



वसुधैवकुतुम्बकम्
vasudhaiva
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Message from *Sadguru Sri Madhusudan Sai*

Service to Spirituality

During a visit in June to Hyderabad, an interactive session was organised with certain eminent citizens, when during the conversation a question was asked to me – ‘Your organisation is doing so much service in various fields, so are you a social service organisation or a spiritual organisation?’ The question is not new to us but the answer to it has changed over the recent times.

Till recently, we thought of ourselves as a spiritual organisation which was also engaged in service activities; but now, we have redefined ourselves as a social service organisation with spirituality as its foundation. To many, it may not sound too different from what it was, but the truth is that this reinvention has made a world of difference to our organisations and us.

Many spiritual and religions organisations do not engage in much of service and many service organisations do not believe in spirituality. While they are doing what they have decided to do as per their principles, the best way to do things is to serve selflessly knowing the spiritual oneness of all existence, as spirituality without service would become redundant and service without spirituality many become arrogant.

Thus, in our organisations across the world, the core principle is to serve the society with the awareness of the spiritual oneness of all, so that we never ever end up feeling superior to those who are being served. In our way of service, we do not give but simply share; we do not show compassion but simply love. And

if at all we feel that we are being nicer to those who have less, let’s not forget that the one who is served is greater than the one who serves, as, to be able accept help one cannot have any ego, and that’s a spiritual virtue.

In the last decade, many wonderful *seva* projects have been undertaken by the devotees from around the world, which has undoubtedly benefited millions who needed help; however, at the same time, as servants, we must also check if we have been growing spiritually or not. What service we do is not as important as what service does to us. So, how do we know that we have been growing spiritually through service? It’s simple – check as to how equanimous you are at all times, which means not being excited in happy times and not to get anxious in difficult times. And even if equanimity is disturbed, ask yourself as to how soon are you able to come back to that steady state of mind. The sooner one comes back to the equanimous state, the better is one’s spirituality.

The more spiritual one is, the more helpful he or she would be to the society; and the more help one renders to the society, the more spiritual one becomes. But the easiest way to begin is to serve the needy selflessly and grow spiritually. Well, if you take a closer look at the logo of ‘Sai Mission is My Mission’, you would see that service has been placed before spirituality, and so it shall always be.



June 05, 2022

- Inauguration and Consecration of Sri Adi Shankaracharya idol by Jagadguru Sri Sri Vidhushekhara Bharati Mahaswamiji at Shankarvanam, Sathya Sai Grama, Muddenahalli

श्रुति स्मृति पुराणानाम् आलयम् करुणालयम् ।
नमामि भगवत्पादम् शंकरं लोक शंकरम् ॥

śruti smṛti purāṇānām ālayam karuṇālayam ।

namāmi bhagavatpādām śaṅkaram loka śaṅkaram ॥

I bow down to the feet of the Lord in the form of Sri Adi Shankaracharya, who brought about the welfare of humanity; the embodiment of compassion, He himself was the sanctum of *śruti*, *smṛti* and *purāṇā*.

Sri Adi Shankaracharya was that aspect of Divinity itself that incarnated on earth to nourish the roots of *sanātana dharma* by reviving the treasure of its eternal wisdom about Truth and its sublime devotion for Truth. A scholar

of Sanskrit, an exponent of all the *vedas* and *śāstras*, he took to *saṃnyāsa* as a young boy of 12 years and walked the length and breadth of India, while also authoring spiritual literature on *upaniṣads*, *sutras*, and composing songs of praise that glorified divinity both as the formless and as the different forms of worship. He propagated *advaita siddhānta* (non-dualism) as the means for liberating oneself from the cycle of birth and death. In a short life span of 32 years, Sri Adi Shankaracharya established four *pīṭhams* covering the entire landscape of India, to keep alive the tree of *sanātana dharma* to continue granting the shade of permanent peace for the whole of humanity.

In order to pay homage to this supreme personality of Divinity, Sadguru Sri Madhusudan Sai conceived an exclusive sacred spot for Sri Adi Shankaracharya at Sathya Sai Grama, Muddenahalli, known as the Shankara Vanam, just adjacent to Sri Sathya Sai Loka Seva Veda Gurukulam. A beautiful idol of Sri Adi Shankaracharya which is about six and a half feet tall was brought for installation on a platform that was made from the soil of Shankara's sanctum sanctorum in Kaladi, the birth place of Shankara.

On the auspicious morning of June 05, 2022, Jagadguru Sri Vidhushekhara Bharati Mahaswamiji – the 37th *ācārya* of Dakshinamnaya Sri Sringeri Sharada Peetham graciously visited

Sathya Sai Grama for the consecration of Sri Adi Shankaracharya idol. Moved and touched by the zeal, work and reverence of Sadguru Sri Madhusudan Sai towards Sri Adi Shankaracharya, this was the first time in the history of Sringeri Sharada Peetham, that the Jagadguru visited another spiritual organisation. Sadguru Sri Madhusudan Sai received and welcomed Jagadguru, and escorted him straight to the shrine for the consecration of the idol of Sri Adi Shankaracharya. The Jagadguru offered worship and obeisance to Sri Adi Shankaracharya and thus consecrated the idol.

The Jagadguru also visited Sri Sathya Sai Loka Seva Veda Gurukulam. The function began with *vedic* invocation rendered by the two *ācāryas* of Sri Sathya Sai Loka Seva Veda Gurukulam. Sri Naveen Bhat – Faculty, Department of Sanskrit, Sri Sathya Sai University for Human Excellence gave his opening remarks. Thereafter, Sadguru welcomed Jagadguru and expressed his happiness and gratitude to him.

“It is a golden moment for Sathya Sai Grama because the unbroken tradition of gurus in the Sringeri Sharada Peetham, which was established by Sri Adi Shankaracharya continues even today despite several invasions and difficulties that our great nation faced. It is to the credit of Sharada Peetham that till date sanātana dharma survives and we are able to follow it with all freedom. It is possible only due to the great sacrifice of all the Jagadgurus who have sacrificed everything for the sake of establishing, promoting,



Unveiling the Plaque

protecting and propagating sanātana dharma. Sri Vidhushekhara Bharati Mahaswamiji is very young in the body; but his wisdom, dedication and compassion for all is beyond the age that his body carries. We are very grateful to have him amongst us on this auspicious occasion.”

Jagadguru expressed that the sole reason for his visit to Sathya Sai Grama was the devotion of Sadguru towards Sri Adi Shankaracharya and his respect towards Sharada Peetham.

“Sadguru Sri Madhusudan Sai prayed to me to come and inaugurate the idol of Sri Adi Shankaracharya. In the presence of Sri Adi Shankaracharya, I pray that this organisation grows in leaps and bounds and prospers with all its might”, the Jagadguru remarked. He then explained the important role played by Sri Adi Shankaracharya for protecting and propagating *sanātana dharma*. He also shared a brief history of all his disciples and the establishment of the four *pīṭhams* in the four corners of the country. Thereafter the Jagadguru proceeded to Sri Sathya Sai Premamrutham Auditorium to grace the devotees who had gathered to receive his grace and blessings.

The event marked yet another milestone towards the establishment and propagation of *sanātana dharma* that Sadguru Sri Madhusudan Sai has been carrying out as per the Divine *saṃkalpa*.



Benedictory Message by Sadguru Sri Madhusudan Sai



Discourse by Jagadguru Sri Sri Vidhushekhara Bharati Mahaswamiji





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

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

“Service is the ultimate
expression of Love”

Australia



Heart of Love Foundation,
Australia



Queensland

In the month of May 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.

Victoria

Volunteers partnered with a local Anglican church in the West of Melbourne to provide **144 breakfast** and pantry items like pasta packets and cereals.

Western Australia

The volunteers served closed to **781 meals** to deprived individuals, refugees, indigenous families, and homeless youth through collaborating with several NGOs such as CARAD, HD Streetwise, Women’s Refuge and Youth Refuge Centre



- Art class and culinary class were conducted at a Women’s Refuge Centre concluding with a sit-down dinner after the sessions. **Four welcome packs** and **four personal hygiene packs** were also distributed at the refuge centre
- Period Aid Project is yet another initiative undertaken to provide sanitary pads, tampons, liners, etc. to **50 women** from two different NGOs

Health in Kind

Two sessions on health education were conducted at a Senior High School by the volunteers of the ‘Health In Kind’ who are qualified health professionals. While speaking on the topic of right nutrition, few tasty and nutrient-rich recipes were shared by the students which were later compiled in a small booklet.

Region 2

Middle East



Distribution of Sai Love Kits

In the month of May 2022, 73 Sai Love kits 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, etc., with the beneficiaries. Approximately, 150 meals were served to the hungry in the month of May 2022.



From the Diaries of the Beneficiaries

- The Sai volunteers were approached for help by a lady who was in need of support to return back to her family at her native country. As the sole bread winner of her family, she was constrained to find ways to earn a little extra than what she could at her native country. Hence, she had opted to fly to the Middle East with all the savings that she possibly had, to accept the job of a house helper. However, not finding her job conducive enough to support her family, she wanted to go back to her native country, but didn't have the necessary financial resources to fly back. The Sai volunteers helped her at just the right time and gave much relief to an otherwise helpless individual
- A beneficiary of desert *sevā* was helped by the Sai volunteers to travel to Pakistan as his father was breathing his last few breaths. Though he wasn't able to make in time, nevertheless he expressed his utmost gratitude to the team of volunteers who helped him travel to his home
- Through sources unknown, the Sai volunteers were informed about a family who were in deep grief. The male member of the family had lost his job and the lady of the family was six-months pregnant. They were left out without a shelter to protect themselves from the heat and the harsh climatic conditions. Immediately the volunteers sprung up to action and provided the needy family with groceries for a month and also arranged an accommodation for the family

Region 2

Nigeria



Spiritual Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruke 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 May 2022, a total of 183 children, 573 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 248 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 May 2022



Region 3

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

In the month of May 2022, Misja Prema Association supported Warsaw SEVA Association with food essentials like flour, sugar, milk, bread, pasta, oats, tin green peas, pastel food spread, butter, rice, salt, spices, etc. for the refugees. Close to **200 refugees** benefitted in a span of three days.

Celebrating Children's Day on June 01, 2022 **100 ice creams and sweets** were distributed to children at a suburb in Warsaw, inhabited mainly by refugees from Ukraine. Families were welcomed to the Sikh Gurudwara and were offered coffee, food, and ice creams. Children were entertained with games and fun activities.



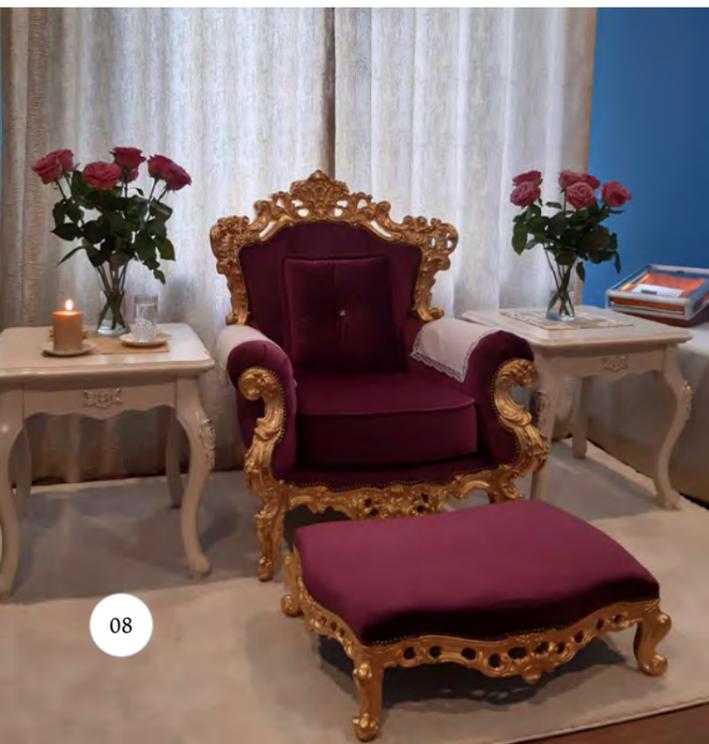
Stowarzyszenie Love All – Serve All (Love All – Serve All Association) Poland



The month of May 2022 witnessed the inauguration of a temple dedicated to Bhagawan Sri Sathya Sai Baba in Poland.

On 30 May 2022, the Love All - Serve All Association, following the directions and guidance of Sadguru Sri Madhusudan Sai, organised the inauguration ceremony of the temple. The event took place in Józefów, near Warsaw at the apartment of one of the members of the Association who offered the land for the construction of the temple. Sadguru Sri Madhusudan Sai named it as 'Prema Mandira – Temple of Love' where all the satsangs, workshops, training sessions and sevā will be held in Poland.

- The Polish Association also distributed food packages with rice, noodles, cornflakes, oil, sugar, milk, juices, etc., to **24 families**
- The Association continues working with Warsaw SEVA Association to distribute Indian meals three times a week in the city centre of Warsaw. Hot Indian meals, with a cup of tea and lemonade were distributed to a total of **845 people**



Region 3

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



- Once a week, grains or pastas with legumes was cooked and served alongside milk or yoghurt, and bread in the districts of Şişli, Pendik and Ömerli. Close to **2,000 meals** were distributed door to door in the month of May 2022
- In the district of Uskumruköy, grocery boxes consisting of kashar cheese, feta cheese, vegetable oil, pasta, rice, sanitary pads, tooth paste, tea, paper towel, vermicelli and milk 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)



The Foundation conducted yoga and games for children in one of the rural schools located in Traslasierra in the Province of Córdoba. The schools were also provided with a ton of firewood, to temporarily solve the problem of breakage of their solar equipment, and were also provided with food supplies.

During the month of May 2022, about **1,173 lunch meals and 1,461 breakfast meals** were distributed to different soup kitchens – Mi Dulce Sueño – Benavídez, Buenos Aires, Los Pequeños de Juan y Evita, Refugio Uguet Mondarca, and La Bonorino – Buenos Aires.

At the city of La Plata, food supplies were delivered to **five soup kitchens**, and assistance was also provided to **two families** in need.



Lessons For Life

Does being bereft of desires lead to Self-realisation or does Self-realisation lead to a state of being desireless?

This is akin to asking which comes first – day or night. They both come after each other. The truth is you are verily *brahman* at this moment, here and now, but you have not entirely outgrown all your desires.

brahma satyaṃ jagat mityā, jīvo brahmaiva nāparaḥ – *brahman* is the only truth, the world is unreal, and there is ultimately no difference between *brahman* and individual Self. Nevertheless, you still run after the deluding desires that are enticing you. The reflections that you imagine to be real are the cause for all the desires and you engage in pursuing them. But knowing that you are *brahman* will dissolve all your desires into that knowledge. Therefore, you are indeed that *brahman*. This awareness will empower you to

understand this illusory world. *jagat mityā* means that the world appears to be real, but it is not. The knowledge will peel away all the desires off you and what remains of you is that *brahman* alone. When you say ‘I want Peace’, remove the ego – ‘I’, and the desire – ‘want’—what remains is Peace.

You are *brahman* as you are; however, the layers of ignorance – *āvarana* has to be unveiled. This veil projects everything around you as real and the knowledge of the Self is covered. Once you realise that it is all just a reflection in the mirror and not real, only then can you be sure that the veil of ignorance has dropped. All your desires peel away and *brahman* shines. So, both are two sides of the same coin – realising *brahman* is equal to being desireless and vice versa.



My Inner Journey

Unbecoming Myself to Become Him

By Mr Sunil Naidu



Mr Sunil Naidu is currently the Head of Department for Business and Leadership Management at Canterbury Technical College, Brisbane, Australia. He is an experienced educator, teacher trainer and workplace trainer with expertise in the areas of values education, leadership and management, and professional development. He is also the Founder and Director of a professional training company, Ninecloud Pty Ltd. Following the divine command of his Master, Sadguru Sri Madhusudan Sai, Mr Naidu serves as the Chairman of Health in Kind Australia and is also on the Board of Directors of the Heart of Love Foundation, Australia.

“Swami, the journey of becoming you is finally reaching its zenith, I have to be YOU”

My journey with Sai started around mid-1970s as a little boy trying to figure out why white ash was manifesting on the photo of Sri Sathya Sai Baba in our little home in Fiji, where people used to flock in, to pray and sing *bhajans*. Not convinced of the reasons given to me of the manifestations, I moved to New Zealand in 1986, as a teenager, to continue my studies. Swami blessed me with a life partner, Sangita (my wife) and we both worked in Sai Centres in New Zealand with enormous passion to develop youths as well as to teach children at the Sunday School programmes. Service and music were mainly what attracted me to the Sai group during those years. We had no idea that Swami was paving our path and He had taken us under

His Divine fold.

I was an active Sai Youth leader at the Sai Centre of New Zealand, when Swami invited the youth for celebrating His birthday in the year 1994. He graced us immensely with many interviews over a period of six weeks. Filled to the brim with His Love, I went to Puttaparthi every year and participated in various functions such as the world conferences, education sessions and youth conferences while continuing to engage in the youth service activities done in New Zealand.

We migrated to Sydney in 1998 to be with my parents, who had moved from Fiji by then due to my father's sickness. My life as a Sai Youth leader continued in Sydney. Inspired by Swami's mission in education, Sangita went on to pursue an Advanced Diploma in Values Education at the Sathya Sai Institute in Thailand with Dr Art Ong Jum Sai and wanted to stay there. I followed her and completed the same diploma course in values education. Simultaneously, I also worked with Sai youth in Thailand and the students from the Sathya Sai School there. Swami would appear frequently at the school in Thailand, which was witnessed by many. He graduated us with medals in Puttaparthi in the year 2000 and His blessings inspired us to work with more fervour when we came back to Australia.

In one of the early interviews given by Swami in 1995, He had told us that we will have a son. Many years went on, and we

had moved from Sydney to Brisbane during which time, my father passed away. Exactly three years later in 2008, on the same date of his passing, Swami blessed us with a son, Sai Kishan, which was truly His Divine miracle. Sangita left her work as a teacher at Sathya Sai School in Australia to take care of Sai Kishan. We took him to Swami in Puttaparthi in 2009, but after Swami left His physical form, we felt dejected as Sangita wanted Sai Kishan to experience more and more of Swami's love just like we had, in our many trips to His abode.

One day, I learnt that Swami had come back in His subtle form through the instrument of Sri Madhusudan Sai, and was visiting Australia in 2014. Sangita had no doubts that this was our beloved Swami, while I was uncertain as to what this phenomenon was about. One afternoon after *satsang* in Australia, Swami called me for an interview and repeated word by word exactly, what he had said to me in His room in Puttaparthi on the same date, twenty years ago. I knew at once, without any doubts, Swami was back (in fact as we know, He had never left at all as our human mind perceives). I fell at His feet with immense gratitude that He had chosen us to be a part of His continuing mission. On his next trip, when Sai Kishan sang, 'Love, love, love, love is God', Swami graced him with a small token of love and I started to see that a Divine being was now living with us in our home.

By His grace and invitation, I have travelled to Singapore, Malaysia, Bali, Fiji, Thailand and Japan to be a part of Sadguru's education and youth sessions. In 2017, He called me to Kodaikanal and instructed me to start His medical mission in Australia.



My Inner Journey

Thus, the medical team was formed under the name 'Health in Kind', by the Heart of Love Foundation, which is serving the people of Australia and the Fiji Islands. Various communities are being served with medical and dental camps and more recently with freshly made food for the homeless and disadvantaged families.

Many trips to India followed as we participated in Swami's mission. The last few years have been profound for us, and 2019 was a special year when Swami invited us to join His tour to all the Sanjeevani Hospitals in India, on the way to the auspicious Ganges in Rishikesh, Uttarakhand. Sai Kishan and I would spend more time in the hospital wards, as we felt a deep connection with the little children who were there for their open heart surgeries. We would spend time telling stories and playing games with the children, completely unaware of how time passed by. It was the most fulfilling time and we were overjoyed to participate in this life-changing mission.

This path of service has taught me to transcend beyond living this life merely by serving myself and my loved ones. For example, during COVID pandemic, we started feeding the homeless individuals and families in the city of Brisbane. This work now involves volunteers from all fields of life, who experience the joy of giving. We have been fortunate to see many lives being transformed by the service and education projects blossoming under His Divine guidance.

Our journey has further accelerated in the past few months. The divine tour of Sadguru Sri Madhusudan Sai to Fiji in April 2022 to inaugurate the Sri Sathya Sai Children's Heart Hospital has transformed us completely. The impact of free education and healthcare that has changed the lives of so many children and families around the world has touched our hearts. The hearts of the parents whose children's lives were saved, spoke out loud with the emotion of gratitude, and this experience has immensely strengthened our yearning to give, to serve as much as we can. We earnestly take the opportunity that He has given, not only to be part of His Mission but to be the Mission.

The time is now to be Him. No more being spectators!

This is the one opportunity in our lifetime, I believe He has given to all of us to make it as 'Our Mission.' Everything we earn or gather around us has no meaning if it is not linked with this Divine Mission. All projects started by one Swami must end with many Swamis to ensure the mission is accomplished.

The feeling of Oneness is more intense now than ever before, as we stand together shoulder to shoulder to ensure that His Divine Will manifests in every aspect.

