



वसुधैवकुतुम्बकम्  
vasudhaiva  
kutumbakam



MONTHLY GLOBAL NEWSLETTER



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## Message from *Sadguru Sri Madhusudan Sai*

### *The Miracle Workers of Muddenahalli*

**F**rom concept to completion, a world's first, totally free of cost medical college for the rural and in the rural, was all done in a span of a year and a half, with a 3 lakh square feet new state-of-the-art building completed in a just a year, apart from a busy teaching hospital, administrative buildings, staff residences, hostels and playgrounds. What do you call this? I call this, 'A Miracle.'

And who made it happen? The miracle workers of Muddenahalli.

The enormous efforts without rest or respite, by one and all, from the security at the gates to the Trustees in the offices, from medical staff to Project management team, the vendors and contractors, to well-wishers and donors—all are the miracle workers.

And the grandest of it all is the inauguration of the medical college by the Honourable Prime Minister of India who agreed to do it within three weeks from the meeting that was organised, at a short notice of a few days! The whole government machinery and the local administration worked in tandem to make this miracle happen - from invitation to inauguration all within twenty days!

The unknown little village of Muddenahalli has risen to fame because of these miracles of selfless service in nutrition, education, healthcare and spiritual upliftment being performed every day, with the free medical college now to top it all.

What more can I say, but a heartfelt 'thank you' to all those who worked tirelessly and selflessly, all those who sacrificed and served, and all those who believed and manifested this miracle of love.

And just as we are celebrating this epitome of achievement in our mission, the next miracle is in the offing, the 400-bedded 5 lakh+ square feet hospital, that will be inaugurated on the occasion of the 100th Birthday Celebrations of Baba in November 2025, right here in the miracle village of Muddenahalli.

Well, get used to miracles, it is going to be a habit now. And get used to the miracle workers of Muddenahalli too!



# At the Forefront

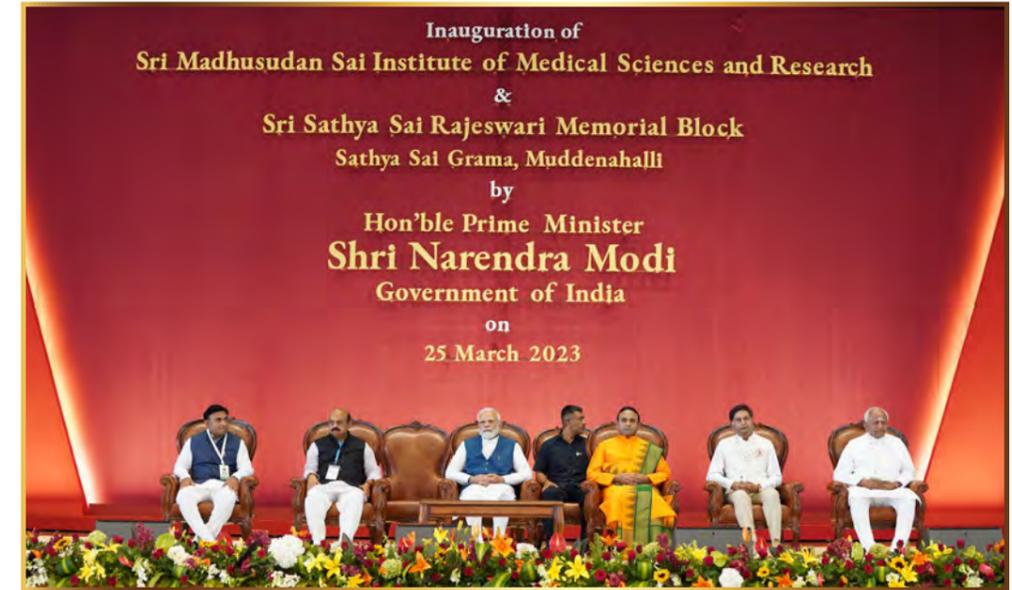


25 March 2023

**- Inauguration of India's First Free Medical College - Sri Madhusudan Sai Institute of Medical Sciences and Research by the Honourable Prime Minister of India**



On 25 March 2023, the Honourable Prime Minister of India, Mr Narendra Modi inaugurated Sri Madhusudan Sai Institute of Medical Sciences and Research, in the presence of the Founder of the Institute - Sadguru Sri Madhusudan Sai. This is one-of-its-kind totally free private medical college established by the Prashanthi Balamandira Trust, and comes under the School of Healthcare Sciences of the Sri Sathya Sai University for Human Excellence.



Left to Right:  
 Dr K Sudhakar - Minister of Medical Education and Health, Government of Karnataka  
 Mr Basavaraj Bommai - Honourable Chief Minister, Government of Karnataka  
 Mr Narendra Modi - Honourable Prime Minister, Government of India  
 Sadguru Sri Madhusudan Sai - Social and Spiritual Leader  
 Dr C Sreenivas - Chairman of the Sri Sathya Sai Sanjeevani Chain of Child Heart Care Hospitals  
 Mr Narasimha Murthy - Chancellor of Sri Sathya Sai University for Human Excellence

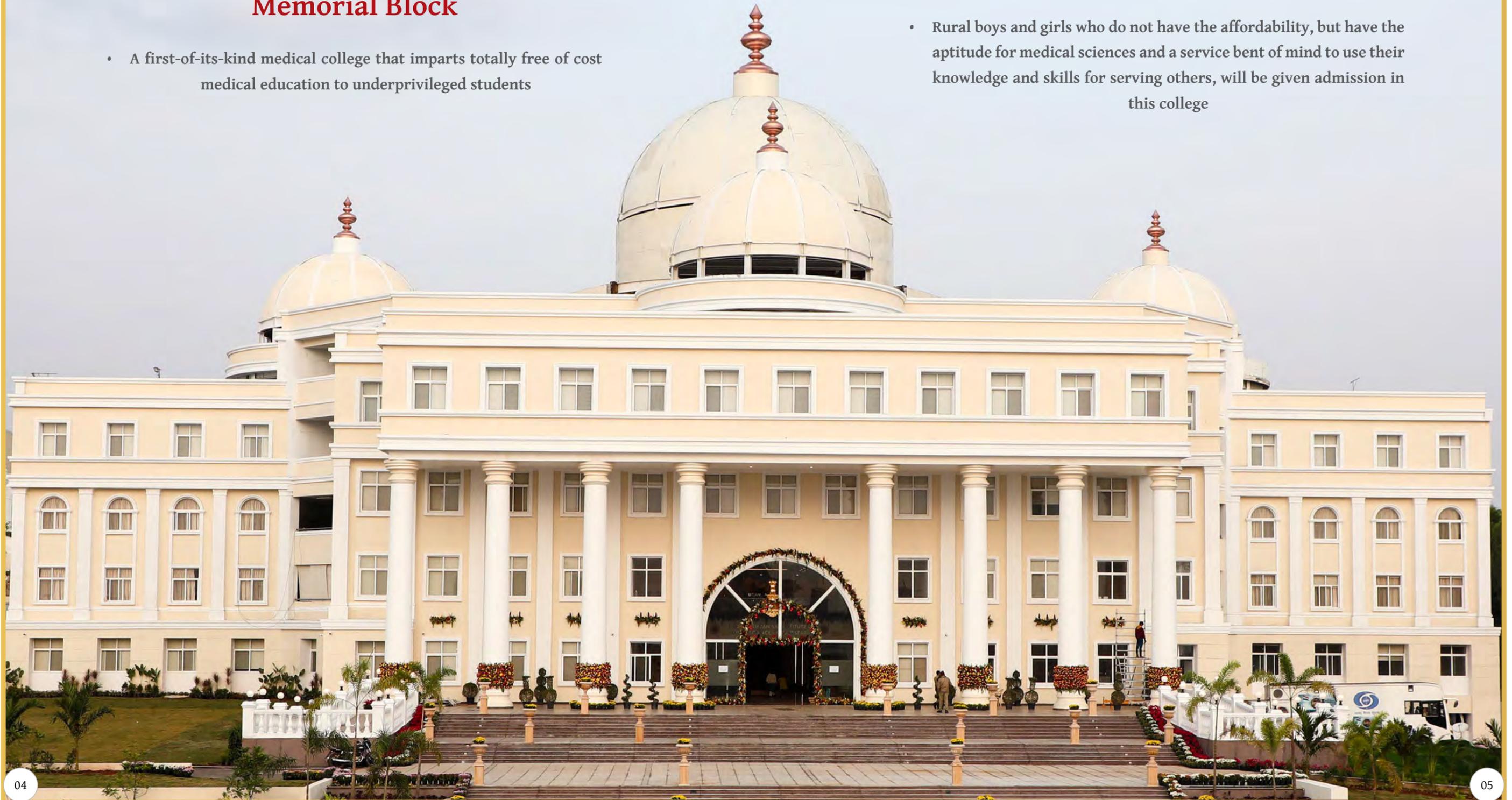


## At the Forefront

### Sri Sathya Sai Rajeswari Memorial Block

- A first-of-its-kind medical college that imparts totally free of cost medical education to underprivileged students

- **For the Rural, of the Rural, and by the Rural** is the maxim that governs the very purpose of this medical college
- Rural boys and girls who do not have the affordability, but have the aptitude for medical sciences and a service bent of mind to use their knowledge and skills for serving others, will be given admission in this college



## At the Forefront

### Objectives

- Improving access to quality healthcare in rural areas
- Preventing exclusion of first-generation learners and disadvantaged students from rural areas, by creating opportunities for them to pursue medical education and become healthcare professionals
- Positively impacting the healthcare equity and overall well-being of the rural population
- Developing sustainable and cost-effective models for providing medical education and healthcare services in underserved areas, by collaborating with CSR partners, network of like-minded individuals, Government Schemes like Ayushman Bharat Yojana...etc.

### Salient Features

- Students who qualify in the NEET entrance examination, will be embraced by the college, after which everything, including their education, lodging and boarding will be taken care by the Institution
- The college currently is spread across an area of **325,000 sq.ft.** comprising of **one academic cum administration block (Sri Sathya Sai Rajeswari Memorial Block)** and one teaching hospital (**Sri Sathya Sai Sarla Memorial Hospital**) consisting of **360 beds** spread across two buildings
- Staff quarters, a college building, playgrounds, hostels for boys and girls, and an auditorium are some of the facilities offered
- **125 faculty members** which includes Professors, Associate Professors, Assistant Professors, Senior and Junior Residents, and Tutors will be employed during the first academic year of the medical college (as per the norms of the UGC and the National Medical Commission)
- Courses offered are **MBBS, BSc Allied Health Sciences and BSc Nursing**

Capital Expenditure:  
**400 Crores**

The medical college will commence from the  
academic year starting **June 2023 with 100 seats**

### Future Plan

- The second teaching hospital consisting of 400 beds will be constructed in the next phase, by investing a capital of 400 Crores, across an area of 550,000 sq.ft.
- Approximately INR 125 Crores to 140 Crores will be spent every year towards operational expenses, over the next five years, as the number of medical seats will increase



Felicitating of Honourable PM, Mr Narendra Modi by Sadguru Sri Madhusudan Sai



## At the Forefront

### An Extract from the Speech of Honourable Prime Minister, Mr Narendra Modi

“Sathya Sai Grama has given a wonderful model of service to this land of Bharath. The selfless services activities of Nutrition, Education and Healthcare that are being done from this place are truly appreciable. The inauguration of the free medical college gives additional strength and enthusiasm to their already existing service projects. Sri Madhusudan Sai Institute of Medical Sciences and Research will produce Doctors and Allied Healthcare Providers who will submit themselves for the service of the Nation. ‘Amrut Kaal’ can be achieved only through one way – consistent efforts by each one of you, and this is what is happening from this place.”



### Honourable Chief Minister of Karnataka, Sri Basavaraj Bommai said,



“Sadguru Sri Madhusudan Sai’s determination to establish an institution that will offer free medical education is commendable. I congratulate Sadguru Sri Madhusudan Sai for bringing into reality a hospital that is world-class in its service quality, and offering it all completely free of cost. This is unbelievable. Our Honourable Prime Minister has a great vision for this country and his loving concern for the poorest of the poor is palpable. For the first time, a country with a 130-crore population has dared to initiate a programme that ensures accessibility of healthcare for all through Ayushman Bharat. Modi Ji is a man who dares to dream the most difficult things and achieves the most difficult

things. This event is a culmination of two great personalities – a man who has created a new healthcare model that provides access to the poorest of the poor in the country, and a spiritual leader who has set up institutions that give free medical services for the poorest of the poor. This is a day that gives a new ray of hope and confidence for all the people of this country, and this is what it is about building an Atma Nirbhar Bharat.”

### Benedictory Message of Sadguru Sri Madhusudan Sai (An Extract)



“The dream of an ‘Amrut Kaal’ is finding its light of the day under the leadership of Shri Narendra Modi Ji. He is always available to support the cause of the good and the noble, and encourages good deeds where ever it happens. We are honoured to have Modi Ji inaugurate this medical college. Seven years ago, a girl doing her Grade 12 at our educational institutions expressed her wish to become a doctor to serve the rural people. Her father who is working as a cook did not have in his

capacity to finance her medical education. We gave this girl an opportunity to pursue medical education, especially touched by her pure intention to serve the needy. Today, she has become a doctor and works in our institution. Thus, we decided to extend this opportunity for all children who have the aptitude but not the affordability to pursue medical education, and especially to those who wants to study to serve others.

Sarkar (Government), Samaj (Society), and Sansthan (Institution) – If these factors come together, then anything can be achieved. This is the right time to exert efforts to uplift India and restore its glory back, and this is possible only under the leadership of Shri Narendra Modi Ji, and none else.”

*Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas*

## Sri Sathya Sai Rajeswari Memorial Block

The salient features of the Sri Sathya Sai Rajeswari Memorial block and the major departments of medical sciences has been detailed below:

### Salient Features

 250,000 sq. ft Total Built-up Area	 4 Galleries (120 Seating)	 3 Museums
 1 Skill Lab 1 Research Lab	 8 Departmental Labs	 1 Library (11,000sq.ft)
 Basement + Ground + 4 floors	 26 Departments (Clinical - 16, Preclinical - 3 and Paraclinical - 7)	

### Departments

- Anatomy
- Physiology
- Biochemistry
- Pathology
- Pharmacology
- Forensic Medicine
- Community Medicine
- Microbiology



## In Focus

### Exchange of Memorandum of Understanding between Sri Sathya Sai Sanjeevani Hospitals and The Benjamin Mkapa Hospital in Tanzania

Sri Sathya Sai Sanjeevani Hospitals and The Benjamin Mkapa Hospital in Tanzania have entered into a Memorandum of Understanding to enhance healthcare services for underprivileged children in Tanzania who require life-saving surgery for Congenital Heart Disease (CHD). As the principal partner in this venture, the Sri Sathya Sai Sanjeevani Hospitals will extend the necessary training and learning opportunities for medical professionals in Tanzania, including doctors and nurses.



Left to Right: Mr Alfred Joseph Kanani (Head of Legal Service Unit, Benjamin Mkapa Hospital, Tanzania), Dr Kessy Charles Shija (Acting Executive Director, Benjamin Mkapa Hospital, Tanzania), Dr C Sreenivas (Chairman, Sri Sathya Sai Health and Education Trust), Mr Gaurav Bhardwaj (Trust Officer, Sanjeevani Hospital Palwal)



Left to Right: Dr Shaad Abqari (Associate Professor - Paediatric Cardiology, Aligarh Muslim University)  
Mr Sudhir Saxena (Retired Vice President, National Institute of Smart Government)  
Dr Anita Saxena (Vice Chancellor, Pt.B.D. Sharma PGIMS Rohtak)  
Dr C S Srinivas (Director, Sanjeevani Hospital Mumbai)  
Mr Alfred Joseph Kanani (Head of Legal Service Unit, Benjamin Mkapa Hospital, Tanzania)  
Dr. Kessy Charles Shija (Acting Executive Director, Benjamin Mkapa Hospital, Tanzania)  
Dr C Sreenivas (Chairman, Sri Sathya Sai Health and Education Trust)  
Dr C Subramanian (Director, Sanjeevani Hospital Palwal)  
Dr Neeraj Agarwal (Senior Consultant - Paediatric Cardiology, Sir Gangaram Hospital New Delhi)  
Mr Gaurav Bhardwaj (Trust Officer, Sanjeevani Hospital Palwal)  
Dr Anagha (Consultant - Cardiac Surgeon, Sanjeevani Hospital Palwal)  
Dr Anuj Kumar Sharma (Consultant - Paediatric Cardiology, Sanjeevani Hospital Palwal)  
Dr Paramveer (Senior Consultant - Paediatric Cardiology, Sanjeevani Hospital Palwal)

## Service and Spiritual Activities



“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 the Wyndham Park Community Centre and the Anglican Church provided provisions worth **800 meals** to about **170 families** in February 2023. These included breakfast items, pasta and sauces, non-perishable canned food, rice, biscuits, and personal health and sanitary items
- 300 cooked meals** were distributed at several locations in Australia to needy families and individuals



#### Educare

- At the Centre for Human Development, a values-based playgroup has commenced for children from the age of 1 to 10 years. The babies and toddlers from 0 to 4 years enjoyed playing with a variety of toys both indoors and outdoors, whilst the older children enjoyed values-based story time, activities and free play. All the children sat for a silent sitting session and sang nursery rhymes depicting sharing and caring. Healthy morning tea was served to all the children at the end of the session



# Region 1



## Sai Prema Foundation



### Healthcare

#### Heart4Kids Charitable

Heart4Kids Charitable Organisation in New Zealand, with their team of doctors who work at Starship Hospital at Auckland (New Zealand) visited Sanjeevani Fiji, along with a team of medical professionals from Australia.

It was a 38-member team of medical professionals who were all specialists in treating congenital heart defects in children, and who found their right place and purpose at Sri Sathya Sai Sanjeevani Children's Hospital in Fiji.

The team was led by the very experienced surgeon, **Dr Kirsten Finucane** who performed **13 life-saving surgeries** on children over **five days, completely free of charge**. Before the

commencement of these surgeries, extensive heart screenings were conducted at **Sri Sathya Sai Sanjeevani Children's Heart Screening Centre** by a leading paediatric cardiologist from New Zealand, **Dr John Wright**.

The surgeries that were performed were quite complicated. There were some children who came with complex congenital heart defects, and whose lives would have been at stake if not for this hospital.

During this visit, one child with severe rheumatic heart disease had a mitral valve repair done, and an 18-month-old child from the Solomon Islands was operated on. The Hospital will celebrate its first anniversary on the 27 April 2023, and to date, **116 surgeries** have already been conducted.



# Region 1

## Hong Kong



FEED HK  
饋香港

LOVE ALL SERVE ALL  
愛護眾生 服務大眾

### Sociocare (Nutrition)

In the month of February 2023, volunteers prepared and distributed food to needy individuals in the streets of Hong Kong. In collaboration with the Rotarians, volunteers distributed goodie bags consisting of reusable water bottles, soap, tooth brush, tooth paste, noodles, milk, toilet paper, pudding, towels, sweaters and HK\$100 worth gift coupons to the residents in cage homes and to other needy individuals. In total, **750 beneficiaries** were served in this manner.



## Laos



## Sri Sathya Sai Foundation Lao PDR

### Educare

In the month of February 2023, a vaccination drive was organised at Sri Sathya Sai School in partnership with the Department of Education and Department of Health for Primary and Secondary School Children.



# Region 1

## Malaysia

Sai Ananda Foundation,  
Kuala Lumpur



### Sociocare (Nutrition)

On the eve of 'Thaipusam', volunteers of Ananda Ashram prepared food at the premises of the Ashram. Delicious vegetarian food was made into **3,000 packets** each for breakfast, lunch and dinner and distributed to the devotees of Lord Muruga. In total, **9,000 packets** were distributed. Several members around the vicinity of Kuala Lumpur participated in this activity.



## Singapore

### Educare

On the first Saturday of every month, values-based education classes are held at Marymount Children's Home for 10 to 15 children ranging between 7 to 16 years of age.

'Positivity' was the topic for the month, and children were forthcoming with their views about why being positive was important.

### Sociocare (Nutrition)

In the month of February 2023, the 1Youth of Singapore collaborated with Hao Ren Hao Shi (HRHS) Home and distributed monthly groceries to **1,200 needy families, the elderly, palliative patients, and migrant workers** across Singapore.

The Founder of Hao Ren Hao Shi Home, Mr Anson Ng, encourages schools to participate in the packing of provisions in their schools and distribute them to needy people. Marymount Children's Home joined in serving the needy in this initiative.



Courtesy by Hao Ren Hao Shi

# Region 2

## India

08 March 2023  
- Holi at Sanjeevani Hospital,  
Palwal, Haryana

Painting the Colours of Love in  
the Lives of Others, Everyday -  
Happy Holi

### vasudhaiva kutumbakam

We are all connected to each other, because we are all the children of God. None is an outsider. No one is different from us. All are our own. Unless and until, everyone is happy, we cannot be happy. Even if somebody is not directly related to us, yet we are all connected internally.

### Sanjeevani's vātsalya

While the biological mother gives birth to a child, Sanjeevani gives second birth to the child. Will a mother ever demand money from her child for the services offered? Never! This is precisely why Sanjeevani doesn't charge even a penny. Considering everyone like her children, she is ready to give whatever she has, but never asks for anything. Thus, like a mother would do, she offers the best to every child. This is the principle that has shaped Sanjeevani's culture. It runs on the culture of **Oneness, Kindness, and Goodness.**

### Sanjeevani's Labour Pain has always turned into its Joy

There are complications in a heart surgery. Difficulties are definitely there. However, nothing is greater than the life of that child; nothing can be a greater difficulty than for a mother to lose a child. But as a team when we get together and do our very best, everything good happens. When a mother gives birth to a child, she would face a lot of difficulties and labour pain. But the moment she sees the face of her baby, she forgets all her pain. Similarly, a surgeon forgets all his tiredness, the moment he sees that the baby's heart is beating well, and is ready to get discharged to lead a normal healthy life.

Every time I come here, I forget all the problems and difficulties that we had to face to setup institutions of this nature. The joy, satisfaction, the experience of saving a child makes me very happy. It gives me greater enthusiasm to go back and do more.

### Colours of Love:

We are celebrating Holi every day, because we paint the colours of love in the lives of others—a colour that shall never get faded away. Our job is to give healthy children back to this country, so they can study well, play well, grow well and contribute back to the society. The beauty of this work is that it multiplies itself and creates an infinite impact.



Sadguru Sri Madhusudan Sai with doctors, nurses, and staff of Sanjeevani Hospital

## Region 2



08 March 2023  
- Holi at Sanjeevani Hospital,  
Palwal, Haryana

I have not come here to say anything, but to say a word of thanks and gratitude to the Sanjeevani team, which works so hard, works much more than they could, only to save the child and give him/her back to their mother and father and to this country and the world. You are doing God's work. You are Gods. That's how you must always think of yourself.

### Sanjeevani is an *akṣaya*

You will never run out of work in Sanjeevani, because we are going to open more and more hospitals, more centres across the country. The team can take care of more centres, train and teach more people, in the form of fellowships. And in times to come, people from around the world will come here to learn these skills.

### Doctors are Gods

For the sick and the needy, God must go to them as doctors. You are those doctors. And the children whose lives are restored will grow up to be God-like humans, and will serve the society. This is the only solution to all the problems of the world. Share love and work with love. Love All Serve All is our *mantra*. We must put into practice.



Holika Dahan (Burning of Holika)

## Region 2



08 March 2023  
- Holi at Sanjeevani Hospital,  
Palwal, Haryana



Sadguru interacting with operated children



Celebrating Holi with the children of Sanjeevani



Sadguru Sri Madhusudan Sai with doctors, nurses, and staff of Sanjeevani Hospital



# Region 2



## 14 March 2023 – 7th Edition of Corporate Social Responsibility Summit & Awards 2023

Prashanthi Balamandira Trust, Sri Sathya Sai Annapoorna Trust and Sri Sathya Sai Health & Education Trust won awards at the seventh edition of Corporate Social Responsibility Summit & Awards, that was organised at Mumbai on the 14 March 2023.

The inspiration behind the service activities done by our Trusts was recognised and a special award was conferred on Sadguru Sri Madhusudan Sai.

- Sri Sathya Sai Annapoorna Trust received two awards



NGO of the Year – Received by Mr Ashish Bharadwaj, National Manager – CSR Operations and Government Alliances



Most Committed NGO – Received by Mr Yogesh Kamath – CSR Relationship Manager and Ms Ruchika Sirohi – CSR Relationship Manager

- Prashanthi Balamandira Trust received the Most Committed NGO Award



Most Committed NGO – Received by Mr Ashish Bharadwaj (a representation for PBT)

- Sri Sathya Sai Health & Education Trust received the Most Committed NGO Award



Most Committed NGO – Received by Mr Onkar Joshi, Trust Officer

- Sadguru Sri Madhusudan Sai was chosen for the NGO Leadership Award



NGO Leadership Award – Received by Mr Ashish Bharadwaj (a representation for Sadguru)

# Region 2



The Summit was attended by CSR leaders and thinkers from various corporate organisations and NGOs. About 27 speakers divulged their practical experiences, challenges and strategies in the implementation of Corporate Social Responsibility and discussed key topics such as:

- CSR in today’s Changing Times
- CSR key concerns around the capacity of different stakeholders
- Measuring Impact: the success of CSR
- Promoting sustainable energy for climate action (Panel Discussion)
- India - Amendments to CSR Rules: A Game Changer
- Importance of Implementing CSR
- Vidyasaarathi, an initiative to bridge the gap in education finance in the country via CSR

- Key focus areas for CSR (Panel Discussion)
- Creating Better Roadmap for the New Education and CSR
- Unlocking the potential of technology for social change
- Education & Skill Development through Future Skill Universities
- Impact of CSR initiatives - People, Planet & Profit – Triple Bottom line
- Using CSR to unlock innovation for corporates and societies
- CSR as an Innovation
- Start Prioritising CSR and Sustainability Today
- CSR key focus areas for Sustainability (Panel Discussion)

## Region 2

India



**29 March 2023**  
**- In-patient Services at Sri Sathya Sai Sanjeevani Mother & Child Hospital, Jamshedpur, Jharkhand**



## Region 2

India



**30 March 2023**  
**- Students to Servitors**

**A Watershed Moment in Girls' Education**

**S**ri Sathya Sai University for Human Excellence is progressing towards its vision of empowering every child from the rural strata of India with high quality, values-based education, through its empowered rural graduates.

The University's model of education is to give back to the society, confident, capable, and compassionate rural youth, who themselves were imparted this kind of education and groomed into wholesome individuals, prepared to dedicate their lives in the service of others.

*"I feel empowered today, with these children joining our various campuses. I have added 44 extra heads, extra pairs of eyes, extra pairs of hands, and extra pairs of feet who will be everywhere in all the campuses."*

30 March 2023 was an important day in the University diary, when the **second batch of 22 boys** and the **first batch of 22 girls** received their work allotment letters from Sadguru Sri Madhusudan Sai. These students have successfully completed their Postgraduate Studies at the Sri Sathya Sai University for Human Excellence.

So far, totally **43 boys** have taken to the path of service by joining back the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions in various capacities, and working with little children from rural India, imparting knowledge, sharing their love and experience by considering them as their own brothers. They are thus grooming the next generation, and through them the next.

**This is one of the University's many firsts!**



*"The first batch of postgraduate boys are already serving in various campuses since the last year. They are bringing about tremendous changes and improvements in the campus culture and functioning."*



*"Women empowering women is the idea. This gives me great joy, because I know some of these students are from rural areas, and many are first-generation literates. Many are the firsts in their family to have received a postgraduate degree."*

## Region 2

India



### 30 March 2023 – Sri Rama Navami Celebrations, Sathya Sai Grama

Lord Rama is an embodiment of *dharmā*. Hence it is said, *rāmo vighrahavān dharmah*.

**What is *dharmā*?** – that which supports, sustains, protects, bears; which is the foundation and substratum of everything is *dharmā*. This life, this universe cannot exist without *dharmā*. Only when people follow their *dharmā* by doing good, can the society prosper. When everybody does their *dharmā*, then *dharmā* itself will come to our rescue in times of need – *dharmo rakṣati rakṣitah*.

**Do what you are born to do:** *dharmā* is a very profound word. It is not just duty, responsibility, set of rules, religion, or rituals. *dharmā* is that which one ought to do as per one's nature, like for example, fire has to burn. As long as fire burns, it is

doing its *dharmā*. So, it is worshipped as fire. Likewise, as long as water is cooling in its nature, water is doing its *dharmā*. The day they forget their *dharmā*, they will no more be fire or water. Similarly, as humans, we must also follow our *dharmā*, by doing what we are born to do.

***daiva dharmā* looms large at the end** – While we might perform our *dharmā* as a son, daughter, wife, husband, employee and as a contributor of this society, over and above these we have *daiva dharmā*, in which we are answerable to God for all of these. At the end, when we meet God, we have to answer Him, whether we have done our *dharmā* in our respective roles, and as a worshipper of the Divine.

- सत्यं वद। घर्मं चर। स्वाध्यायान् मा प्रमदः। – *satyam vada dharmam cara svādhyāyān mā pramadaḥ* – Speak the truth. Practice your *dharmā*. Do not neglect your studies
- सत्यान् प्रमदितव्यम् – *satyān na pramaditavyam* – Never deviate from the path of truth
- धर्मान् प्रमदितव्यम्। – *dharmān na pramaditavyam* – Never deviate from the path of *dharmā*
- कुशलान् प्रमदितव्यम्। – *kuśalān na pramaditavyam* – Never deviate from the path of welfare of everybody

- भूत्यै न प्रमदितव्यम् – *bhūtyai na pramaditavyam* – Never deviate from the path of doing good to all beings
- स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम्। – *svādhyāya pravacanābhyān na pramaditavyam* – Do not deviate from the path to studying *vedas* and teaching its ideals to all
- मातृदेवः भव पितृदेवः भव आचार्यदेवः भव। अतिथिदेवः भव। – *mātr̥devaḥ bhava pit̥r̥devaḥ bhava ācāryadevaḥ bhava* – Worship your mother, father, teacher, and guests as Divine. Treat everyone as Divine
- यानि अस्माकं सुचरितानि तानि त्वया उपास्यानि – *yāni asmākaṁ sucharitāni tāni tvayā upāsyāni no itarāni* – Undertake only good and righteous deeds as your way of worship
- ये के च अस्मात् श्रेयांसः ब्राह्मणाः तेषां आसने त्वया न प्रश्नसितव्यम्। – *ye ke ca asmāt śreyāṁsaḥ brāhmaṇāḥ teṣān āsane tvayā na praśvasitavyam* – Honour those who are better than us with an *āsana* or seat to sit, respect them and learn from them
- नो इतराणि। – *no itarāni* – Nothing other than *dharmā* should be followed

### The Beauty of Rama's Character

Rama followed his *kṣatriya dharmā* by killing Ravana, but he did not hate Ravana. Whatever He did, He did only out of love. In the end, he told Lakshmana to go to Ravana,

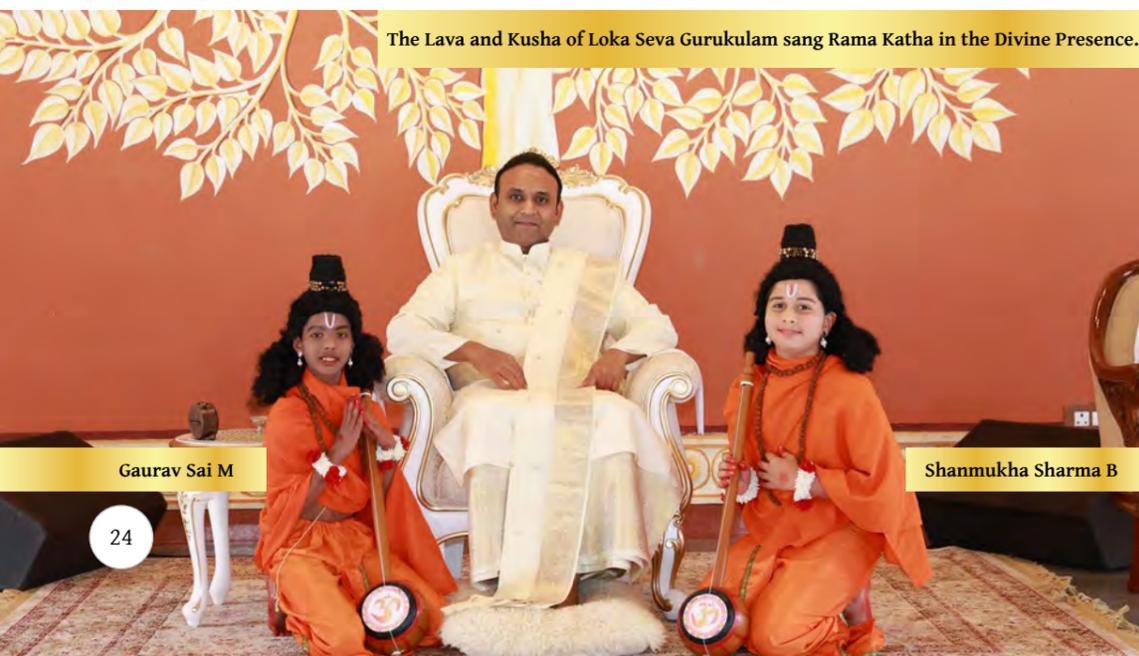
stand at his feet and receive some wisdom from Ravana. When Lakshmana was not agreeing, Rama told, “If you don't go, I will go and stand at his feet.” When Ravana had no sons left to perform his final rites, Sri Rama performed his final rites. He had no hatred, no malice for anybody; he didn't carry any hatred even for his arch enemy. At the end, he grants Ravana *mokṣa*. The power in Rama's name comes from its purity. He is spotless in his character, and his guidance should be followed by us in all situations. You will never go wrong in life by following *dharmā*.

Sri Rama followed his *dharmā* at every stage of life. *pit̥r̥ vākya paripālana* – he obeyed the words of his father and went to the forest. He worshipped his mother. When his *guru* called him to fight a war, he obeyed implicitly. As a *pati* or husband, he went and fought with Ravana to regain Sita. Above all, when he became a king, he considered *raja dharmā* over and above all others, and protected it by doing what is good for the kingdom.

### The upkeep of *dharmā* is a collective responsibility

The *dharmā* of a doctor is to serve without any consideration for earning – *ārogya is dāna*. The *dharmā* of a teacher is to bestow education equally to all – *jñāna is dāna*, *vidyā is dāna*. Earnings will happen automatically, if you are serving well. If everyone does their respective *dharmā*, the society will definitely prosper.

The Lava and Kusha of Loka Seva Gurukulam sang Rama Katha in the Divine Presence.



Gaurav Sai M

Shanmukha Sharma B



## Region 2

India



30 March 2023

- Inauguration of Sai Swasthya Wellness Centre, Pathapalya, Bagepalli Taluk, Chikkaballapur District, Karnataka



## Region 2

Middle East



Sociocare (Nutrition)

In the month of February 2023, close to **9,951 meals** were distributed to the needy by the volunteers of Sai Hrudayam.

- **4,149 meals** worth provisions were served to the jobless through **46 Sai Love Kits** which contained grocery items for a month
- **5,490 meals** worth provisions were served to camel caretakers through **61 Sai Love Kits**, which contained wheat flour, rice, pulses, oil, spices, and condiments along with regular household cleaning supplies
- **50 freshly cooked sandwiches** were served to outdoor car cleaners
- **262 meals** were served through OMAD (One Meal a Day) Seva in the form of biscuits, laban, tea, freshly cooked food etc.



Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



- Sri Sathya Sai Karunalayam Medical Centre served over **1,231 patients** in the month of February 2023 with the help of additional support from assistant nursing trainees who have joined the Out-patient Department for work exposure and training
- Over **1,540 lunch parcels** were distributed to the needy during the month of February 2023, done as a three-times-a-week activity



## Region 2

Nigeria



Spiritan Self  
Awareness Initiative

Joy Village Enugu, Nigeria



### Healthcare

**A**ruike 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. In the month of February 2023, the following services were provided:

- Outpatient consultations were conducted for 432 children and 535 adults
- 220 patients got their Ophthalmic treatment done
- 17 deliveries were performed, which included one caesarean section
- 174 expecting women were given the necessary antenatal care
- 24 children were given immunisation
- 13 surgeries were performed, which included surgeries like circumcision, wound suture, catheterisation, appendectomy, hydrocelectomy, Lipoma Excision and herniorrhaphy
- 230 investigations were conducted



### Educare

- Nigeria Cricket Federation presented a cricket starter pack to The Embodiment of Love Academy (TELA). **300 children** of TELA were introduced to the game of Cricket
- The Honourable Minister of Foreign Affairs of the Federal Republic of Nigeria, His Excellency Mr Geoffrey Onyeama visited Joy village. He was amazed to witness love in action at Joy village and promised to visit again.
- **10 Computer Desktops and 9 sewing machines** have been procured

### Sociocare (Nutrition)

- Nneani Farms are exploring new ways of implanting beehives in the farm using latest technological advancements, with the help of bee farmers. Harvesting natural honey and other by-products which can be used for medicinal purposes are some of the explorations Nneani farms want to undertake
- **500 school children** of TELA and two other Government schools were served nutritious breakfast everyday

## Region 3

Greece



‘*Ίδρυμα Μοιράζομαι*’  
(Foundation of Sharing)

### Sociocare (Nutrition)

- On every Saturday of the month of February 2023, the Greek volunteers cooked delicious meals, and packed vegetarian sandwiches, salads, biscuits, chocolate bars and juices, for delivering to the following places: the orphanage home of The Association for the Protection of Minors of Piraeus ‘The Good Shepherd’, to ‘Tsougraneion’ Soup Kitchen of the Greek Orthodox Church, and to the social kitchen ‘O Allos Anthros’ which literally translates to ‘The Other Man.’
- **1,650 meals** which included **324 cheese pies, 101 penne au gratin, 126 potatoes au gratin, 693 sandwiches, and 406 fresh salads** were delivered
- **230 blankets** were purchased and shipped to afflicted areas, along with clothing and food items, in order to help the homeless protect themselves from the freezing cold winter nights
- **10 boxes full of food items and 9 bags of clothes** were donated to the ‘Heart Doctors’ NGO, which transported these to Syria to support those in need
- The volunteers offered a musical refreshment to the residents of the Elderly Home and



Poorhouse of Athens along with a treat to the gustatory system in the form of tasty snacks and beverages. It was filled with moments of music and dance

- ‘The Good Samaritan’ Association for Children with Brain Disabilities were helped with a medical walker and a laptop. The school bus was repaired by changing its tires
- **80 boxes** consisting of legumes, pasta, rice, milk, oil, cereals, and 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 3

### Italy

**09 March 2023 – Satsang with Sadguru Sri Madhusudan Sai, Rome, Italy**

**Love is My Property. I have nothing other than that**

The most beautiful feeling that one can experience on this earthly existence is 'Pure Love' which is unconditional and selfless, without any expectations. In this love, everything happens. We humans were born with the sole purpose to love and be loved, unconditionally. Wherever we receive this kind of love which completes us, we go there. Our hearts know it, when it experiences pure unconditional love. This love is my property. I have nothing other than that. I came to Italy only to offer this pure love to each one of you and receive that same pure love from each one of you. There cannot be a mother without a child and a child without a mother. So also, there cannot be a God without a devotee, and a devotee cannot exist without God. Such is our relation of love—I do not exist without you and you do not exist without me.

*“God goes wherever we pray and crave for Him.”*

During COVID times, when I could not travel, I spoke, made videos, and made them available to everyone of you. That is how I entered your homes, your mobile phones and your hearts. That was my way of conveying that I love you so much, and that I want you to know that I am around you, I am not far away.

#### **Let's Experience What God is Like**

In the fear, pain, loss and suffering of the COVID, we all became one. Now, let us try to love each other and become one. Love should unite us, and not fear. Wherever love is, there is the presence of God. Therefore, the only way to become God is to love as God loves. It does not cost anything to love like God. Love is your only property. We must develop that kind of love which is giving and forgiving. Miracles, healing, cure and comfort are only reflections of God. **The real God is unconditional pure love.** Just love unconditionally to feel what God feels like. You will be so light and happy. You will feel everyone is yours and hence you are never afraid to do anything for anyone. Love is so powerful. May you develop such love and experience what God is like.

## Region 3



Today, I ask you for one thing – forgive one person whom you could not forgive so far. You will start to feel better, feel a little like God. Nothing is impossible for God. If you are really serious about becoming God, begin with forgiving. This is what Jesus said – “Forgive them, for they know not what they are doing.”

#### **To Love is to Serve**

We may not be able to run hospitals or schools, but we can always be charitable and kind to each other. We can always be nice to a stranger, we can smile and embrace each other, we can lend our shoulder to somebody who wants to cry, and place our arms around somebody who is feeling low. These are enough to begin with. In these acts of sincere love, you will find God. Love is the essence of all religions. Love is the motivation which makes me do what I do, and this should be your motivation too.

Spirituality is that in which you have everything, but you don't own anything; you know that God is the owner, and you always live with gratitude. I don't want you to starve, suffer, undertake austerities and penance. Today, the need is for those spiritual people who will live in the society and be a source of hope, joy, and love.

*For, who else can get so much of love in a hall like this from people of a different country? Isn't this proof that God is here in the form of pure love?*

**Devotee:** Swami, we are very worried about this on-going war. I believe in you – you are the creator, you are the supreme God. You can do whatever you want in a blink of an eye. There are children who are suffering and who will remain traumatised for life. Please help them. Please hasten the time. We need peace, and only then can we have love for all. There is too much fear.

**Sadguru Sri Madhusudan Sai:** If all of us can feel the pain that this woman feels for those who suffer in wars, then wars won't happen. She says that I must change the situation in a blink of an eye. All I want is a little help from all of you and that is to feel the pain of others, like you would feel for your own people; and pray intensely that these wars, these atrocities should never happen. Even if a few people sincerely, tirelessly pray for such a boon, God will grant it.

Chant '*samasta lokāḥ sukhino bhavantu*' every day with intensity and feeling, and not like a prayer. When you chant this, your heart should churn, your eyes should shed tears and you should feel the intensity of pain of those who suffer, and everything will change the next day. Unfortunately, we have become habituated to such conflicts and wars that we have learnt to live with it. We have learnt not to do anything about it, but simply wait for things to change. However, God watches us and checks how much we feel for each other. Only when He feels that we have learnt our lessons, and that we truly love each other, He intervenes. God can intervene provided you feel intensely the pain and suffering of those who are going through these atrocities, and pray for them as if you will pray for your own child.



## Region 3

### Italy

Otherwise, human egos are like clouds that cover the sun. The sun exists but its light is not seen because it is covered by dark clouds. So also, is the human ego that does not allow the warmth of God's grace to reach the needy. Prayer is that strong wind which can blow the cloud away and all the ego towers will tumble down. That is when the sun will shine again and there will be light and warmth. This is how God intervenes and this is how God can change things. God needs a little help from you, and that is to make your prayers as intense as a strong wind which can blow the clouds of ego away.

Therefore, God will do his part provided man does his, and that is what God expects from us - to develop pure love which has the potency to blow away all other hindrances. A small group, 'Light for Ukraine' are working so hard to provide basics like clothing, food, and warmth to the people who are going through these difficult times. At least, till this war comes to an end, let us make that child who is suffering in the cold out there, know that there are people in this world that love him/her, and that they are concerned about his/her future. This would help for the time being. Let us do what we can. More importantly, we need to feel the pain of that person, just like we would feel for our own child. Then, things will change.

**Devotee:** Swami, many times, when we are battling with injustice, it seems like the other side is much stronger than us. How can we continue on this path, remain strong, not lose faith and stand by what is just?

**Sadguru Sri Madhusudan Sai:** Darkness is always overwhelming. But the moment you light a candle, you have defeated darkness. You might not be able to light up the entire town with one candle; but it is true that wherever that candle is burning, there is no darkness there. We may not be able to defeat all the injustice in the world by ourselves. But, wherever we light this candle of righteousness, from that place, injustice will disappear. So, every effort matters.

We may not be able to stop the war, but we can make a difference to the lives that suffer from this war. When the person suffering from cold is wrapped in a warm blanket, there is justice done there.

*Within the next 10 years, you will see a huge spiritual revolution around the world, like a period of renaissance.*

*Worldly people will turn to spiritual people gradually. They will be fed up with wars, conflicts, selfishness and self-interests, bad governments, bad governance; and they will turn towards Divinity. You will realise this in the next 10 years.*



*I have a plan for Italy. In the next five years, you will see this change happening very fast. A whole new generation of Italians will rise from nowhere and they will lead the country on a spiritual path.*

## Region 3

### Italy

**12 March 2023 - Youth Meet, BV Grand Hotel, Assisi, Italy**

#### Divine Message

**Let this be our Mission Statement:**

**A** great king from the times of Mahabharata prayed to the Divine thus:

**न त्वहम् कामये राज्यम् न स्वर्गम् न पुनर्भवम्।  
कामये दुःखतप्तानम् प्राणिनामार्तिनाशनम्।**

**na tvaham kāmāye rājyam na svargam na punarbhavam।**

**kāmāye duḥkhataptānam  
prāṇināmārtināśanām।।**

**Meaning:** Oh Lord! I do not desire for a kingdom, not even heaven or liberation; but I pray to you that you help me wipe away the tears of those who are sorrowful and remove their sufferings.



If one needs to have a mission statement of one's life, then let it be this one.

**The Rich Heart of Saint Francis:** Assisi is the land of Saint Francis. He was neither worried about the wealth in this world, not about great position or place in society. He was not desiring for heaven or even he thinking of his own salvation. He only prayed that he should be a channel of God's love and peace to those who need it.

In those days, there was a little bit of conflict between the Vatican and Porziuncola. Porziuncola, being the place from where the Franciscan movement began, Saint Francis had to meet the Pope, who asked him what he would like to have from the church. Saint Francis prayed that whoever comes to Porziuncola should be absolved of all their sins and wrongdoing. He did not ask anything for himself. He who lives for others, truly live. The gift of helping others may not benefit our body or mind, but it makes us rich in our hearts. It is only in giving that we receive.

Love is the fundamental need of every creature. A person with divine love attracts everything and everyone to himself. Saint Francis had birds hovering around him all the time. Out of his love, he could even cook and give sermons to the wolves. All our life's effort is to develop divine love.

*Assisi is a very inspiring place, because it is there that a young boy took to the path of God and became God.*



**Simply Believe and Save Yourself:** We are all divine. My job is to only help you believe that. We end up making wrong decisions, end up with regrets, only when we don't believe that we are divine. If you believe you are divine, you will never have any regrets in life. The biggest pain is when you have regrets about why you did not do the right things when there was still time. Such a person is inconsolable when he realises in the end that he had the opportunity, but he wasted it.

**Love is our Religion and Service is our Expression – Don't Talk, Just Walk:** The youth have time on their side, and a lot of opportunity to mend things. Be joyful and make others joyful. Follow your heart and do not succumb to the tricks of the mind. The heart will always think about everybody's welfare. The mind will pick and choose. This is how you know which is the heart and

which is the mind. It is your duty to lead the way for many more youngsters who do not have a direction. You walk, so that others will follow you. Let us expand this circle of love and service.

**Our Job:** 50% of the people in the world are young people who are yet to make decisions in life and are yet to follow a particular path. They are free from prejudices and preconditioning, and are free to learn new things. So, before they take to the wrong path, we must put them on the right path. This is the work of all our youth.

Let me assure you, you will never regret to have taken this path. You will only be happy at the end, and you will make so many more people happy. Those whom you directed, guided, and helped, will ever be grateful to you.

*Living a life without regrets is the happiest life.  
Nothing matches the joy of living a regretless life.*



## Region 3

### Kazakhstan



#### Sociocare (Nutrition)

- In the month of February 2023, volunteers distributed about 300 meals consisting of sandwiches, sweets, cookies and tea to needy individuals
- A helpless girl was assisted with medical treatment, and a homeless was assisted to find a shelter and a ticket to his hometown



### Netherlands



#### Sri Sathya Sai Anandam Stichting Nederland (Sri Sathya Sai Anandam Foundation Netherlands)



**45 packages** of non-perishable food consisting of a box of cereals, milk, chips, traditional Dutch cake, and fruits were served to the homeless.



## Region 3

### Turkey

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



- The Southeast of Turkey was struck by an earthquake storm on 06 February 2023 and 10 cities were affected. The Selfless Seva Trust was able to go to the Adıyaman province in collaboration with World Central Kitchen, and was able to find a secure building with the help of the Governor to set up a kitchen in the town of Besni. **2,400 sandwiches and 90,000 meals** were cooked and served to earthquake affected victims
- Animals were taken care of with the necessary medical care, food, and water
- A total of **2,610 meals** consisting of grains or pasta with legumes, alongside milk or yoghurt, and bread were distributed door to door at several districts of Istanbul like Şişli, Pendik and Ömerli
- **2,500 kgs** of charcoal and **4,572 kgs** of wood were distributed to **20 families** at several districts of Istanbul
- Utility bills for electricity, water, and gas were settled for **11 households**, and house rent was paid for **two households**



### Ukraine

- From Heart to Heart' is the volunteer team in Ukraine that served 30 baskets of relief items which contained food, diapers, and other vital hygiene items to 1,700 resettled individuals who live in the villages of Stepanivka, Chuguev and Kharkiv region. These people have migrated to these places away from the war affected areas
- A 3-year-old boy who had undergone two surgeries for brain hydrocephalus, faced an emergency for which he had to be urgently taken to the neuro specialist in the city of Dnipro from his village, Katerynivka, which was 130 kms away. The youth volunteers helped with the emergency transportation to save the life of this boy
- A premature baby of six months was assisted with necessary nutrition supplements, to help the baby gain weight. The baby's birth weight was only 900 grams
- At the city of Bakhmut, the elderly and the needy were provided with drinking water, water filters, disinfectant pills and medicines
- Sai Prema team from Lithuania supplied gasoline, gas burners with gas, hot water flasks, candles for soldiers in trenches, vitamin supplements, reusable hand warmers, and sweets and stationery kits for the children of Ukraine



## Region 3

### United Kingdom

#### 21 March 2023 – Satsang with Sadguru Sri Madhusudan Sai, London, United Kingdom

##### Divine Message

##### A Mirror's Honesty

**A**s I came in, I saw a mirror opposite me, which reflected me. Then I looked at all your faces and saw the exact reflection of me on all your faces too, without any distortion or cloudiness. You are all reflecting the same love that I am giving you; and you are giving it back to me multifold. This is the beauty of creation. In everything we see in this creation, there is only Divinity which reflects. All your faces are those clean and clear mirrors that is reflecting back the same divinity to me.

मृत्योर्मुक्षीय माऽमृतात् - *mṛtyormukṣīya māmr̥tāt* - *Let me be redeemed from this idea of death and birth but never be detached from the idea of immortality.*



#### The Happiness of Seeing Ourselves Outside

The truth is that we are happy whenever we see ourselves. I remember being in New York with David Cornsweet and stayed at a 20-storey hotel. The lift of the hotel had mirrors and its pace was painfully slow. When I asked David as to why they have put mirrors in a lift, he quipped that the mirrors will keep people busy in admiring themselves, and they will never realise how much time it has taken to reach the floor they intend to. Though, it was a trick used to keep the customers away from complaining, the unsaid fact is that we look forward to seeking happiness from looking at our ourselves. If I click a group photo now and I ask you to look at the photo, then whom will you look at first? Your vision will go to wherever you are, even in a crowd of hundred people, and you will immediately spot yourself. The moment you spot yourself, you feel very nice because you are seeing yourself, your reflection.

High-fidelity mirrors reflect exactly as you are. Similarly, when I come and look at you, I look at whether I am looking exactly as I am or am I distorted? The moment I look at your smiling faces full of purity, honesty, and seeing that in fullness, I know exactly which mirror is working fine and which one is distorting divinity.

*I brought my students here, because I wanted to show them the kind of devotees we have around the world—humble, loving, sacrificing, and sincere to know God and divinity.*

## Region 3

### United Kingdom



#### Good and Bad is a Reflection

We are all, in a way, mirrors of each other. We see our own reflection in other people. If we have love in our hearts, we see the same love in the other person's heart too. We are just reflecting our own inside on the outside. There is this famous story – Lord Krishna called Dharmaraja, the eldest of the Pandavas and told him to go and search for one bad person; and told Duryodhana to search for one good person. Dharmaraja came back saying that he could not find a bad person, and Duryodhana came back saying that he could not find even one good person. The moral of the story is that we only see what we want to see. We cannot see anything other than what we want to see.

#### Using Divine Lens

यथा दृष्टि तथा सृष्टि - *yathā dr̥ṣṭi tathā sṛṣṭi* – As is your vision, so is the world around you. The one who puts on a green glass, will see everything green. Someone who puts on red glasses, will see everything red. Indeed, the problem is not with the world around us; what you see depends on what you are. So, the only difference between an ordinary person and an ascended person is that the

*Little joys are where our spirituality lies.*

*Let us try to find that experience of God in little things.*



ordinary person will see only the ordinary even in extraordinary things; whereas an ascended master will see extraordinary things, which is Divinity in everything ordinary—a little flower that has blossomed today did not exist yesterday. Who made it happen? – the Divinity made it happen. Little children playing, happy in their own world is God playing around. Our feelings, thoughts, and words are all powered by the same Divine energy. So, how is it that we miss seeing Divinity in everything? It is because we are not ready for it. We are not using the right lenses. If we put on the lens of Divinity, we will see only Divinity everywhere.

#### The God and Man Crisis

Man keeps searching for God; but God says that He is always available around him, in him, within him, above him, and with him. All that man has to do is to start believing the words of God, the Gurus, and the scriptures. The mirror of our minds needs the kind of fidelity which can see God clearly, and not a distorted version. Start by simply believing that everything is Divinity, and observe how that Divinity is trying to teach you something every moment. See the hand of God in everything, then you can feel the presence of God in everything.

## Region 3

### The Prince and the Portrait Revelation

There is a funny story of a Prince who was of marriageable age, and the ministers got several proposals for him, none of which satisfied the Prince. Later, when enquired, the Prince said that he is in love with a girl, whose portrait is there at the basement of the palace. When the ministers searched and found the portrait, they understood that the girl, the Prince was referring to, was none other than the Prince himself, dressed as a girl during his childhood days. Then, the Prince realised that he was only searching for his own self. The moral is that **you already are that which you are seeking.**

Everybody wants God. But where are you searching for God? God is not to be found elsewhere. You are that which you are searching for. You are that divinity that you are looking for. You are unable to realise that, because of your ignorance that makes you feel that the portrait is different from the original person. Divinity is us, all of us and everything else.

### Imperfections are Perceptions, and not Real

ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्। *īśā vāsyamidam sarvaṃ yatkiñca jagatyāṃ jagat* | – All animate, inanimate, inert—everything is Divine only. Everything is perfect in the creation of God. But it is we who find so many faults. One man stood under an apple tree and asked – Why is a big pumpkin growing on the ground from tender tendrils, whereas a small apple grows

*We don't need the whole world to change the whole world. We just need a few good people who are committed and are on this path of spirituality. They are sufficient. They will change the rest of the world.*

on trees with strong branches. He thought that the pumpkin should have been on the tree with strong branches and apples should have grown on little stems. Just that moment, an apple fell on his head, and he instantly understood that everything in God's creation is perfect.

### Catch Every Moment of God's Presence. Don't Miss it

We need to see only Divinity in everything. The Upanishads say, प्रतिबोध विदितं मतममृतत्वं हि विन्दते। *pratibodha viditam matamamṛtatvaṃ hi vindate* – the one who sees that divinity in every act, every situation, and every person attains immortality. So, the effort is to try and see, feel, and experience divinity in everything. In every little act of kindness, love, and compassion, you see the presence of God. In serving others and finding joy, there is the presence of God. **He is hiding in plain sight.**

**This phase of the mission is about going beyond names and forms, places and situations and believing that God exists, and that God is none other than you.**

### Keep in Touch with the Divine. It never fails you

When you are in touch with your own divinity, it expresses itself through you spontaneously. If you are always in constant touch with your divinity, you will never make a mistake, and nothing will go wrong. Even if something looks like it is going wrong, you know within yourself that you have not done anything wrong. You won't have a sense of guilt or burden. You will just carry out the divine command.



# United Kingdom



## The One Truth Without a Second

Starting from knowing ourselves as the body, the name, the position, the qualification, the relations, the emotions, the thoughts—to knowing ourselves as the experiencer of all these, we would know that the one who is experiencing is itself Divinity. This ability to experience, to associate yourself with anything (whether right or wrong), to understand, think, feel, speak and act is Divinity. The one who realises this, has realised the truth. Beyond this, there is no truth.

## Ask me for help to clean your mirror and nothing else

I am here to help you clean up your mirror of all unwanted desires, thoughts, emotions and feelings of so many life times, so that the clean mirror reflects your Divinity. The first step of spirituality is to clean the *mala* or impurities of 'I' and 'Mine' – the selfish thinking and making it selfless. The second step is to steady the unsteady mind which is called *vikṣepa*. An unsteady mind is where desires live, giving rise to joy or grief. The mind is steadied through meditation, contemplation, silent sitting, reading good books, being in satsang and eliminating unwanted desires. Once *mala* and *vikṣepa* are overcome, the darkness of the mind or *āvaraṇa* disappears in the light of wisdom, by the grace of God. In that light, you see 'That.'

*Life is fragile. We are here today and do not know if we will be there tomorrow. Make the best of life right now. The best use of our life is to feel the presence of God always.*

## Serve and Be Spiritual or Be Spiritual and Serve

The idea of spirituality is to only see oneness in all, and thus serve others as your own. This is the idea of One World One Family. When we see only divinity in all, how can we see somebody as another who is different from us? Spirituality and service are interrelated. If you are spiritual, service will be your second nature. You will do whatever needs to be done without any hesitation, calculations or judgements. Your life will be an expression of selfless love and service. Develop spiritual feelings, and you will spontaneously serve your fellow men; or start serving people, purify your mind, steady your mind, and have the experience of divinity. It can be both ways.

## Why Free Service?

Asked someone. If we have to charge somebody, it is like charging yourself for the food you have cooked for yourself. It's like a mother charging a fee from her child for all the breakfast she has cooked or worse charging your own self. This is why we say charging someone for our services is equivalent to charging your child, wife, husband, or yourself for that matter.

## How can I serve?

Service need not be financially burdening, expensive or intensive. A random act of kindness is service. When you thought of somebody before yourself, it is service. When you place somebody above yourself, it is service. These little acts will help you experience Divinity. There is no other qualification, place or situation needed. You can experience Him wherever you are. Even in the so-called wrong things, you will see that God is trying to teach you something and you will enjoy that as well. So, you will never detach yourself from God.

# Region 4

## Argentina



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



### Sociocare (Nutrition)

#### At the Province of Buenos Aires

- **227 meals** and **209 breakfasts** were provided to **five families** in Buenos Aires City and the Province of Buenos Aires
- At La Plata City, the Foundation supplied **905 meals** and **2,100 breakfasts** to the soup kitchens – Somos su Esperanza and Los Gurises y Alma Corazon Crecer.
- All the soup kitchens in La Plata were given cooking ingredients, a fridge, and school supplies

#### At the Province of Cordoba and the Province of San Luis

- **Mi Pueblo of Córdoba foundation** which helps families and children with cancer was supported
- Clothing and food were delivered to a teenager who is in jail and has no relatives to support him
- Help was extended to a needy family from Villa Carlos Paz, who were struggling with a kid diagnosed with cancer
- Food and clothing were given to two homeless men



### Educare

#### At the Province of Buenos Aires

At a school – Hogar Sierra Dorada located in the small town of San Marcos Sierra (province of Córdoba), **320 meals, 20 overalls, 15 pairs of shoes and 5 bags of clothing for children and electric equipment** were delivered

The following activities were conducted for these children:

- Pottery workshop – Children were taught to make their own pots, which were then baked and made ready to use
- Puppet-making workshop – Disposable bottles were decorated and made as puppets
- Sewing workshop – Children were taught sewing with the help of sewing machines that were received as donations
- Art Mantra colouring and Origami drawing workshop were conducted
- English classes were conducted through games and fun learning
- Carousel visits were undertaken

## Region 4

### Brazil

#### Fundação Sai Amor Do Brasil (Sai Love Foundation Brazil)



#### Sociocare (Nutrition)

The Sai Amor Foundation distributed **206 vegan meals**, with packaged sweets and bottled water to the needy

#### Educare

- The Institute for Education in Human Values has begun to support a preschool, by contributing partly for the breakfast, lunch and soup of **45 students**. In the month of February 2023, **2,208 meals** were served
- The Institute for 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

Over **80 food packets** containing bananas, apple juice, Dark Chocolate Nut Granola Bars, D’Italiano Buns were served to the homeless in the Downtown Edmonton area, Chinatown and outer suburbs.

#### Educare

The Institute of Human Development Canada conducted a 10-day workshop on human values in the Northern Alberta region at Goodfish Lake, which is one of the First Nation’s Reserve. Breakfast was served to 12 participants for 10 days, amounting to **120 breakfast packets**.

### United States of America

#### Divine Will Foundation



#### Healthcare

**9 patients** received treatment at the Sathya Sai Sanjeevani Medical Centre at Clarksdale. This comprised of **80 patients** who revisited the clinic and **19 patients** who were given mental health counselling. Of the **80 patients**, **19 received lab work**, **2 received radiology services** and **3 patients were assisted with transportation**.



## Lessons For Life

*You say that advāita is the only true path. Should we completely stop worshipping the names and forms?*

Everything is a reflection of *brahman*—the nature with all its beings—movable and immovable is all verily *brahman* only. Even your favourite God form is that same *brahman* only. As long as mind exists, there will be name and form—*nāma rūpa*. The world presents experiences of *dvaitā* and therefore *nāma rūpa*—name and form are inevitable. Some people are so fixated on their chosen God’s form and name that they scamper around pressurising others to follow only their chosen God’s name and form. They say, Sai Baba is God, Jesus is God or Krishna is God. But the truth is God is Sai Baba, Jesus, and Krishna. God’s forms come and go. Sai Baba, Jesus or Krishna will come and go. But God is, was and will be.

*Brahman* exists at all times unaffected by the coming and going of God’s forms. Therefore, attachment to a specific name and form is an illusion. Forms of God do help you develop the yearning for God, just like how a reflection induces you to crave for the actual. A particular name, form, behaviour and interaction will help you develop love for divinity. But that name and form is not the destination. It is only the way to attain *brahman*. The destination is *brahman*. That *brahman* is all forms and names, and beyond, with and without. Therefore, through *bhakti*—devotion to your chosen name and form, attain *jñāna*—the wisdom of oneness.

**Know Yourself!**

*“Everything is a reflection of brahman”*



# My Inner Journey

## Be Divine, Live Divine

- R Yugumaran

R Yugumaran is a businessman for the past three decades in the Security Technology Industry, supporting Government institutions and critical infrastructure of national interest in Singapore. He is a Mechanical and Electrical Engineer. His wife, Elena Lim, who was a Senior Manager in an established Advertising Firm, left her career to become a Home Maker. Justin, his son currently runs a Consulting Business in Singapore that specialises in the Finance and Audit Industry. They are actively involved in community activities aimed at promoting and enhancing social well-being. The most gratifying aspect of their lives has been to work with Swami in His Mission of Love and Transformation, for which the family is immensely grateful to Him.

Reflecting on the past, all I can say is that a natural force or energy directed everything in our lives according to some divine plan, and based on the choices we made. Often, the inner journey or turning to God starts with a strong desire to seek a change in one's life. This could happen in an effort to overcome personal difficulties, find some healing from pain, or finding a sense of purpose and meaning in life.

However, in our case, it was a subtle and natural progression. We were introduced to Sri Sathya Sai Baba, or rather, it was God as Sai Baba who revealed Himself to us. From that time onwards, we took an active part in one of the Sri Sathya Sai Centres in Singapore. With the blessings of Swami, Elena became a Bal Vikas Guru; Justin became a Bal Vikas student, and I was chosen to be the President of the same Sai Centre, a few years later. Our lives were centered around Swami, and we had the opportunity to work on various projects in Puttaparthi with our fellow members from Singapore, during that time.



At that point in time, we realised that being devoted to Sai meant having God in our hearts, and performing good deeds and acts of service for others; while cultivating kind thoughts, words, and actions, and living a virtuous life. Until the physical departure of Swami in April 2011, this was our understanding of devotion. However, we later realised that it was merely a preparation for the future.

Swami said, "It is not given to everyone to live for God. Some simply exist, some survive, some live for themselves, a few live for others and very few chosen ones live only for God. Only those lives that live for God truly live."

The choices we make in life open tremendous possibilities and shape our experiences. When Mr Narasimha Murthy (fondly called as Murthy Anna) visited Singapore to share Swami's plan of opening an educational institution in Gulbarga, we together, with our fellow Singapore devotees accepted to participate in this golden opportunity. Until then, we did not know anything about Swami continuing His Mission in the Subtle Form. We felt a deep yearning to do whatever good we could, to please Swami.



Thus, we chose to seize the opportunity, which eventually led us to an even greater adventure.

The most remarkable experience came when we embarked on the Kodaikanal trip in May 2014, not knowing what to expect. It was the beginning of our true spiritual development, a journey that would lead us to the blossoming of the spirit, and the realisation that the 'whole world is our family.' We believe that Swami had a greater plan for all of us in Singapore.

Our brothers and sisters in the Kodai family are a divine inspiration to us. We could not have come this far on our own in Swami's Healthcare and Educare projects. It is only by working together as a group that we have been able to accomplish all that we have. Swami taught us that unity is strength.

Although our journey was fraught with challenges, conflicts, and anxiety, Swami patiently guided and motivated us with His unwavering Love. Participating in Swami's projects has given us tremendous courage, strength, and a sense of detachment. Though the experiences we went through tested our beliefs and confidence, they ultimately allowed us to develop a deeper sense of faith and trust, as well as the value of being even-minded in all situations.

During the Guru Purnima celebration in July 2019, Swami provided us with a remarkable example of Brother Madhusudan's rise to the state of Divinity. Being his contemporary and witnessing such a historic event was truly inspiring. This realisation that humanity can ascend to the realm of Divinity, which seemed merely a concept that we had read in books or just a theory, became a

tangible possibility, providing us all with great faith and confidence. Swami exemplified how one can elevate from being human to Divine, with purity and selflessness as the fundamental prerequisites for achieving such a state.

Life has always pushed us to grow and evolve as individuals. As we progress through life, these challenges become more complex and demanding, but they also provide us with opportunities to become stronger and more resilient.

In early 2019, we had to undergo a heart-wrenching test beyond our limits. I could not even imagine describing here the pain and difficulties that we had to endure for a few years. Life was conveying an important message to us through this experience, emphasising the importance of faith, surrender, and acceptance. It offered us a lesson on practical spirituality, reminding us that nothing in this world is permanent. All relationships, physical health, material wealth, and possessions are temporary. As nothing is truly ours, we must develop the ability to detach ourselves from the material world and progressively concentrate on our spiritual advancement. We must learn to face the difficulties with courage and embrace the lessons that life teaches us, even when they are painful or difficult to accept. This was a practical lesson; that, whatever happens, happens for our own good. This realisation is liberating.

We remain eternally grateful to Swami for His profound Love and unwavering support. Without Him, we would not have had the strength to persevere through this very difficult period and overcome the grief and pain in our lives.



# My Inner Journey

## Be Divine, Live Divine

- R Yugumaran

At the end of July 2022, Swami instructed me to travel to Sri Lanka to help in the Sri Sathya Sai Sanjeevani Hospital, Batticaloa. Upon arriving there, it became apparent that the site was far from being prepared for the inauguration, which was only 12 days away. Several materials were unavailable, and there was a shortage of labour on the premises. Initially, I believed my responsibilities would be limited to providing assistance wherever I could and serving as a messenger of Swami's love to those present. However, much more was expected of me.

Considering the circumstances, I had to oversee all the construction activities that would culminate in the hospital's Inauguration. It was an enormous undertaking that appeared totally insurmountable. It was a trial that intended to teach us the importance of surrendering to the Divine Will.

What typically requires a few months of work to complete, unbelievably was accomplished in ten days, which is humanly impossible. The Inauguration of the hospital took place miraculously as per the Divine Will. As I introspect, although I lacked expertise in construction and had very little experience in construction, I was able to give clear instructions to workers and oversee the different activities involved in the construction process, resulting in a seamless execution. I knew exactly what to do.

I was aware of what I was doing, but had no control over what was said and done. This was another extraordinary lesson on the importance of 'Let Go and Let God.' We often wonder how fortunate we would have been if we had lived during the time of Ramayana and fought alongside Lord Rama in the battle, where He vanquished Ravana to bring Mother Sita home – a battle for morality, duty, and selflessness.

It would have been a great blessing to live during the time of the Pandavas and have the opportunity to fight alongside them with Lord Krishna's guidance in the Kurukshetra war. The Pandavas chose Lord Krishna to triumph over the Kauravas, in a war of strength, courage, and commitment to righteousness.

Today, we are equally blessed to have such an amazing opportunity to wage a battle alongside the same Divine Principle as in Lord Ram and Lord Krishna, in this phenomenal era with Sadguru Sri Madhusudan Sai.

In this Mission, we are engaged in a battle within ourselves against negativity like selfishness, anger, hatred, and greed while also fighting against external issues such as poverty, injustice, and inequality. Our internal battle requires selfless love, and externally, we must engage in selfless service.

Swami is present among us now to guide us toward our true nature and support us on our journey to reach our destination. Our purpose is to just manifest the Divine will, and everything else is just a role assigned to us. We should not have any mental preferences towards happiness or sadness, likes or dislikes, success or failure.

Swami is urging us to realise that it is not enough to receive His Divine Grace by serving Him, pleasing Him, or finding fulfilment in doing good deeds. These are times when we should feel what He feels, think what He thinks, see what He sees, say what He says, and do what He does.

Our ultimate goal is to Be Divine and Live Divine. To be divine means to embrace oneness; living divinely requires us to serve selflessly with Love. This is true devotion.

We have learnt these valuable lessons from our Master Sadguru Sri Madhusudan Sai, who is not only a true friend but also a loving Guru. We strive to apply these lessons in our lives as best we can. Before such a day, we must embrace life to the fullest, being aware of the purpose in our lives and be "God" .... until then, the journey is not over.

Be Divine, Live Divine.



