



वसुधैवकुटुम्बकम्  
vasudhaiva  
kutumbakam



MONTHLY GLOBAL NEWSLETTER



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## Message from Sadguru Sri Madhusudan Sai

### Voyage for Oneness

The children at our schools were given the task of tracing my recent journey around the globe during September and October, more as a lesson in geography than anything else. But as always they surprised us by sending a world map not just tracing the journey but also placing a suitable title to this undertaking - Voyage for Oneness - Vishwa Prema Yatra! They even calculated that it covered 56,307 kms in 26 days!

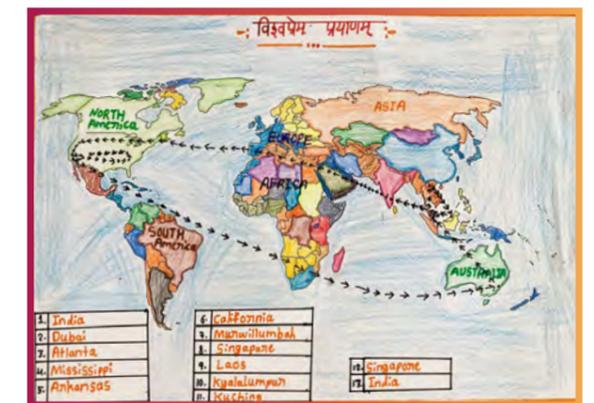
While I criss-crossed the countries in South East Asia, where two beautiful ashrams in Malaysia have been set up in mother nature's lap, I could only think of the students graduating from our University, equipped with both the worldly and the spiritual knowledge, to look after these institutions of inspiration in the future.

The wheel has been set in motion, and the change is coming over us, one child at a time. These children will go to any corner of the world to do their part in this great mission of oneness. And yes, the most beautiful voyage that humanity will undertake under their captaincy will be the Voyage of Oneness, where we all will unite, humans as well as all creatures great and small that inhabit this great planet as one world one family.

This is my hope and dream of One World, which is materialising one child at a time, right here in our schools and it's beautiful!



I was fascinated not so much by the completion of the assignment given, but by their understanding of why this voyage was undertaken in the first place. It was to unite the whole world in the truth of oneness of our divine existence. The young hearts got this fact right when many old heads had failed to understand. It made me hopeful for the future of the world and reassured me that all that we are doing to raise these children at our schools is worth every effort. The future of the world is being shaped in these campuses and these children are going to be the torchbearers of this great truth of oneness.



## At the Forefront

### Building Bharath - One Rupee A Day



ONE RUPEE

The impact of a good thought is infinite when it is translated into a good deed that is done consistently over a sustained period of time. It is not the size but the sincerity of the thought that can heal the world and build a better future for all.

The One Rupee App is a modern manifestation of the noble and time-tested practice of an Indian mother keeping aside a fistful of rice every day, before cooking for the family, in order to serve someone in greater need. This is our Indian way of being mindful and helpful to one another. A rupee a day, shared for the betterment of the society, is the new digital way of living the same good old life of compassion and charity. What is better, with the One Rupee App, your rupee can be customised to serve the needy through free education, nutrition, healthcare and much more. On this app, you can form and join online communities of like-minded people with shared ideas and interests!

As we look forward to building a better Bharath in the next 25 years, leading to the centenary celebrations of our Independence, a rupee a day would be our way of including everyone in this process of nation building. An India where no one is hungry, uneducated, or unhealthy, is the India of our dreams. Let us build our Bharath together, one rupee a day!

**one nation**  
WALK FOR PEACE  
WITH ONE NATION FOUNDATION

WALK ANYTIME, ANYWHERE ON  
**2<sup>ND</sup> OCTOBER**

**EVERY TEN STEPS WOULD AMOUNT TO ONE RUPEE  
TOWARDS A CHILD'S NUTRITION/EDUCATION/HEALTHCARE**

Count your steps by registering your walk on **ONE RUPEE** app, for just one rupee a day

**DOWNLOAD NOW**

android iOS

**ONE RUPEE**

**BE A PART OF THE ONE RUPEE REVOLUTION**

'One Nation Foundation' through its partner Trusts and Foundations will donate one rupee for every ten steps taken in an hour's walk, from start to finish.

[www.onation.org.in](http://www.onation.org.in)

# At the Forefront

## 03 September 2022 – Symposium on the ‘Influence of Socio-cultural Factors in Improving Mental Health in Adolescents’ – Singapore



1YOUTH Singapore is a community for all the youth of Singapore to join their hands together, help their fellow beings in need by contributing what they have received from society and make the world a better place to live. The 1YOUTH Singapore started as an occasional teaming up of youths and serving the deprived, whenever possible. Today this community has grown exponentially wherein youth from various walks of life including students, medical professionals, educators, civil servants, entrepreneurs, etc. assemble together after office hours, analyse the needs of the society and initiate different service projects in a planned and organised manner.

The 1YOUTH charter includes **five principles** that guide every member of its community:

- To have an ‘Attitude of Gratitude’ in all that they do
- To engage in service to the community monthly once
- To meet as a global 1YOUTH family once a year
- To bring a new member into the 1YOUTH community every year
- To treat each other as family, with respect and humility

A recent study in May 2022, conducted by the National University for Singapore in collaboration with the Education Ministry and the Institute of Mental Health, estimated the prevalence of mental health conditions in youth and gauged their emotional resilience. About one in three young people in Singapore was found to be suffering from internalising mental health symptoms such as sadness, anxiety and loneliness. Roughly one in six young people said they experienced externalising mental health symptoms, such as hyperactivity, rule-breaking, and aggression. These were among preliminary findings from a survey that is part of the Singapore Youth Epidemiology and Resilience Study involving 3,336 young people aged 11 to 18 years. Youth aged 14 to 16 years scored lower in self-resilience, compared with other age groups.

With working parents, teachers have to play the dual role of teachers as well as mentors for adolescents. More than bonding with parents, gadgets and social media distracts them and they end up distancing themselves with their own family members. These perils can be averted by rejuvenation of family values of bonding, sharing, parenting etc. and social values of community living and celebrations. This will also help the young ones feel accepted and feel secure in their societies where they have the support of all.

A symposium, ‘Influence of Socio-Cultural Factors in Improving Mental Health in Adolescents’ was organised by 1 YOUTH Singapore with the support of SG Mental Well-being Network, a part of the Ministry of Culture, Community, and Youth, where experts deliberated on how mental health is influenced by socio-cultural factors and how can one support the mental health and well-being of today’s youths.

Sadguru Sri Madhusudan Sai welcomed Ms Rahayu Mahzam – Senior Parliamentary Secretary, Ministry of Health and Ministry of Law, Singapore who was the Guest of Honour.

A panel of psychiatrists and educationalists were invited as speakers:

**Mdm Kunawathyammal d/o Kaliannan** – Senior Teacher Fellow, National Institute of Education

**Prof John Wong Chee Meng** – Senior Consultant Psychological Medicine at the National University of Singapore (NUS), Lin Jo Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience

## SYMPOSIUM ON THE INFLUENCE OF SOCIO-CULTURAL FACTORS IN IMPROVING MENTAL HEALTH IN ADOLESCENTS

NTUC Centre  
One Marina Boulevard  
Level 7 Room 701  
5 SEP 2022  
8:30AM – 2:00PM  
FREE ADMISSION  
LIMITED SEATS



**Guest of Honour**  
**Ms Rahayu Mahzam**  
Senior Parliamentary Secretary at  
Ministry of Health &  
Ministry of Law

Please register at:  
<https://bit.ly/3NWtyKM>



### Keynote Speakers



**A/PROF JOHN WONG CHEE MENG**  
(Virtual)  
Senior Consultant  
Psychological Medicine at the  
National University Hospital  
Lin Jo Yan & Yeo Boon Khim  
Professor in Mental Health  
& Neuroscience



**DR VICKNESAN MARIMUTTU**  
(Virtual)  
Senior Consultant  
Psychological Medicine at  
KK Women's & Children's  
Hospital



**EMERITUS PROFESSOR RON TOOMEY**  
Emeritus Professor  
from the College of Arts &  
Education, Victoria University  
(Australia)



**SADGURU SRI MADHUSUDAN SAI**  
Founder of  
Sri Satya Sai University  
for  
Human Excellence  
(India)

Join us to hear from experts and advocates in the field on how to develop mental health strategies.

**"Teens & Kin" Exhibition**  
by NUS Mind Science Centre

which places the spotlight on youth mental health with a specially curated section that seeks to initiate conversations about intergenerational bonding and the resilience of our youths, will also be on display.

Organised by  
**1YOUTH**  
LIVING · LOVING · SERVING

Supported by  
**SG MENTAL WELL-BEING NETWORK**

Powered by  
**NYS**  
NATIONAL YOUTH COUNCIL  
SINGAPORE

**Dr Vicknesan Marimuttu** – Senior Consultant, Psychological Medicine at KK Women’s and Children’s Hospital

**Emeritus Prof. Ron Toomey** – Emeritus Professor from the College of Arts and Education, Victoria University (Australia)

**Mdm Tamil Selvi** – Subject Head and Discipline Mentor, Grace Orchard School

**Ms Hananusia Prithivi Raj** – Clinical Psychologist and Registered Clinical Supervisor

Sadguru Sri Madhusudan Sai in His address mentioned the root cause of this dangerous outbreak of mental health issues in youth and showed a positive and practical way to overcome this issue. He began His address with a prayer from Indian culture which says,

*sarve bhavantu sukhinah*

*sarve santu nirāmayāḥ* ।

*sarve bhadraṇi paśyant*

*mā kaścidduḥkhabhāgbhaveta* ।

*oṃ śāntiḥ śāntiḥ śāntiḥ* ।।

Let everybody be happy. May all be healthy. May all see good and auspicious everywhere and no one suffers. Let there be peace.

- I made a prayer that everybody should be happy. So far, happiness and health were only concerned with physical or biological well-being. The COVID pandemic has shown us the underlying mental health issues in today's youth. For a long time, this has been a taboo which nobody wanted to talk about. People did not want to accept the fact that mental health issues can prove fatal to one's life, purely out of fear of being branded or labelled by society for acknowledging such a condition. People suffered in silence. It is not just the problem of the youth from Singapore, rather a problem witnessed all around the globe
- Mental health challenges are on their way to becoming one of the very big disease burdens in times to come, leading to suicides, and is on the way to becoming the second largest killer in youths and teens across the world
- Childhood can be compared to that of springtime in life when the child should look forward to a beautiful life ahead, contribute to society, actualise, and realise his or her full potential. Instead, most children are getting into depression and anxiety, and want to even go to the extent of taking their lives
- When we talk about mental health it is all about the mind. In India, the mind is divided

into four parts. The first part is *manas* – a collection of thoughts. According to research, every individual has 16,000 unique thoughts from the time he wakes up till he goes back to sleep. This collection of thoughts is like a piece of fabric which is made of several threads. The thoughts may be good, bad and ugly as they are just the collection of information. The second part is *buddhi* – intelligence. It analyses these thoughts and makes decisions accordingly. The third part is *cittā* – a collection of all impressions; the experiences that one has had since birth. It compares the past memories or experiences installed in the subconscious mind and accordingly helps us decide our next move. The final and the most important part is *ahaṃkāra* – the identity. We identify ourselves as somebody with talents, who belongs to a family or a community with certain capabilities

- Mental health issue is associated with identity. We all have our identities defined by the circumstances, the society that we live in, the religion that we follow, etc. A child needs a positive environment to flourish. The first environment where the child grows is the family. With the modernisation of society, family structures are getting destroyed which in turn is affecting the child's identity, due to the wrong and negative environment. In childhood, they identify themselves as the son or daughter of a parent. But during adolescence and teenage, the child identifies itself with the talents it possesses. If the child is unable to identify himself or herself with something positive, unique and special, the child feels worthless, useless, and unaccepted leading to depression and anxiety
- Monetisation is another big issue to deal with, which is largely affecting the mental health of today's youth. All talents should lead one to earn money or else it is straight away rejected by parents and society. To quote another example, a child who wants to become a teacher is discouraged by his

parents for the reason that it isn't a well-paying job. For example, parents want the child to pursue medicine and become a doctor so that he can earn well, even if the child has no interest to pursue it. We have to shed this old generational mindset and framework. The previous generation came from very difficult times after the World War but it was altogether a different era. Let us not superimpose that idea on the next generation

- Maslow's hierarchy speaks about physiological security. There are bigger needs to be addressed – esteem needs, the need for belongingness, and most importantly the need for self-actualisation. Children should feel that they belong to society, and must not be rejected as a result of being compared with other children. It is unfair on our part to compare children and pass judgement
- These days parents don't spend quality time moulding and teaching their children. Both parents are working to earn more so that they can put their child in a reputed school, provide him/her all the comforts, etc. The child is left under the care of a nanny who isn't going to help the child to grow well. Today, if the child is neglected of the required attention, love and care, he/she is going to behave similarly with the parents when they grow old
- So, this is where we are going wrong as a family, as a society, because we don't have parents who understand these values of acceptance. They don't have time for their own children. Children need parents. They need the attention of parents, along with their involvement, and time. That is the solution to most mental problems. We must identify the potential gifts of the child, and provide an environment not superimposed with our own ideas of what the child should be, but rather we should notice what a child is born to be, the purpose, and identity. If the child is allowed to grow that way, he will blossom. I'm sure we will have a better poet in society and not a bad doctor. We will have better teachers in society and not bad engineers. We will have a better philosopher and not a bad leader. You will have everybody who's better at doing what they're doing and that's how

society will not remain mediocre anymore. There will be excellence in society because everybody is doing what exactly they want to do. Whether the same amount of money is made or not, should become secondary

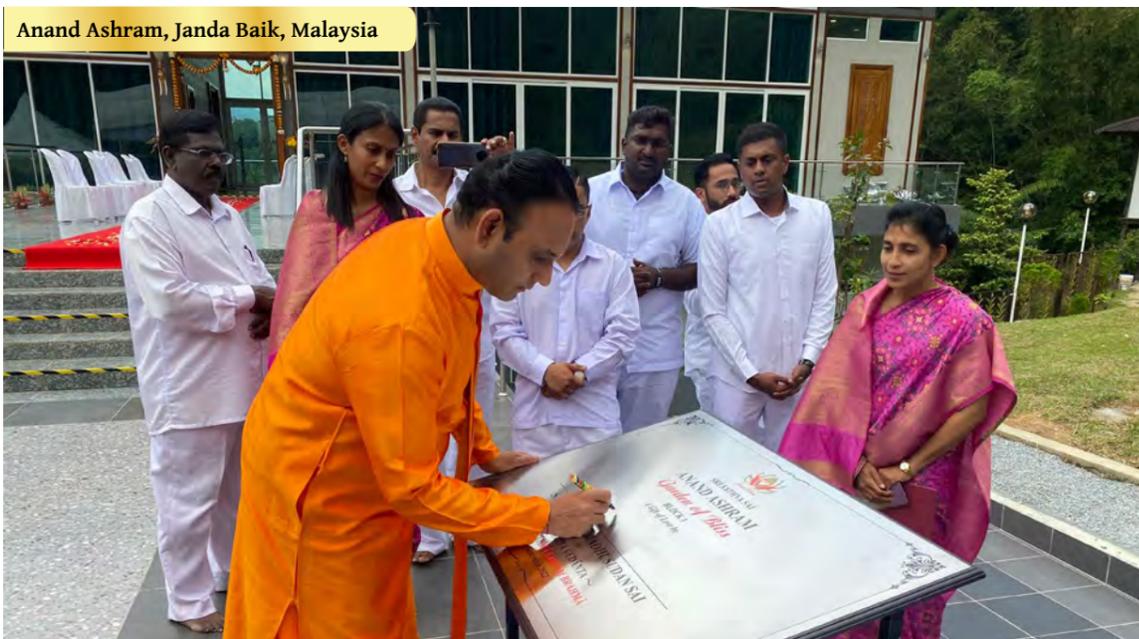
- The equation that money is equal to success must change now. Parents have to be taught to mentor, to understand that money equal to success is no more the equation for this age; not in the twenty-first century. Let us not put our children under tremendous pressure. Peer pressure, performance pressure, etc., can't be the way. Their passions should be encouraged. We are a global village. It is said, it takes a village to raise a child. Now, it takes a global village to raise a child because we are connected and influenced by each other's culture
- So, this is the idea of what we are doing in India, and we also came up with the programme through the Institute of Human Values for those who would like to associate and understand how we impart these lessons. Anybody can enrol for free. We have programmes on parenting, teaching, volunteerism, compassionate healthcare, etc. These are curated by experts from around the world so that it incorporates examples, values systems and cultures of many countries. This helps everybody to feel associated and engaged. Many people from around the world have enrolled in these courses, which is an online programme with an online certification
- I hope every country recognises this problem of mental issues in youth and takes the necessary steps to reduce and eliminate it from its roots. I would like to see a world where children are happy, healthy, enthusiastic, brimming with energy, and looking forward to a future, a common future for all of us which we will co-create together for a better world. And the responsibility lies with us - the teachers, who are the second parents and of course, the parents who are the first parents in the first place. So, we all have to work together, and I look forward to working with all of you across the countries to make the world a better place for our children to live in and grow

## 8 September 2022 - Inauguration of Sri Sathya Sai Anand Ashram, Janda Baik, Malaysia

Sri Sathya Sai Anand Ashram is yet another milestone in the fast-galloping mission of Sadguru Sri Madhusudan Sai. The *āśrama* is located 2,000 feet above sea level in the midst of the serene, breathtaking and enchanting lap of mother Earth and has become an add-on to the list of Centres for Human Development established around the globe. On the auspicious evening of 8 September 2022, Sadguru Sri Madhusudan Sai inaugurated the twelfth *āśrama*/ Centre for Human Development and named it to be the 'Kodaikanal of South-East Asia' synonymous with its climatic conditions and scenic landscape. This *āśrama* would serve as a beacon of light to everyone in South-East Asia and as revealed by Sadguru will function as 'advaita study *āśrama*' promoting and propagating the principle of non-dualism elaborated by Sri Adi Shankaracharya.

Sadguru in His divine message remarked that the birth of an institution is a special occasion because an institution builds individuals and these individuals build institutions. It is like sowing the seed of building many more individuals through these institutions and this will perpetuate itself till eternity. This is how the message of divinity will promote, propagate, and perpetuate itself for all times to come. Sadguru stressed that an *āśrama* is a universal home, where the whole world can stay together. Only in such a home, where there is a place for everyone will God love to come and stay.

## Glimpses from Dussehra Celebrations 2022 at Sathya Sai Grama



Anand Ashram, Janda Baik, Malaysia

## In Focus

### Glimpses from Dussehra Celebrations 2022 at Sathya Sai Grama



## News from the Centres for Human Development



“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.

Sai Global Federation of Foundations (SGFF) brings together an international community of organisations which share the common goal of alleviating human suffering, promoting

environmental responsibility and creating new opportunities for those in need. It is a non-religious, non-denominational, non-political group promoting harmony by serving humanity, transcending the barriers of gender, caste, creed, ethnicity, nationality and colour. All Foundations and Trusts under SGFF work independently, collectively and in collaboration by exerting efforts in a focussed and purposeful manner, creating significant impact, throughout the world.

“Service is the ultimate expression of Love”

# Region 1

## Australia



### Heart of Love Foundation, Australia



#### Queensland

In the month of August 2022, close to **425 hot and nutritious meals** were served to the homeless in Brisbane CBD and the destitute living in a Caravan Park in Queensland.

#### Victoria

The volunteers served close to **160 deprived families** with ration items worth **600 meals** in total through a local collaboration – Wyndham Park Community Centre, Western Melbourne. The items included lentils, rice, milk, and hygiene essentials such as tissue rolls, etc. Around **140 meals** worth of breakfast items were also provided to families in need by collaborating with a local church – Anglican Church, Western Melbourne.



#### Western Australia

The volunteers served close to **335 meals** to deprived individuals, refugees, indigenous families, and homeless youth through collaborating with several NGOs such as CARAD, HD Streetwise, Tom Fisher House, Beanang Kwuurt Institute (BKI), and Passages Youth Engagement Hub.

# Region 1

## Fiji



### Sai Prema Foundation



#### Inauguration of Sri Sathya Sai Sanjeevani Children's Dental Centre

The Sri Sathya Sai Sanjeevani Children's Dental Centre was established by Sai Prema Foundation Fiji and officially inaugurated by the Acting Vice Chancellor of the Fiji National University (FNU) – Dr William May on 13 August 2022. This facility has been opened by the Foundation in conjunction with Colgate-Palmolive Fiji and Fiji National University. Dr Osea Dukuno – Head of School of Dentistry and Oral Health, FNU, Mr Hiten Lal – General Manager of Colgate-Palmolive Fiji and Mr Paul Welsh – Deputy British High Commissioner with his wife Mrs Jessica Welsh were the guests of honour.

The Foundation also marked its sixth anniversary with yet another milestone in the healthcare prism of the country by now providing free dental care to all children under the age of 16 years.

#### Third Surgical Mission at the Hospital

The incredible team of 19 surgeons, doctors and medical professionals from the National University Singapore (NUS) began operating on the children of Fiji. The NUS team from Singapore and Malaysia were assisted by 5 nurses from Australia as well as the 7 member team from Sri Sathya Sai Sanjeevani Hospitals, India.



## Region 1

Japan



*Home of Universal Peace*



### Meals Distribution

In the month of August 2022, the volunteers from Japan served nearly **400 meals** to the poor and needy at various locations throughout Japan. The food was cooked at home by the volunteers which included fried rice and vegetables, juice, daily need goods as well as some ready-made packed foods which can be eaten anytime just by pouring water.

### Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

Volunteers have been extending support to children with intellectual disabilities and down syndrome by accompanying them instead of their parents, to commute to school every day. In addition, free consultations for infants and mothers were provided by medical professional volunteers.

### Educare – Human Excellence Academy of Japan

The Human Excellence Academy of Japan has commenced the monthly online sessions of the seven-month course – ‘The Road to Infinite Joy’. Dr Ron Farmer and Mrs Suwanti Farmer from Australia were the speakers for the sessions. The course objective is to guide participants to reach the true joy that resides within each and everyone using human values as building blocks. Around **20 individuals** participated in the session.

## Region 1

Malaysia



*Sai Ananda Foundation,  
Kuala Lumpur*



Sai Ananda Foundation Malaysia delivered food boxes to **80 underprivileged individuals** in the month of August 2022. Around **100 families** received dry rations as a part of monthly ration supplies. Additionally, there is a generosity counter where beneficiaries can select an item of their choice from the many such as clothing, kitchenware, etc., as a token of love from the Foundation.



## Region 2

### Middle East



#### Desert sevā

In the month of August 2022, around **30 love kits** equivalent to **1,080 meals** were delivered to needy farm owners and caretakers who live in the harsh conditions of the deserts. The kits included wheat flour, rice, pulses, oil, spices, cleaning supplies, etc.

#### Distribution of Sai Love Kits

The Sai Love Kit comprises of daily essentials required to lead a comfortable life and is distributed to needy individuals. Close to **50 Sai Love Kits** with the capacity to serve **4,500 meals** were distributed to the blue-collar workers who are facing a hard time and are struggling to make two ends meet. Each kit contained wheat flour, rice, pulses, spices, cleaning supplies etc.

#### OMAD – One Meal A Day

This initiative began to feel responsible toward society and feed at least one meal to a person in need. When these quick meals or refreshments such as fruit, snack or juice are offered to the blue-collar workers toiling under the scorching heat of the sun, they feel a sense of happiness and gratitude towards society for looking after them. The initiative might seem to be a small gesture but brings unforgettable smiles to the faces of the beneficiaries. Close to **255 meals/snacks** were provided to the beneficiaries this month.



## Region 2

### Nigeria



#### Spiritans Self Awareness Initiative

#### Joy Village Enugu, Nigeria



**A**ruike Specialty Hospital (ASH) runs two clinical facilities in 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 August 2022, a total of **460 children, 871 adults** and **120 eye patients** were provided with world-class treatment. Around four deliveries were performed and numerous surgeries such as circumcision, catheterisation, appendectomy, herniorrhaphy, caesarian section, and cervical laceration repair were conducted. Close to 815 medical investigations were also conducted.

#### Heart of Love Children's Home – HOLCH

Presently, the Heart of Love Children's Home is providing holistic care to **34 children** who are deprived of their basic needs.

#### Neani Farms

The JOY village also helps the neighbouring villages with the provision of rice and other harvests. The rice which was sown a few months ago is ready to be harvested in September 2022. This would serve the dietary requirements of JOY Village and thousands of villagers in the community.



## Region 2

**Sri Lanka**



**Sri Sathya Sai Karuna  
Nilayam Foundation**



### Sri Sathya Sai Sanjeevani Hospital

The first paediatric mission of the Sri Sathya Sai Sanjeevani Hospital, Batticaloa, Sri Lanka began by mending **six little hearts** with congenital heart disease. Coming from economically deprived backgrounds, unable to afford the exorbitant prices of the healthcare offered by the corporate hospitals, they found refuge in the Sri Sathya Sai Sanjeevani Hospital which gave them the gift of life. The team of doctors from the Sri Sathya Sai Sanjeevani Hospitals, India, came to the rescue of these little angels.



## Region 3

**Turkey**



**Karşılıksız Hizmet Vakfı  
(Selfless Seva Trust)**



- Once a week, grains or pastas with legumes is cooked and served alongside milk or yoghurt, and bread in the districts of Şişli, Pendik and Ömerli. Close to **3,070 meals** were distributed door to door in the month of August 2022
- In the district of Uskumruköy, grocery boxes consisting of flour, milk, pasta, rice, sugar, vegetable oil, tea, toilet paper, paper napkin, bleach, sanitary napkins, etc., were distributed to **10 needy families**



- Around **24 families** were provided with shoes and **29 families** were provided with clothes. Financial aid was also extended to **three deprived families**

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

### Argentina



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



During the month August 2022, around **290 meals** and **1,440 breakfasts** were served at different soup kitchens – Comedor Urbino, Buenos Aires; Los Pequeños de Juan y Evita, Refugio Uguet Mondarca, and La Bonorino, Buenos Aires. In the city of La Plata, food supplies were delivered to **five soup kitchens** and to two families in need.



Sai Prema Foundation offered yoga, english speaking, writing, drawing, and sewing classes to the 'Hogar Sierra Dorada' in San Marcos Sierra, a Foundation which fosters **47 children** from the age group of two to seventeen.

## Lessons For Life

### *How do you make your daily chores/work meritorious?*

If you do any work as worship to God and offer all that you have done to Him at the end of every day, then work becomes worship and also selfless. If you think that your family has been given by God and you are looking after the people of God, the family of God, then that thought becomes selfless. If you think that the body is the temple of God and He is the resident of this temple, then even if you have to feed, dress or look after yourself, it becomes selfless and does not remain selfish

anymore, as you believe that you have to look after the temple. Therefore, what you do depends on your attitude and feeling behind the work. If you think in a godly way, in a divine way, everything that you do becomes selfless, everything becomes a meritorious deed. You must think, *“O Lord, You have blessed me with another day, another year to live for You. Give me the buddhi, the understanding that I must live every day, every moment in service to You.”*



# My Inner Journey

## A Quest for the Truth

– Mrs Jennie Cornsweet



**M**rs Jennie Cornsweet helps oversee Swami's Divine Will Foundation which is based in the US along with her husband, David. She is also employed as an Executive Administrator for the Gumpert Foundation in the US. They both came to Sathya Sai Baba in 1995 and have been serving in His Mission since then.

**A**s I reflect on my spiritual journey till this present moment, I can see where the turning point occurred from the draw of the world to the draw of the inner journey. There was no more dipping in and out of spiritual life. It was now the only focus. Only the Divine knows when that time is right according to His play and the role we have been given.

I had taken time off from my worldly life to discover who it is that was calling me from within. In my ignorance, I thought it was something I had to find outside of myself. I had spent six months traveling all over the world in this search for my spiritual teacher as I knew that I needed a guide and mentor to help me awaken to the truth of who I really was.

This happened when I arrived in America on my way back to the UK which was home at that point. In the first three months of arriving in San Diego, California, I was blessed to know about Sathya Sai Baba. My reawakening had begun. I also met my husband to be, David, and started my new profession in alternative healing. This was in 1995. My entire life changed when I went to India to meet my guru. Swami has said that when the student is ready the guru will appear. I was evidently ready!

From 1995 to 2014, David and I went to Puttaparthi many, many times. As many devotees know, being in the presence of one who knows and lives completely in His divinity gives one the opportunity to dive deep which is never easy as the ego goes through its own necessary dissolution. This was the time in our lives where the 'weeds' were being pulled out one by one by their deep roots as Swami was preparing us for the next stage of our transformation.

In March 2014, David had the grace and blessing to meet with Sathya Sai Baba in the subtle form in Muddenahalli. The next chapter in the Divine play for us had begun. In June 2014, He came to the house in Encinitas where we were living, where I met Him for the first time in this form. There was no difference to me, it was a seamless transition.

Then the deepening was invited again. As we witnessed Sri Madhusudan going through his own ascension to Sadguru Sri Madhusudan Sai, our transformation also quickened. When the call comes, and the time is right, there is nothing that one can do but surrender to the Will of the Divine and allow the inner pull to manifest as it wishes. The tests become harder as the ego tries to hold onto its existence, all its identities, preferences, desires and its will to survive. It seemed like a very painful process until the divine showed us that the dissolving of the ego consciousness is a shedding of all the layers of false identities which creates that feeling of disappearing into the unknown. Whereas what is happening is that by shedding the ego more and more, the experience of complete freedom emerges. All we need to do is choose this freedom, choose to keep our awareness on the silence, the emptiness, the stillness and the present moment which is then revealed as the experience of pure love. This love then keeps expanding the more we choose this freedom which to me is called consciousness.

Swami explained that what we are experiencing is the projection of the play of consciousness through our eyes onto the screen of what we call the world, like the movie that is projected out of the movie camera. We can watch the movie, enjoy the movie, be interested in the movie to experience what the divine has written in the script for us. But this was now being done with the direct knowledge that we are only the observer. Every time we get drawn into the movie and our mind and emotions become excited or agitated, we can stop, withdraw and observe again from that place of being a witness. How wonderful that this divine guidance from one that knows is freely given.

With the grace of the divine, the truth of who we really are begins to emerge. As we start to get glimpses into this other way of being and nurture this experience, this sense of divine beingness grows. It is only through His grace and our sincere longing and efforts to remember this truth of who we really are that allows this divine journey to deepen more and more.

We have been incredibly fortunate to have had the last two years in the āśrama in Muddenahalli in the presence of our Divine teacher and have His direct guidance. He showed us the truth and helped us to begin to directly experience it in our day to day lives. All we wanted was to learn, to break down the walls of *maya* and be shown what we had forgotten, that we are divine. We were willing, eager and dedicated students. The journey from I to We to He continues. It never ends until that day dawns when there is no separation, no delusion and only the awareness that we are all One is all that remains.

We pray that this day will come soon so that we can help others to know the truth and they can help others too as they realise their true self. What a beautiful and sacred time that will be when this play is filled with *jnanis* who are living their lives and playing their roles while knowing that they are not the doers or enjoyers. They are simply experiencing their own divinity which is nothing other than pure love. Swami has said this is not only possible but inevitable. And He has showed a direct path to reaching the goal. All can have the direct experience. Why not?



