bearing results. *sañcita karmas* are those that are already done, but their consequences are yet to be experienced, and *āgāmi karmas* are those which you may undertake now. All *karmas* have consequences, and one must experience them sooner or later—this is the law. The example given in our scriptures is that of an archer with a bow and arrows in a quiver. The arrow that has already been shot and cannot be stopped is like *prārabdha karma*—this has already happened and therefore its effect must be experienced. The arrows in the quiver which are yet to be used are like *sañcita karma*—this has been done earlier but are yet to bear the consequences; and the arrow which is placed on the bow is like the *āgāmi karma*—this is about to happen but hasn't

happened yet. From this analogy, it's quite clear that the archer can do something about the arrow placed on the bow, but not the one already shot.

When one becomes Self-realised, his *sañcita karma* and *āgāmi karma* does not have any effect on him, but the ones that are already bearing fruit – the *prārabdha karma* must be experienced even by him. The difference between the realised one and others is just that the realised one is able to bear his *prārabdha karma* with a smile, as he is able to rise above the mundane human existence; but the rest suffer through the consequences. A realised being who has no doership, has no *karmas* for the future as he does not associate himself with the body and the mind and therefore the actions that are performed through them. He simply becomes an instrument of the Divine, for the Divine to do its will through him. In a way, he becomes a witness to the actions being done.



## My Inner Journey

### Following My guru's Footsteps

By Mr Deepak Mehta



Mr Deepak Mehta has been working as a pharmacist in London for the last 30 years. Having always felt a pull towards service activities, Mr Mehta has engaged in various sevā initiatives over the years, as well as serving as a balvikas guru. He currently serves as Treasurer and Trustee of Anugraham Charitable Trust in London. His wife Mona also served as a balvikas guru and worked as a Microbiologist in London until the birth of their daughter, Saisha. As a family, they feel truly blessed to be a part of Bhagawan's Mission and are eternally grateful for the opportunity to serve.

When Bhagawan Sri Sathya Sai Baba left His physical body in 2011, all of us – my wife Mona, daughter Saisha and myself felt shattered. It felt like the end of an era and yet the story remained incomplete. We all yearned to physically be with Swami and be blessed to have His darśana for the rest of our lives and yet it seemed as though that one singular dream that we had harboured in all our hearts, had come to an abrupt end. Desperately searching for some sign of a divine return or reappearance, it was in the year 2012 that we came to know of Swami's continuing guidance which was leading Sri Narasimha Murthy to establish more educational campuses across the state of Karnataka. Immediately upon learning about this, excitement once again gripped our hearts and when Sri Narasimha Murthy visited London shortly after, we eagerly ran to meet him keen to know more about the continuing Mission of Bhagawan.

Our association with Swami's current Mission began through offering support to the upcoming Mandya campus and as a Trust was formed in the United Kingdom as a simplified means of providing support to the institutions, we were informed that Swami had very much been a guiding force behind the work that was going on and that He would be visiting London in August 2014. This visit marked the beginning of a most beautiful journey. Swami's loving guidance and advice slowly brought a transformation within all of us, as He encouraged us to look deeper and deeper within. Prior to meeting Bhagawan in His subtle form, our main focus had been the physical aspect of God; how blessed we were to know and serve Him, what a gift it was to have His darśana and how we longed for just a glance or smile from His divine face. However, things slowly began to change as Swami coaxed and cajoled us all into finding and seeing the all-pervasive divinity within each and every single person and even within our own selves.

The biggest transformation, however, took place during the pandemic. At a time when the world did not know where to turn as an invisible virus gripped humanity, Swami began His parā vidyā discourses through the 'Master the Mind' series, followed by the kaṭhōpaniṣad. Whilst we were far away in London, as per Swami's guidance our daughter Saisha was based in Muddenahalli. After attending the parā vidyā sessions, she would recollect for us whatever Swami had taught each day, turning each evening into a satsang.

Listening to Swami's nectarine teachings, we felt ourselves developing more and more equanimity which provided us with a great deal of stability and strength during the tumultuous times at the peak of the pandemic. Focusing our minds on the truth of 'brahma satyaṁ jagan mithyā' – brahman is the only truth, the world is unreal, it was as though a new perspective was shaping our outlook, constantly reminding us to remain above the daily affairs of life, with our thoughts rooted in the higher Self. Swami's teachings through the kaṭhōpaniṣad and nārada bhakti sūtras, ensured that we increasingly focused on maintaining balance and equanimity throughout the day.

Though Mona and myself had attempted to read the kaṭhōpaniṣad before, it was only when Swami began His sessions on the text, that we found ourselves understanding the true essence and message of the upaniṣad.

Immensely inspired by Swami's most unique, simple and yet practical explanations, we began to focus our satsangs with fellow devotees in London, on Swami's parā vidyā discourses thereby enabling us to further introspect and notice our own progress. Now, our perspectives have completely changed. We find ourselves more focused on our inner journey and decreasingly affected by external circumstances; of course, the journey has just begun, but we feel more confident than ever that with the benevolent love and guidance of such a perfect guru as our beloved Swami, we are all truly on the royal road to Self-realisation.



