



वसुधैवकुटुम्बकम्
vasudhaiva
kutumbakam



MONTHLY GLOBAL NEWSLETTER



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Message from *Sadguru Sri Madhusudan Sai*

Love – The Be All and End All

Muddenahalli, the Mecca of the current mission has become a melting pot of visitors arriving from near and far, both ordinary and accomplished. While it seems like a surprise to many, to us it is simply a natural thing that happens to any place that is suffused with selfless love.

All creatures big and small, crave for love that is unsullied and selfless, be it an insect or an animal, a pauper or a prince, and ordinary citizens or leading ministers—all secretly strive for the purest divine love, knowingly or unknowingly. Therefore, a place that exudes such Divine love naturally attracts everyone to itself, and that is precisely the case with the ashram at Muddenahalli now.

Barely two months into the new calendar year and there are scores of visitors, all new to us but not new to the Divine, who are making a beeline to this little-known hamlet. All ask the same question as to how on earth is all this possible; and we give them the same reply, 'Love makes it possible'. Some understand instantly and some take time, but after experiencing the purest of love, they all go back touched and transformed.

The latest miracle of love in the making is the world's first free medical college in Muddenahalli, which is getting ready for a grand inauguration by the head of the Indian state. In just a year, from concept to completion, the edifice stands tall as a testimony to the **power of pure love**.

We celebrated Shivaratri this month, which to us is the festival of pure love demonstrated by Lord Shiva, who himself drank the poison and gave the elixir of life to all. Inspired by Lord Shiva, we recommitted ourselves to the cause of universal welfare, even if we should have to drink many a poison of inequality and injustice. On this path, we now walk firm-footed to do more good than ever before, and many are joining us in this journey, mesmerised by the power of love that leaves no one behind.

Love reaches the unreached, does the undone, and serves the unserved, and so do we with **love and love alone all the way**.



At the Forefront

06 February 2023

– Deputy Prime Minister of Fiji visits Sathya Sai Grama



Meeting with Sadguru Sri Madhusudan Sai



Interaction with patients at Sri Sathya Sai Sarla Memorial Hospital



With the vaṭus at the veda pāṭhaśālā



Tour of Sri Sathya Sai Sanjeevani Heartcare Centre, Muddenahalli



Tour of Sri Sathya Sai Rajeswari Memorial Academic Block

In Focus

03 February 2023

– An Evening Divine, Bengaluru



AN EVENING

Divine

Mr D N Prahlad, Founder and CEO of Surya Software Systems Private Limited Converses With Sadguru Sri Madhusudan Sai

1. You mentioned that the free medical college that you are setting up is a vision and not a dream. The need for such medical colleges that can produce more doctors and nurses is immense. So, how do you envisage scaling up this particular initiative?

janam (people) and dhanam (resources)—both play an important role in the scaling up of any project. Of the two, I would say that *janam* is much more important. At the individual level, if every student passing out of our medical college becomes an independent entrepreneur, who will be inspired to go back to wherever he/she came from, and set up healthcare institutions, however big or small, and inspire many more people, this movement will spread everywhere.

At the institutional level, we have several hospitals in India which can be converted to medical schools in the future. All of this needs man power and fortunately we are getting it. In fact, for this first medical college that we are setting up, we were wondering about how we can get the right kind of professionals who will come and teach in a place like Muddenahalli. However, we have found all the staff that we needed. They are all quite accomplished with 20 to 25 years of experience, and ours is not a glamorous institution as it is just going to be born. When enquired, they said that free medical education resonated with them, and this was their heart's calling – an opportunity to give back to society. We found the right kind of talent – doctors who are waiting for a free medical school and teachers who are waiting for a free medical university. We have kept the cost of running the hospital or the medical school as bare minimum to ensure that more people can participate.





Violin and Veena Recital by Sri Kumaresh and Smt Jayanti Kumaresh

2. National Eligibility cum Entrance Test (NEET) is mandatory throughout the country for medical education. How do you address this unless and until students from the rural sections of the society gets an opportunity to be eligible for NEET exams, thereby making them available for rural patients in the future?

NEET exam is taken only in the English language. So, students who have studied in vernacular languages in their respective schools find it very hard to crack NEET. Because of this, even bright students are left out. So, what do we do about it? In our institutions, we have changed over to English medium only to encourage aspiring doctors to write their NEET exams, so we start coaching them early and they can prepare themselves. Our students, who are

predominantly from rural India, complete their medical education and join back our institutions to serve as doctors. The quality of serving others is already imbibed in them, and so it is easy for them to work as doctors elsewhere.

Apart from this, we also help students who approach us for help in NEET coaching.

However, it will be good for corporates to conduct an intensive training programme of two to three years for rural youths, especially if they are coming from regional language schools. If NEET exams can be made available in regional languages, which the Government is already trying to implement, more students can participate in medical education.



In Focus

18 February 2023 – Shivaratri Celebrations, Sathya Sai Grama, Muddenahalli

Divine Discourse of Sadguru Sri Madhusudan Sai

bhakti* is His *ruchi

nāda priyanu alla, veda priyanu alla, bhakti priya koodala sangama deva says the Kannada song. The Lord is neither fond of *nāda* nor of *veda*, but is fond of only *bhakti*. Our children from the *veda pāṭhaśālā* chanted the *vedic* mantras so mellifluously and correctly with a lot of *śraddha* and *bhakti*. I am very pleased and happy that my children have taken the responsibility of continuing this *paramparā*. The presence of Parvati and Parameshwara was felt throughout the *pūja*, and this is proof that our worship has been accepted by them, not because of our capabilities or intelligence, but only because of our *bhakti*.

Who is Shiva? – “You are Shiva”

Shiva and Shakti are in truth, formless and nameless—they are the very consciousness which forms the substratum of this creation. In fact, *sanātana dharma* is the only *dharma* that proclaims that everything is Shiva, everything that we see is Sathyam (Truth), Shivam (Goodness) and Sundaram (Beauty). ‘*śivoham*’ – I am Shiva, ‘*jīvo brahmaiva nāparah*’ – the individual soul is not different from *brahman*, are the declarations of our Indian culture, which cannot be seen anywhere else in the world.



The narrow understanding of our existence as perishable bodies, fluctuating and fleeting minds, and wavering emotions should be given up. We are beyond these; we are that steady state of existence which we can call by any name – *brahman* or Shiva, or Narayana...

True Vision is the Vision of Oneness

The whole creation is the dance of Parvati and Parameshwara, and hence everything is Divine. In sadness and happiness, and in every situation, there is only Divinity. Seeing the oneness of Divinity in all situations, at all places, in all people and all things is the essence of spirituality. Shiva Tattva represents that oneness, that consciousness, which is the very substratum and basis of our existence. This idea unites us all. The idea of ‘I’ and ‘Mine’, ‘They’ and ‘Theirs’ needs to be transcended so that we see only consciousness as that which animates and orchestrates the entire creation.

When the *nirguṇa nirākāra parabrahma swarūpa* of Shiva manifests as the *sagūṇa sākāra swarūpa*, He is called *mahādeva*. *deva* means senses; *mahādeva* is the one who is beyond the senses. He is the supreme. Unless that Supreme Consciousness animates the senses, the senses of *śabda*, *sparśa*, *rūpa*, *rasa*, *gāndha* cannot work.



In Focus

18 February 2023 – Shivaratri Celebrations, Sathya Sai Grama, Muddenahalli



īśāna sarvavidyānām īśvara sarvabhūtānām – The Lord is present as all forms of knowledge; He is the indweller of all living beings. Thus, the truth of oneness is the only truth. ‘Other’ is a big illusion. All the problems in the world are because of the ‘other’ feeling. The moment we affirm that there is no ‘other’ and everyone is ‘one’, all the differences disappear and dissolve. This feeling of oneness is the Shiva Tattva. He is common to us all; He is present in both *jada* and *caitanya*.

Oneness is Goodness

Goodness is auspiciousness. Goodness manifests only when we realise that everything is one. God lies in Goodness. Shiva is called Shankara because He does good to everyone. Doing good selflessly, unconditionally in the purest way is Divinity—there is nothing beyond that.

Shivaratri is that auspiciousness night when everyone focusses on that single idea of oneness, and this can create tremendous power. This idea of oneness is the only solution to all the problems of the world. If everyone believes, experiences and lives in the idea of oneness, then it is needless to say that only auspiciousness and good will happen everywhere. Wherever there is good happening, that is *śiva loka*.

Shiva you think, Shiva you are

If you really believe you are that Shivam, you will experience that at all times; you do not have to put efforts; you will experience that pure existence effortlessly. The ‘*tryambakam yajāmahe*’ mantra ends with – *mṛtyormukṣīya māṃṛutāt*. This doesn’t just mean curing of bodily illnesses; but means redemption from the idea of birth and death; redemption from the narrow-minded thinking that we are the body or mind. Thus, this mantra reminds us that we are the Immortal Self – the *amṛuta tattva*.

Hence, believe in this truth and keep telling yourself *śivoham*. Then one day, that reality will reveal itself because of your *śraddha* and *bhakti*.



bholābhandāri

When *hālāhalā* came, nobody accepted it except Lord Shiva. But, when *amṛutam* came, *devās* and *asurās* fought to have it. Similarly, there is so much of *hālāhalā* within and without all of us; and it is Lord Shiva who is willing to accept all the negativity and give us *amṛutam* in return. He takes all the poison, difficulties, pain and suffering born out of wrong identities, and shows us our real identity as that Divine itself and that’s how He removes our suffering.

Shiva grants everything that we sincerely ask for. If we sincerely pray – ‘I seek nothing but you. I seek my existence as your existence’, He will surely grant us that.

Shiva is the embodiment of compassion – *kāruṇyamūrti*. By unbecoming selfishness and being compassionate, we will become ‘Shiva.’

mānasa sarovar

The mind is like a lake. Only when it is pure and steady, can we experience the truth which is already within us. *sevā* is important to purify our mind of all selfishness and *sādhana* or austerities are meant to steady our mind.

Hence, let us serve to be selfless; let us steady ourselves by withdrawing from all other unwanted engagements of the world.

Our Work

Shiva’s work is our work. *jīva sevā* is *śiva sevā*. Removing negativities and spreading goodness by doing good day and night is our work. On one side – *smaraṇa*, and on the other side – *sevā* should be our way of life.





Sadguru and Swami Anubhavananda with Sumeet Tappoo and his troupe

In Focus

26 February 2023
– Susamskaarit Swasthya Seva,
Indore

Keynote Address of Sadguru Sri Madhusudan Sai

Namaskar! Dignitaries present on the stage, Honourable Mansukh Bhai Ji, Honorable Suresh Bhaiya Ji Joshi, Suhas Hiremath Ji, and all the respected medical services personnel present in this programme, my salutations to you.

Firstly, I would like to congratulate you all for organising this programme again after three years, where doctors, medical personnel, and dignitaries associated with medical fields are here today from all over the country. This camp of Susamskaarit Swasthya Seva is very important from my point of view and the point of view of all of us here, because it is not just about healthcare, but about **cultured healthcare**. Only culture brings forth excellence and maturity in any profession, and healthcare is a field that is important for all. A few days back, Dr Naresh Goyal Ji sent me a copy of *caraka śapatha*, and while I was reading it, I noticed a prayer made by Sri Ranti Deva Maharaj in the form of a *śloka*, from *droṇa parva* of Mahabharata.

न त्वहं कामये राज्यं न स्वर्गं नापुनर्भवम् ।

कामये दुःखताप्तानां प्राणिनाम् आर्तिनाशनम् ॥

*na tvahaṃ kāmaye rājyaṃ na swargaṃ
nāpunarbhavam*

*kāmaye duḥkha tāptānāṃ prāṇinām
ārtināśanam*

Ranti Deva prayed – ‘I do not wish for a kingdom, or heaven, or even salvation; I only pray for strength from God so that I can wipe the tears of the suffering, the distressed, the sick and the sad.’

This should become the aim of every human life. If every person on this planet develops such noble feelings where he/she believes that they are here only to relieve someone of their pain and sorrow, this world itself will become the heaven. We don't need any other heaven.

But this *samskāra* or culture, where we feel that we must live for others has diminished to a great extent. Our Indian culture says that all are ours, and no one is an alien, no one is another—this social feeling of *vasudhaiva kuṭumbakam* is getting diminished, because of selfishness, self-interest and personal aspirations.

vaidyo nārāyaṇo hariḥ – A *vaidya* or Doctor is like God, because like God, he does service selflessly, with perfect love, and without any desire. People see God in them. But, in our modern society, due to many reasons medical facilities have become very expensive and unavailable for many. One of the reasons for this is that, even to become a doctor, a lot of money is required; having intelligence alone is not enough. So, the knowledge of medicine is being sold and purchased, not only in our country but also in other countries. The natural outcome of this is that physicians created through this process possess the thought that whatever they may have spent on their medical education, considering it as an investment should find its gain too. Because of this, they are not available to serve selflessly, sinlessly, and unselfishly like God. The thought, ‘I have spent so much on my education, so I should get the benefits according to that. At least, I should get back what I have spent, if not the profit’, when it enters the mind, selfless service becomes very tough. In this situation, a *vaidya* cannot become Narayana; he too becomes an ordinary human being and starts working for self-interest.

Keeping this thought in mind, we have tried to start a new medical college under our Sri Sathya Sai University for Human Excellence, and all the necessary arrangements have been made for that. This institution is unique, because it is a completely free institution. Here, every child who wants to become a doctor or nurse or any other medical worker, will be provided

Service and Spiritual Activities

the opportunity, completely free of cost. This is being done so that the feeling of selfishness never develops in these children. This initiative hopes to correct every error, omission, and defect in the current methodology of bestowing medical education. We are very hopeful that the medical college will commence from the upcoming academic session.

Many rural children who are unable to get medical education will be benefitted from this. Tomorrow, when they become qualified medical personnel and doctors, they will work in the remotest rural areas to treat the sick who previously did not have access to good medical facilities. 77% of India's population live in villages. Taking care of their health is equal to protecting the health of the entire country.

All of you have achieved a lot in your respective fields and achieved a stable status in the society. If you can demonstrate this example of selfless service to the coming generations, it can remove all the defects related to the medical field. Bhaiya Ji came and saw our hospital. We are running 11 hospitals in India, which provide paediatric cardiac services and mother and child health care services completely free of cost. More than 25,000 heart surgeries have been performed on children and more than 400,000 consultations have been provided, all completely free of any charge. Recently a multi-specialty hospital was constructed in Karnataka. This will transform into a medical college, where all the facilities are completely free. This is the tradition and culture of our country. We have never sold or bought education, medical services and food.

When we met our Honourable Minister, Mansukh Mandavaiya Saheb a year ago, and told him that we are opening a medical college, he told us encouragingly that we should start it and that he will be with us. Our Honourable Prime Minister, Modi Ji is working very actively for the rural areas, the poor, and the sick. The most successful example is the COVID time, when vaccination was given for all in the country, including some of the most populated countries in the world. Delivering this vaccine to everyone was no

ordinary task. Many big countries failed in this, but our country set a new record. The Ayushman Bharat Yojana has helped people in several villages and small towns; many new medical colleges and nursing colleges are being opened now. All these are good steps towards building a robust healthcare system. Along with these, **preparing good people, cultured people, and cultured doctors, and filling them with the culture of selflessness is our biggest responsibility.** We have complete faith that with the cooperation of all of you and all sections of the society, with the full cooperation of the Government, we will be able to prepare good doctors and social servants who will work with the spirit of *vasudhaiva kutumbakam* and the spirit of *sarve santu nirāmayāḥ*.

I pray and dream for a country where nobody should suffer from any disease and nobody should fall sick. Even if somebody may fall sick due to some reason, he/she shouldn't be deprived of any medical facility. He/she should have the availability of medical service wherever he is, and he/she should get the medical facility, and that too without any charge. We are dedicated to building such an India and invite you all to join this great *yajña*.

I could not come in person this time, but I am confident that in the coming times, I will be able to meet you all personally. Some people from our organisation are present there and are willing to meet you. I would pray to the convenors of the programme that whenever possible, they should organise their programme once here in Sathya Sai Grama, Muddenahalli, where our medical college is, and our completely free of cost hospitals are.

Best wishes to all of you again.

सर्वे भवन्तु सुखिनः सर्वे संतु निरामया ।

सर्वे भद्राणि पश्यन्तु मां कश्चिद् दुःख भागभवेत् ॥

sarve bhavantu sukhinaḥ

sarve santu nirāmayāḥ

sarve bhadraṇi paśyantu

mam kaścid duḥkha bhāgbhavet



“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



Sociocare (Nutrition)

- Heart of Love Foundation in partnership with Wyndham Park Community Centre and the Anglican Church provided provisions worth **470 meals** to about **170 families** in the month of January 2023. These included breakfast items, pasta and sauces, non-perishable canned food, rice, biscuits, personal health and sanitary items
- 400 cooked meals** were distributed at several locations in Australia to needy families and individuals



Region 1

Fiji



Sai Prema Foundation



Healthcare

On the 02 February 2023, Sri Sathya Sai Sanjeevani Children's Hospital celebrated the milestone of saving 100 Little Hearts on whom life-saving paediatric heart surgeries were performed.

- Honourable Prime Minister of Fiji – Mr Sitiveni Rabuka** distributed 'Gift of Life' certificates to **22 children** who were recently operated and contributed to the cumulative count of **103**. Minister for Health and Medical Services – Mr Antonio Lalabalavu and the Assistant Minister of Housing and Local Government – Hon. Lenora Qereqeretabua also attended the event
- A **20-member team** of Surgeons, Doctors and Specialists from Mumbai flew to Fiji to conduct these free life-saving open heart surgeries for the children of Fiji

Prime Minister of Fiji awarding the 'Gift of Life' certificates



Prime Minister of Fiji, Mr Sitiveni Rebuka celebrating the completion of 100 life-saving surgeries at Sri Sathya Sai Sanjeevani Children's Hospital

The Prime Minister's Remarks:

"Sai Prema Foundation has established a state-of-the-art specialist Children's Heart Hospital which has been recognised by internationally renowned paediatric cardiac surgeons, as a facility on par with hospitals in the United States of America, in Europe and any of the other highly developed countries in the world. It is difficult to imagine a Fiji without Sai Prema Foundation and the Sri Sathya Sai Sanjeevani Children's Hospital, where 100 little hearts have been surgically mended, about 25,000 patients have been treated at the medical centre and more than 11,000 child heart screenings have been done. What a blessing to be present here today on the day of the completion of the 100th surgery! By investing 25 million FJ\$ into this state-of-the-art paediatric cardiac super speciality hospital, the Sai Prema Foundation complements our public health system. This kind of specialised treatment could cost more than 100,000 FJ\$ at hospitals overseas, but here at Sai Sanjeevani Children's Hospital, there is no billing counter. We need more such good people with big hearts, who demonstrate love in action. I truly appreciate the efforts of Mr Sumeet Tappoo – Director of Sai Prema Foundation and Dr Krupali Tappoo – Medical Coordinator of Sai Prema Foundation."

Region 1

Japan



Home of Universal Peace

Sociocare (Nutrition)

- In January 2023, **313 meals** have been served to the poor and needy across three locations in Japan. This activity was carried out from Yokohama, where volunteers gathered at a community centre to prepare food packets and then took it for distribution. The local Food Bank community helped in supplying ingredients for food preparation
- A few devotees support their local Food Bank community, indirectly contributing towards service of the needy

Educare

Human Excellence Academy of Japan

The Human Excellence Academy of Japan organised the fifth session titled ‘**Embracing the Oneness**’ of the seven-month course – ‘**The Road to Infinite Joy**’, which was conducted by Dr Ron Farmer and Mrs Suwanti Farmer from Australia, along with Japanese interpretations. About **20 individuals** participated virtually from various parts of Japan.



A Quote on Oneness

“Who we are is pure consciousness or Oneness, expressing itself in different forms at different times in our evolution. This Oneness is the source of Love, it is eternal and timeless.”

- Stabilising the Mind, Opens the Heart
- Opening the Heart brings Fullness of Being
- Fullness of Being brings forth the Experience of the Presence
- Experiencing the stillness of Presence leads to knowing our own reality
- Knowing our reality leads to Embracing Oneness
- Embracing Oneness is Being in Love

A guided visualisation was led by Dr Farmer to let the participants experience a modicum of the feeling of oneness with all creation.

At the end of the session, the participants expressed joy and happiness, and a feeling of ‘coming back home.’

Healthcare

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

- Eight consultations were done for the eligibility of children for COVID-19 vaccination
- Meetings were held with Child and Domestic Affairs Bureau of Japanese Government on the topic of paediatric medical care
- Discussions were held with Ministry of Agriculture, Forestry and Fisheries, regarding preparing emergency food packets for toddlers during major disasters

Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



Sai Ananda Children Outing

The children’s outing organised by Sai Ananda Foundation Malaysia alongside Rotary Club has been a signature event for many years. **100 children** from Sai Ananda Refugee Education Centre and Sai Ananda Early Based Education Centre were brought to Sai Ananda premise for



prayer and breakfast. The children were taken to Titiwangsa Lake Park. The children played and jogged around the lake and finally had a canopy walk. The fun-filled day concluded with lunch, and gift bags were distributed to the children by members of the Rotary Club.



Region 2

India



It's Time for Spending Time with the Tiny Tots

Sadguru Sri Madhusudan Sai visited the following school campuses during the month of February 2023 to be with the children and their teachers, and inspire them with His child-like sagesness when He is amongst children.

13 February 2023 – Sri Sathya Sai Karunyaniketanam, Tumkur



From left to right
 Mr Muralidhar Halappa – Congress Leader and President of Youth Empowerment Mission
 Mr J A Chowdary – Key Architect, Indian Tech Industry
 Sadguru Sri Madhusudan Sai – Founder of Sri Sathya Sai Loka Seva Gurukulam
 Mr T B Jayachandra – Minister of Law and Parliamentary Affairs, Government of Karnataka
 Mr B N Narasimha Murthy – Chief Mentor of Sri Sathya Sai Loka Seva Gurukulam

13 February 2023 – Sri Sathya Sai Vaniniketanam, Gadag



Prize Distribution Ceremony



Science Exhibition



Sadguru with staff of Gadag and Haveri Campuses

14 February 2023 – Sri Sathya Sai Sattwaniketanam, Karwar



Students Welcoming their Master



Exhibits made by Children

14 February 2023 – Sri Sathya Sai Sarvaniketanam, Shivamogga



Sadguru ready to dine with the students



The Yakshagana troupe with Sadguru

14 February 2023 – Sri Sathya Sai Ananyaniketanam, Udupi



Traditionally Decorated Entry for Sadguru



Heart to Heart with a student

15 February 2023 – Sri Sathya Sai Sharadaniketanam, Mandya



Sadguru in Gavi Siddeswara Temple



Students chanting Vedas

Region 2



24 February 2023
- Ground-breaking Ceremony of Sri Sathya Sai
Gayathriniketanam, Mallasandra Village, Sasalu Hobli,
Doddaballapur Taluk, Bengaluru Rural District



28 February 2023
- Inauguration of Sai Swasthya
Wellness Centre, Vatadahosahalli

At the Gauribidanur taluk of Chikkaballapur district, the third Sai Swasthya Wellness Centre was inaugurated by Sadguru Sri Madhusudan Sai, along with the MLA of Gauribidanur - Mr N H Shivashankar Reddy.

This centre is inside the premises of - Sri Sathya Sai Higher Secondary School which is already supported by Each One Educate One Foundation under the guidance of Sadguru Sri Madhusudan Sai.

Sadguru also announced that a Pre-University College will soon be set up here for the next academic year.



Children of Sri Sathya Sai Higher Secondary School, Vatadahosahalli chanting vedas



Cutting the ribbon to inaugurate



Sadguru Sri Madhusudan Sai addresses the audience

Region 2

Middle East



Sociocare (Nutrition)

- On the occasion of Sai Hrudayam's eighth anniversary celebrations, **100 lunch packets** were served to the needy
- Close to **405 meals** were served to the needy during the course of the entire month of January 2023
- **255 meals** which included cooked meals, tea, coffee, and biscuits were served through OMAD Seva
- **50 freshly cooked sandwiches** were served for breakfast to needy individuals at the car cleaning centres



Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Sociocare (Nutrition)

- Nearly **1,400 food parcels** were distributed to needy families in the village of Kirankulam

Healthcare

- The Out Patient Department of the Sri Sathya Sai Karunalayam Medical Centre served over **1,000 walk-in patients** during the month of January 2023
- The construction of a **Cath Lab** in Sri Sathya Sai Sanjeevani Heart Hospital is in progress



Region 2

Nigeria



Spiritual Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These hospitals provide quality free healthcare services to rural dwellers. Both the hospitals offer a wide range of paediatric and maternal healthcare services, while also treating children and adults from all age groups.

Over 16,000 patients have been treated at these hospitals so far.



In the month of January 2023:

- **Outpatient consultations** were conducted for **206 children** and **592 adults**
- **120 patients** got their Ophthalmic treatment done
- **26 deliveries** were performed, which included **14 caesarean sections**
- **152 expecting women** were given the necessary antenatal care
- **30 children** were given immunisation
- **14 surgeries** were performed, which included surgeries like circumcision, wound suture, catheterisation, appendectomy, cervical laceration repair, and herniorrhaphy
- **353 investigations** were conducted

Sociocare (Nutrition)

- **140 elderly citizens** were provided with food provisions
- **500 school children** of TELA and two other Government schools, were served nutritious breakfast everyday
- **1,166 children** of TELA received new school uniforms



Region 3



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

- In the month of January 2023, **three families** received packages with groceries.



‘Ιδρυμα Μοιράζομαι’ (Foundation of Sharing)

In the month of January 2023, the following service activities were carried out:

- About **120 portions of cooked meals, 200 sandwiches, salads, juices and chocolates** were delivered to The Association for the Protection of Minors of Piraeus and the Tsougraneion – Greek Orthodox Church, every Saturday of the month. Thus, in total, **1,200 meals** were distributed
- 38 boxes of food items** which is equivalent to **3,230 meals** were packed and donated to St. Panteleimon Church, Alimos. Each box contained one kilo of lentils, beans, giant beans, chick peas, rice, pasta, tomato sauce, cereal boxes, five muesli bars, five croissants and half a litre milk
- 80 boxes** consisting of legumes, pasta, rice, milk, oil, cereals, snacks, along with daily essentials like soap, washing powder etc., were distributed to **80 poor families**, at the Anavyssos area, in the South of Athens.



The food items can approximately cook **1,840 meals**

- 1,200 portions of yogurt, 720 litres of milk and 40 kgs of feta cheese**, were donated to both the Old People’s Homes of Athens and Palea Fokea
- 70 pizzas** were offered to the children and adults with disabilities at the EGNYA Foundation
- 35 pizzas** were delivered to the children of St. Andrew Children’s Home



Region 4



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



Sociocare (Nutrition)

In the month of January 2023:

- 1,273 meals and 1,464 breakfasts** were provided to different soup kitchens such as, Comedor Urbino (Escobar Province, Buenos Aires), La Bonorino (Buenos Aires City), Uguet Mondaca (Burzaco Province, Buenos Aires), La Amistad (Escobar Province, Buenos Aires), and Encendiendo Lucecitas (Ingeniero Maschwitz Province, Buenos Aires)
- Food assistance was provided to **five families**
- At La Plata City, in the province of Buenos Aires, the Foundation supplied **1,289 meals and 2,219 breakfasts** to the soup kitchens – Somos su Esperanza and Los Gurises y Alma Corazon Crecer
- Clothes and shoes were distributed to **60** needy individuals in La Plata city



Educare

- At a school – Hogar Sierra Dorada located in the small town of San Marcos Sierra (province of Córdoba), **regular yoga, English, drawing and sewing classes** were taught to children. Maintenance of this school is looked after by the volunteers

The construction of the auditorium at the ashram ‘Amor y Paz’ (Love and Peace) continues steadily. The washrooms have been completed. Land leveling and planting of different varieties of plants are also being done.



Region 4

Brazil



Fundação Sai Amor Do Brasil (Sai Love Foundation Brazil)



Sociocare (Nutrition)

161 food kits consisting of vegan meals, packaged sweets and water bottles were distributed to the needy.

Educare

- The Institute of Education in Human Values conducted online meditation zoom sessions
- 'Integrate into Nature' meetings were held at Tijuca forest for the volunteers to take the load off and decompress



Canada



Sai Global Service Foundation of Canada

Sociocare

100 food packets were served to the homeless on Edmonton streets

Educare

The Institute of Human Development Canada conducted a 10-day training session at a remote first nation's territory.

Courses taught were:

- Values-based strategies in workplace
- Smart Work Ethics
- Microsoft Office Products

17 needy youths with literacy issues were trained and certified.



Region 4

Mexico



Fundacion para el Desarrollo de la Excelencia Humana (Foundation for the Development of Human Excellence)



Educare

- In the month of January 2023, the sixth online session on 'Educating with the Heart' was held by Dr Ron Farmer and Mrs Suwanti Farmer.
- 39 participants who finished the course conducted 'Education in Human Values' workshops for teachers, facilitators, parents, and the public in general.
- An experience sharing session was held amongst the participants to share their take-aways from the 'Educating with the Heart' session, and to commit themselves to pass on this valuable knowledge to many others through workshops, reunions, etc.

United States of America



Divine Will Foundation



Healthcare

111 patients received treatment at the Sathya Sai Sanjeevani Medical Centre at Clarksdale. This comprised of 10 new patients, 70 patients who revisited the clinic, three women for Gynaecological treatments, 4 patients who were given Telehealth services and 24 patients who received mental health counselling.



My Inner Journey

Sai's Love – The Immeasurable and The Unfathomable

- Dr Bimal S Naidu

Adjunct Professor, University of Washington, Seattle

Management Faculty and Assessor, Campus Support Group of Colleges Canada

Principal and Founder, Institute of Human Development Canada

Subject Matter Specialist (SOTL) Canada

My journey of Self-realisation began long time ago, probably it is a journey of many lives with our Divine Lord, but my fickle mind did not allow me to take the steps needed to realise the important concept of escaping from birth and death. In this life, the journey began in the mid 1960s. I was born in a Sai family. My maternal grandmother and my mother were ardent followers of Shirdi Sai and Satya Sai. They became staunch followers after witnessing a miracle in a town called Nausori in Fiji.

In the early 60s, *amrtam* started to appear from the nose ring of a Gujarati lady. People from all parts of Fiji came to witness this miracle. Some believed and some did not. Some also criticised this phenomenon of God coming in human form as Sai Baba. I went with my mother and grandmother to see this miracle. I was four years old then and did not know how to react; however I diligently followed my two super ladies. This was my first calling card from our loving Lord.

To me in my childish imagination, God was a heavenly being who had to be placated and propitiated by pouring our hearts out in soulful praise of His glory. The Sai organisation in Fiji



was not formed, but bhajans were rendered on Thursdays in a devotee's home in Suva. Bhajans melted our eager hearts. We became regular visitors to this place where His omnipresence was strongly felt during the sessions. Some of us focussed on Swami's chair but majority looked at Bhagawan's picture while singing. I do remember—I and my three younger brothers formed the first batch of Bal Vikas students. We were taught the curriculum formulated by late Smt Sarla Maa. We were taught to memorise all the *vedic* mantras, four chapters of Shrimad Bhagawad Gita, Bhaja Govindam and stories of all Saints of India. Did I even realise that I was on a journey? – I am unsure. All these routine activities of a centre was trying to teach me to be a better human. One concept did hit hard and this was the Sai Organisation's objective to realise and help people realise the Divine Principle, which is innate in every human being.

I migrated to Canada in 1985 and met Pushpa, my life partner in Calgary Canada. We were the founding members of the centre in Calgary and were actively involved in all the operations of



the centre. Theoretically or suppositionally, we did regular study circles on the subject matter of spirituality, but the inner journey did not begin. Pushpa and I moved to Vancouver in 1987 and our eldest daughter Divya Swaroopa was born a year later. She was born with Ventricular Septal Defect (VSD), a serious heart defect which needed immediate surgery. The cardiothoracic surgeon had a lengthy talk with us and explained that it will be a difficult operation since she had pneumonia and jaundice. With heavy hearts, we saw our first child wheeled into the operation theatre. Before entering the surgery room, the surgeon suddenly turned around and did a thumbs up, since we were in a miserable state and were very sad. My human eyes did not see the surgeon, but Swami Himself raising both His hands to bless us. The operation was done successfully with Bhagawan's grace.

In 1990, the three of us visited Parthi. Bhagawan called us in for an interview. 17 other devotees from other parts of the world, which included an elderly Telegu couple and two college students were present in the bigger half of the interview room. My two-year old daughter started playing with Swami's swivel chair. Looking at her, Bhagawan remarked that He performed her VSD surgery at the Children's Hospital in Vancouver. He confirmed that He had to do it, because the surgery was extremely dangerous—these were his exact words. Nothing was hidden from Him. The surgeon was Him. My true journey towards Him started here.



Bhagawan looked at me and started asking questions:

1. What is Education? I thought I knew and jumped to answer. I said "*Character, Swami.*" With a sly chuckle on His face, He said, "*Huh! That's the end of education. What is education?*" Then, the loving Lord answered – "*Education isn't collection of facts, it's the concentration of the mind.*"

2. What is study? His x-ray eyes looked at me deeply. I did not have the worldly courage to attempt the answer. Then He was smiling again and said – "*Study to steady, you are not steady.*"

3. What is the easiest way to reach God? I was quiet again. He explained – "*Love All Serve All.*" I felt very content because I was familiar with this doctrine. Next moment, He added – "*Live in Love.*"

In the first room, He appeared to me as a universal teacher, the Supreme Lord, all knowing and all powerful. Then Divya, Pushpa and I were called into the inner room. Here, we could literally hug Bhagawan; we did not feel any restrictions. His love was overflowing as that of a thousand mothers. Then the drama began! He told us every detail of our marriage—good and bad, our interactions and habits. **Nothing is hidden from our loving Lord. He is our indweller.**

He allowed us to massage His feet all the way till His knees. I massaged the right foot and Pushpa did the left, His soft lotus feet were on our laps. We felt so blessed, but knew that this worship will end in minutes. We kept asking personal questions and our loving Lord answered each one of them. He reminded us that He is always with us and to never doubt that.

After the meeting, we retired to our Round Building Five. We witnessed the Divine intervention manifesting through our daughter once again. She started to sing bhajans in perfect *śruti* and *tāla*, though her speech was delayed after heart surgery. We returned to Vancouver fully charged; the center was ready to listen to our discussion with our loving Lord. We were very selective with our words, since Bhagawan had commanded us to keep all interactions very secretive. I must say He also said – Purity plus Unity is Divinity! No Community!

My Inner Journey

Sai's Love – The Immeasurable and The Unfathomable

- Dr Bimal S Naidu

Did our journey begin? My family strictly followed the path that Bhagawan had lovingly instructed us to follow. Our yearly visits to Parthi continued. In the year 1995, I remember I had line number 'one' for five consecutive days, and Bhagawan continuously came and stood in front of me for five days, granting me *pāda namaskar*. He asked me one question – Where are you from? My answer was – “Vancouver, Swami!” An elderly Uncle asked me as to what was Bhagawan asking? He then alluded that I must say – “I am from you, Bhagawan.” So, on the fifth day, Bhagawan stood in front of me and asked the same question. I stood up boldly; I could feel my hair touching His hair. I said – “Swami, I am from you.” He slapped me lovingly saying – “Bad boy.” He laughed loudly making everyone else laugh. That instant, I was in a blissful state; I felt being a part of Him. From then on, I felt I don't need an interview, but only an inner view. I had a brief experience where I felt that there is no difference between our Lord and us. We don't have to ask Him to become Him. We are already Him.

In the year 2000, we were blessed with our second daughter Upasana Jayashree. She joined the family, and without a choice practiced the Sai way of life which we taught her. She believed in this way of life without a doubt, as if she was continuing from where she would have left. She was blessed to perform a group First Nations traditional dance for the Canadian pilgrimage to Parthi in the year 2010. Little did we all know this would be our last physical darshan of our dear Lord.

Bhagawan left us suddenly and many of us were extremely saddened. I was in disbelief; I did not accept His departure. I reminded myself – ‘when did He come that He had to go back.’ In the year 2014, my family and I started doing bhajans and service from home. We detached ourselves completely from the Sai Organisation not knowing why and how. One day my younger brother Sunil called and said with conviction – “Bhaiya! Swami is not gone anywhere; He is still here and continuing in light and subtle body, and Sai Brother Madhu is seeing Swami and giving divine directions.” I felt a jolt in my heart – let me be very honest here. I immediately believed my brother without any doubt and hesitation, because I remembered Bhagawan saying – “I am always with you and do not doubt.” He also said that Swami is coming to USA in June 2015.

Our journey began when my family and I drove 15 hours to Seattle WA, in the first week of June 2015. We reached the Sammamish City Hall where the altar was being decorated, a chair was placed with a glass of water. A long red carpet was placed from the entrance to the altar. We joined in to prepare the place without knowing anyone there.

We were told to sit and wait till Swami arrived. My mind was throbbing with questions – ‘will Swami really come, what form will be coming in?’ The moment arrived. My heart was pumping so fast, a strong smell of Parthi jasmine fragrance was in the air. Brother Madhu was not walking on the red carpet but Swami was. My eyes could not see; but I felt the vibrations and the divine energy which cannot be defined or described in words. The entourage walked behind him. There were hardly 25 people present.

We felt so blessed and privileged to be part of the congregation. Our dearest Sri B N Narasimha Murthy Sir spoke and confirmed that all who were present were not there by choice. It was the Divine will. Other speakers like Sreenivas Sir and Isaac Sir repeated the same strong words by saying that each one of us present was hand picked by Swami. There was no doubt that our dearest Swami was back. Brother Madhu as we adoringly called him then, spoke about my service in Sitsika Reserve First Nation. He asked me not to spend money on them, as their Chiefs were extraordinarily rich. He commanded me by saying – “you go and light one lamp and I will light 1000 lamps.” Tears rolled down my cheeks when He smiled—so much of love! He asked my wife – “So, what are you doing?” She answered that she will help me. Swami laughed and said – “Oh, you will serve him and he will serve me”—the same style of jokes that our beloved Swami did in Parthi. I am not comparing here because there is nothing to compare.

He commanded Pushpa to teach mothers how to raise children in Canada. He said – “you have raised your daughters well; you are the teacher and I am the principal.” Swami then asked us as to why we did not come to Ottawa, where He had gone before coming to Seattle. We told Swami

that we were not aware. He commanded me to come to Ottawa next year (2016) with a report of what I have done in Canada. We drove back home fully charged and energised. All four of us started serving homeless friends with food packets. With Bhagawan's grace, I started an institute and created a values-based curriculum for 30 Post Secondary Colleges in Canada. In 2016, Swami as promised, called us for an interview and read every part of the report thoroughly.

Now, my inner journey was realised and I was certain that I was on the path that I should have taken long time back.

My dearest and loving Sai Maa and my Sadguru Sri Madhusudan Sai is guiding me every second of this journey. I am pulled back and straightened when my mind wanders. I am so grateful and thankful to my Sadguru and my loving Sai Maa.

His love cannot be measured or assessed by any human.

We are so fortunate, blessed and privileged to have the Supreme Lord guiding and inspiring us until we become Him.

aham brahma sarvam brahma. Prayerful Pranams at His lotus feet.



Lessons For Life

How to respond to a situation or a challenge correctly, as many times the chosen response proves to be less than ideal, especially when dictated by external factors?

The nature of the world is duality, and thus, situations faced in this world are naturally dual (*dvaita*) and instigated by duality – difficult and easy, pleasurable and painful, happiness and sorrow, gain and loss, day and night, etc. It is natural for water to flow down a slope. To pump water upwards against a slope is difficult. Therefore, to experience diversity, duality or differences is very natural for a person with a worldly vision and focus. Everyone heads that way, as that is the easiest thing to do and the easiest way to drift apart from the truth. However, one who wants to swim against that tide towards unity, must work harder by taking a stand against the general tendencies of worldly desires, selfishness, individualities and ego, which forces one to observe the differences.

You should hold on to the principles for which you have stood, not giving in to the lower ideas of division, differences and dualities. It is up to you to understand and experience the value of higher ideals or principles. If you hold on to truth and *dharma*, knowing for sure that *dharma* will protect you, it will see to it that the right thing is done, even if it happens gradually or eventually. Holding on to *dharma* is very important. If you believe in unity, if you believe in togetherness, then hold on to those feelings and do not give into

narrow-mindedness and the selfish differences that others may preach. Truly, if you are strong in your conviction, things will change for you. Do not give in too easily to other people's ways of thinking or pressure. That is why you must stand for your principles and values. Some start with great idealism but eventually give in because of peer pressure to fit in, resulting in giving up idealism and enthusiasm, which is not correct. You must be willing to even stand alone if you are right.

Thus, the best and the easiest way to respond to situations is to establish oneself in a non-dual state of mind (*advaita bhāva*). Attempting to respond to a situation which by nature is *dvaita*, by being in a dual state of mind (*dvaita bhāva*) will only result in confusion. When you are established in a non-dual state of mind, seeing everyone as your own, not different from you, it will give you the courage to do what needs to be done with devotion. Getting established in this idea of oneness is wisdom. Work, Worship, Wisdom—without wisdom, the work done will not achieve its purpose; wisdom without action is useless; action without wisdom is dangerous. With courage, establish yourself in the idea of oneness to choose the right response and realise the right solution.

