



वसुधैवकुतुम्बकम्
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MONTHLY GLOBAL NEWSLETTER



Issue 26

May 2023



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Message from *Sadguru Sri Madhusudan Sai*

Where each lives for the other

After a 42-day long trip around the world from Argentina to North America to Fiji Islands and Australia, finally we were here in India escaping the heat of the planes by taking refuge in the queen of the hills, Kodaikanal, our annual ritual that has been there for a long time. Through many interesting twists to the story, the hill top bungalow, a century old heritage building, now christened Ananda Ashram, is the playground for the game of life. 'Learn with fun' has been the way of the mountain retreat, and so it was this summer too.

The new members of the ever-growing Sai family, namely the staff and their families of the newly inaugurated medical college had their first taste of this summer festival. An exercise in bonding and building lasting relations with the other members of the organisation was the way to go. But more improved this bungalow perched atop the highest point in Kodai is also a source of inspiration to all those who are in the field of healthcare especially for the rural, because this is the place where the 12 year old Ida Scudder, daughter of an American Christian missionary doctor, decided to become a doctor herself only to serve the rural Indian

women who were unable to avail the health services of the male dominated healthcare system in India. Legend has that she had the vision of her Lord Jesus here and then there was no looking back as she went back to the USA to study medicine and return promptly to establish one of the largest hospitals in South India, Christian Medical College at Vellore. Decades later, she breathed her last in this very place after leaving her lasting footprints on the rural healthcare system of India. For a medical college that is taking this game to the next level by making healthcare education and services absolutely free, one could not have asked for more than to be here to draw inspiration from her life and works.

A batch of students and volunteers were already there ahead of others to make arrangements for the retreat.

Where each lives for the other and all live for God, is the way of this Sai Family and it was there for all to see in action. And this is what I experience wherever I go in the world, that we all are a family! And to celebrate this family feeling, where is another place like our queen of hills, Kodaikanal!



At the Forefront

18 May 2023 – Sadguru Sri Madhusudan Sai Pledges His Eyes to Sankara Eye Foundation

Sadguru Sri Madhusudan Sai visited the Sankara Eye Hospital at Coimbatore, Tamil Nadu, on a special visit upon the invitation of Dr SV Balasubramaniam – the Chairman, and Dr RV Ramani – the Founder and Managing Trustee of Sankara Eye Hospital.

That day also happened to be the completion of 45 years of service of Sankara Eye Hospitals, during which time they had given the gift of sight to over 2.3 million rural people and screened over 6.5 million eye patients.

In the words of Sadguru Sri Madhusudan Sai:

“An eyesight when restored is such a big gift to somebody. It is not just about restoring the vision, but about restoring a sense of dignity, self-respect, position, and place in the society for those many nameless and voiceless citizens, who upon restoration of eye sight will become contributing citizens.”



Sadguru Sri Madhusudan Sai pledged His eyes

Sankara Eye Foundation has served millions of nameless, voiceless, forsaken and forgotten people in the rural areas, which is truly commendable.

We often do not realise the hardships of those who have no eyesight. Today, I am inspired by the service being done at Sankara Eye Hospitals in giving the ‘gift of vision’ to the needy, and have learnt about their programme of eye donation.

Therefore, I asked Dr Ramani to give me a form to pledge my eyes for the needy when I am no longer housed in this body.

paropakārātham idam śarīram – this body is given to serve others. I hereby pledge to donate my eyes after I leave this body. I hope my eyesight will be good enough to be given to somebody else who can have control over his destiny. I am very happy to give it to Sankara Eye Foundation and let this help somebody somewhere. Let’s ensure that more and more people are given the gift of eye sight, which is a fundamental requirement to live a dignified life.”

Left to Right: Dr S V Balasubramaniam, Chairman of Sankara Eye Foundation, India, Sadguru Sri Madhusudan Sai, Dr R V Ramani, Founder & Managing Trustee



In Focus

18 May 2023 – Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) and Sankara Eye Hospital (SEH) at Bengaluru exchanged a Memorandum of Understanding

The Sankara Eye Hospital at Bengaluru is run by Sri Kanchi Kamakoti Medical Trust which is a not-for-profit Trust having its registered office at Coimbatore, Tamil Nadu. It is a super speciality hospital working with a vision to prevent and cure blindness.

Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) and Sankara Eye Hospital will collaborate in the field of **Ophthalmology** to provide eye care, education, training and research.

The MOU entails the following:

- Gift of Vision: Conducting eye screening camps in rural areas for needy people below the poverty line
- Conducting eye screening for students studying in Government Schools at Chikkaballapur District

- Speciality cases which require complex and complicated technical or trained specialist care will be referred to Sankara Eye Hospital. Patients who do not have the BPL card will be paid for their treatment by SMSIMSR
- Research, fellowship programmes and skill transfer workshops will be explored
- Optometry Student Exchange Programme will be implemented by sending selected optometry students from SMSIMSR to Sankara Eye Hospital for internship
- Sankara Eye Hospital will share its expertise with SMSIMSR and guide them in setting up the facility for Diabetes Retinopathy Screening

MOU signed between Sadguru Sri Madhusudan Sai, Founder of Sri Madhusudan Sai Institute of Medical Sciences and Research, and Dr S V Balasubramaniam, Chairman of Sankara Eye Foundation



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



Mental Health

An Indigenous Trauma Healing workshop was hosted on 01 and 02 April 2023 for the local indigenous families in the Tweed Shire region. Personal or family trauma within these communities has always been on the rise, exacerbated by the recent floods in 2017 and 2022.

‘Dadirri’ is an aboriginal word which means ‘inner deep listening, quiet still awareness and waiting.’ This process was introduced to the participants by recreating song lines and healing trails for self, family and community.

Stages of culturally informed trauma-integrated healing – both individually and collectively were achieved in the following ways:

- Sharing the truths of the past and present
- Sharing their ideas about the future
- Telling their stories and views
- Feeling the feelings and moving through the layers of loss
- Shifting from grief and trauma to ownership of choices
- Strengthening cultural and spiritual identities

With the recent rise in mental health crisis, homelessness, high suicidal rates and devastating floods, this was an opportunity for them to connect to the land and begin their healing process.



Region 1

Australia



07 May 2023 – Sadguru Speaks from Australia, At the Heart of Love Centre, Murwillumbah

A Place for the Heart – The Heart of Love Centre

To the spirits of this native land, Jingi Walla! The ancient spirits are there all around us, surrounding us and watching us in this place. They are observing what we are thinking, speaking, and what we are doing here. For those who are too rational and those who only believe in science, I don't think this is the place for them.

This is a place for those who can think, see, hear, speak and work with their hearts. This is the place for people with hearts. Therefore, this place is called the 'Heart of Love' because the heart knows nothing else but love.

Heart of Love centre is all about reclaiming our original way of life back to love. A heart full of love alone is the true heart.

This centre is a very powerful place. This place existed long ago and people here lived perfectly in tune with nature and the divine. The energies from those times are still here and they can be retrieved. While we are here, it's easier for us to connect to our souls, our truths.



As I look around to see the chirping birds, the flowers, the trees, the earth, the skies, the sunrise and sunset, I could feel that everything is filled with divine love. This centre is so beautiful. You will see different types of birds—they all live together; they are all happy. Nobody fights over branches, flowers, fruits, and water. If millions of these creatures can live together so harmoniously, then why not humans?

The Natives and their Nature

When we came here for the first time in 2015, I was having my morning tea just outside the house at Shangri-la. A Chieftain along with his Assistant appeared in front of me, not physically, but in an energy form. They both looked a bit upset, especially the Chieftain. When I asked them humbly what is it that they have come for and what upset them—they said that all this land belonged to them and their ancestors, and that all of us have come and occupied their lands. When I enquired about which tribe they are from and what do they expect from us, the

Chieftain replied that they are from the Bora Bora tribe; they have been in that land for ages and so much wrong has been done to them and their people. So, I asked them how we can help them now. The minimum we can do is to pay a moral debt that we owe them, which is to say 'sorry' for whatever has happened. We checked and found out that the Bora Bora tribe did exist, and they were called as the Aboriginals or the Natives. Some of the members of their tribe still live there. I enquired with them about how we can pay our gratitude debt and apologise to them for anything we have done wrong. They said that there is a temple and we must pay our respects there. So, we did that and now I could feel that they are happy with us. We also sought their permission for doing something over here because this is a very ancient land in the whole of Australia. People have been living here for ages.

We inherited this place from our ancestors, but we also have borrowed this from our future generations and children. So, it's a moral obligation to make sure that we pass on this earth to our children in a better way than how we have received it. And these traditions will help us do that. The one thing that we must do is to respect this land and its people and culture and to love and live in harmony, in comradeship and fraternity, like a family. So, we will always abide by this as an assurance to them.

They are the worshippers of that one divine father and the protectors of nature. They are the people who have cared for this land. We must be mindful of this fact and be grateful to them. This morning, it was very heartening to see the tribes perform their rituals by invoking the spirits and expressing gratitude to all of them. I could feel the presence of the spirits and their joy. I am very grateful to the tribe, the people, and the natives who came here and performed this ritual from their hearts.



Australia



07 May 2023 – Sadguru Speaks from Australia, At the Heart of Love Centre, Murwillumbah

Lessons from the Tribe

- ◆ Holding our hands out with fingers stretched open means ‘we are one earth family.’ The five fingers represent the five elements. This Earth is our mother, Fire is our grandfather
- ◆ Living with each other; respecting and caring for each other
- ◆ Conveying gratitude to Mother Earth from whom we have taken everything we need
- ◆ Going back to the lap of Mother Earth and praying for all the elements of nature
- ◆ Performing fire ritual to clean up the negativity of the place (just like the homa, yagna in Indian tradition)
- ◆ Connecting with the ancient culture of the land through their dances, and their ways of living



These tribal communities are very kind. They may not look civilised, as we think civilisation is, but they are far wiser than us and understand life much better. They may not be able to speak in the language we speak, or they may not be able to convey or communicate the way we do. But they know more than us, and we need to respect that. We need to learn from them by sitting at their feet and understanding things from them to make our lives better.

The culture of Australia is very warm. Whenever I come here, I see people without hierarchy and barriers. Everybody talks to each other, they shake hands, hug, and greet each other. Being nice to each other, wishing well for all with a pure heart, and doing whatever we can should be our very nature. Love is our only True Property

The people of Australia need love more than anything else. Pure love which has no expectations and demands, that which is sufficient unto itself is what is missing here. Relations, name, position, fame, power and popularity cannot complete the puzzle, without love.

◆ Start loving everyone as your own and you will see that the puzzle is complete. This is all we need to do.

Our body, mind, abilities, knowledge, wealth and skills are all acquired.

◆ The only thing we truly own and can call our own is love because we are born with that one thing called love, and everything else is earned during our life. Love is the only thing given to us as we are born. It is us. It's our core. It's our very soul; it's our very existence.



Let love flow through all our hearts. Let's live our lives in tune with love. It should be unconditional and free flowing. Expectations, judgements, and transactional ways contaminates pure love. Check it then and there and correct your ways to get back to your originality. You will immediately experience peace – ‘the kind of peace which passeth all understanding.’

◆ A heart full of love has a place for everyone; there is room for all in it; it constantly expands and expands, and makes room for more; never rejects anybody; but accepts all and learns to forgive despite their shortcomings.

Practicing love is so liberating and emancipating. Everything else disappears in love.

◆ To love is our most important work. Everything else is secondary. Each one of us are equally responsible to do this most important work. I think of all of you as colleagues, as partners in this process. Each one of us are equally capable.

Do whatever you do in life after you have the approval of your conscience which is nothing but love.

◆ Service is simply an expression of love. Love immediately express itself as a thought, word, or action

Love yourself to begin with, inspite of your shortcomings. Then, start loving all others too. Our shortcomings are only the superimpositions of our mind. So, these can be changed

All is not hunky-dory on the spiritual path; you must go through what you must. Nevertheless, you must keep walking. If you can't fly, if you can't run, keep walking. If you can't walk, then crawl—but never stop.

Region 1

Hong Kong



FEED HK
饋香港

LOVE ALL SERVE ALL
愛護眾生 服務大眾

Nutrition

800 packs of meals and goodie bags were served every week to the needy, so that no one has to sleep on an empty stomach.



Laos



Sri Sathya Sai Foundation Lao PDR

Energy

Sri Sathya Sai School in Lao PDR completed its second phase of going fully solar in the month of April 2023. The campuses for girls and boys, the medical clinic and the kitchen facilities have been fully integrated within the solar grid. This contributes to saving **700 kgs of coal, which is equivalent to about 98 trees.**

Nutrition

Meals and other dry food items were provided to about **50 children** at the school for the blind.

Educare

Former Prime Minister His Excellency Mr Thongsing Thammavong visited the Sri Sathya Sai School. He said, *“The school is a model school that needs to be replicated elsewhere.”*

He urged the students to study well and focus on co-curricular activities, so as to develop into students with good values and become model citizens of the country.

The students also put up a grand performance of Lao and Indian cultural programme.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



Women Empowerment

A Women Empowerment Programme was launched, providing free sewing machines and kits for a free nine-month tailoring course in collaboration with the Rotary Club.

This skill training course was designed to empower young ladies who could not complete their education due to tight financial situations. The acquired skills-set will aid in their economic development.

Upon completing the nine-month course that will be conducted on a weekly basis, the ladies will be awarded a certificate and a personalised business coaching model kit that will facilitate them to start their own business.



Singapore



Education in Human Values

Classes on Education in Human Values were conducted for 10-15 children aged 7-16 years.

Gratitude, courage and the importance of education were the topics covered. The life story of Malala Yousafzai was shared with the kids for them to draw inspiration from her courage.

Nutrition

1Youth Singapore in collaboration with Hao Ren Hao Shi (HRHS), distributed **1,100 Hari Raya goodie bags** and packed provisions for needy beneficiaries.

Youth, family and friends of 1Youth Singapore actively participated in this activity.

Mental Health

A follow-up network online session was conducted for participants of the Mental Health Symposium 2022. One of the speakers, Ms Haanusia Prithivi Raj answered all the questions related to mental health of teenagers and gave some practical strategies to support teenagers at school.



Region 2

India



Annapoorna's Debut at Indore, Madhya Pradesh

On 04 May 2023, the National Manager of Sri Sathya Sai Annapoorna Trust, Mr Santosh Allath met the District Collector, Dr Ilayaraja T (IAS) of Indore in Madhya Pradesh. Additional Collector – Mr Abhay Bedekar and District Education Officer – Mr Manglesh Vyas were also present at the meeting.

A Memorandum of Understanding (MOU) was signed for initiating the morning nutrition programme, wherein SaiSure Millet Health Mix (ragi with jaggery) will be provided to **60,000 Government school-going children** in the district of Indore.

Effective June 2023, Annapoorna nutrition scheme will be implemented at select schools in Indore.



Below: MOU between Sri Sathya Sai Annapoorna Trust and Madhya Pradesh Government to initiate Morning Nutrition Programme in Government schools.

From Left to Right:
 Manglesh Vyas - District Education Officer, Indore Madhya Pradesh
 Abhay Bedekar - Assistant District collector (ADC), Indore Madhya Pradesh
 Dr Ilayaraja T (IAS) - District Collector, Indore Madhya Pradesh
 Santosh Allath - National Manager Operations, Annapoorna Trust



Region 2

India



18 May - 26 May 2023 - The Kodai Retreat with Sadguru Sri Madhusudan Sai

Love, Laughter, Nature, Inspiration, and
 Spiritual Reclination

Kodaikanal brings people together, makes them understand each other, bond with each other, and get inspired by what every one of us does. That's why I am very particular about Kodaikanal. Go beyond your profession and qualification, and connect with each other as human beings, as part of one family.

Dr Ida Scudder – Love Without Duty

As a young girl, when Ida Scudder saw the suffering of expecting women who were denied maternal delivery services by male doctors, as it was a taboo in rural India, Ida decided to become a doctor. She went to the USA and fought her way to the medical college, as in those days it was difficult for women to get admission for medical education. She completed her medical education and came back to India as she had a mission to do, which is to serve the rural population especially women.

She started her first hospital in a bullock cart and took the help of local village girls to dispense medicines, and it was also the time of the great

plaque of 1940. With the help of philanthropists from the US, she built a small hospital specially for women and a training centre for nurses. This slowly expanded to become the **Christian Medical College of Vellore**. A woman from the US did so much for the people of India, only because of her love for Lord Jesus Christ. She felt that serving the people of this country was like serving her Lord.



She spent her last days in this bungalow (referring to the Hill Top Bungalow of Kodai). This bungalow symbolises the zeal of a young girl to help the society. Even today, Christian Medical College is one of the finest colleges in the country, and the hospital is one of the largest hospitals in South India, which provides services to so many people at an affordable cost and even free for those who cannot afford. So, we have an opportunity to do much more for the sake of the people of the country and the world, just like how Ida Scudder did it.

Region 2

India



The Christian Medical College treats about 4,000 to 5,000 outpatients every day. There are more than 1,000 in-patient beds. They serve in the name of Jesus Christ. The one who comes as the sick is Divine, and the one who treats is also Divine.

This bungalow, from that perspective, is very holy and sacred and is more than 100 years old. So, whenever I come here, I remember her, her vision, her mission; I remember the good that she has done in her lifetime and the legacy that she left behind, which continues several years after her demise. That is the continuation of her mission, our mission and the mission of every one of you in times to come.

Very few live a life that is beyond just living, like that of Ida Scudder whose life was divine and beautiful.

Ours is No Ordinary Mission

Missions make a big difference to what we do with our lives. The medical college is a significant milestone of our mission. **Honestly, our medical college drew its inspiration from Kodaikanal, from the life of Ida Scudder.**

Many people have asked me as to how we run it 100% free. I told them that divine love is much more powerful than all the calculations, commerce, and balance sheets. Divine love alone runs this place. We are all divinely guided and as long as we remain pure and selfless, divinity will tell us what to do next.

The beauty of this mission is that it is not humanly executed. It is divinely designed and executed. God simply is Pure Selfless Love. Anybody who develops pure selfless love, places his faith on selfless love and surrenders to that love is Divine, and such a person is capable of achieving anything, fearlessly and selflessly. So, there is no need to doubt and worry.



The Philosopher's Stone

This mission is not just about healthcare, education and nutrition; this mission is about transformation. Anybody who joins this mission gets transformed – it is the philosopher's stone. You come in touch with it and are transformed into something else. Anything is possible in this mission; anybody can become anybody because this mission demands it. I have seen it happen; I have seen transformation at the physical, emotional, intellectual, and spiritual levels for everyone. Everyone has become more selfless, fearless, giving, and loving than what they were 10 years before. That is the power of this mission. It will touch and transform, both the beneficiaries and the benefactors. The confluence of people here consists of the ones who provide for, the ones who provide to, and the ones who are provided with.

If there can be any selfish interest in this mission, it should be – 'my transformation.'

Our mission is not just to transform our beneficiaries and benefactors, but also to send out the message of service and spirituality to the whole world.

Region 2



Stay Focussed

Out of billions of people, very few take to this path of selflessness, sacrifice and goodness. Out of these, only very few get to reach the goal because they have never deviated from it. You should go straight like the arrow; once shot, it must hit the bull's eye without going anywhere else. This kind of stability is required.

While we are here, this is our chance to do something with our lives, because someday, this stage will be taken away and our chance will be over. Becoming part of history before such a day arises, we must be able to do something with our lives.

Wear their Shoes, and You will know what this Mission is doing

One of our campuses for girls near Madurai gives free education to girls from tribal villages, who are generally married off at age 12 or 13, since they are treated as a liability. For such children, our campus provides a safe and healthy environment to learn and grow. If only we think that we are one of them, we will know what this mission is doing.

You are Never Alone in this Mission. Let's Walk Together

It is very important that noble people are able, and able ones are also noble. One of our interns said once that we need to be stable along with being noble and able in this mission. Stability comes with being in the right company. When we put together all our strengths, we combinedly can do much more and help each other walk on this path.

If you want to walk fast, walk alone; if you want to walk far, walk together. We want to walk far; that is why we need to walk together. Look at this beautiful togetherness where people from around the world support missions like this in India and help create the next generation of missionaries who will continue this.

Region 2

India



The Four Steps to have a Joyful Ride in this Mission

Ours is a very busy mission, and it is good to be that way, as an idle mind will gobble you up first, and will harm others later. We have four steps to achieve our goal – *tyaja durjana saṃsargaṃ* – keep away from selfish people, *bhaja sādhu samāgamam* – join the company of the noble and selfless people, *kuru puṇyam aho rātram* – do good day and night, and *smara nityam anityatam* – always remind yourself about what is real and unreal.

Working hard with a feeling of *kuru puṇyam aho rātram* is the foremost qualification to be in this mission.

My Role as a Sadguru

I have walked this path, like a forest trail, and somehow hiked and managed to reach the peak. But, I looked back and saw that many others aren't able to climb this because it is difficult, treacherous and slippery. So, I came back and started laying a nice royal road to the mountain's peak, so all can come on this journey. **Laying roads, building bridges, making steps and helping everybody climb the peak is our mission.**

I play the role of a father who protects and provides, a mother who cares and nourishes, a teacher who instructs, corrects, and sometimes even reprimands if the situation demands.

Why is a Samartha Sadguru 'Samarth'?

Sadguru is the one who teaches the ultimate truth – the truth that we are all Divine. A Samarth Sadguru is the one who ensures that you will experience the truth, by creating situations for you. As the name suggests, a Samarth Sadguru is extremely capable of not just imparting knowledge, but also ensuring that the knowledge is received, assimilated, and experienced by the receiver.

Samartha Sadgurus are very notorious, for they won't spare you, even if you try to escape or find ways or excuses to avoid. They will somehow reach out in so many ways. They are not just bodies sitting in one place. Their will is so powerful that it will design situations around you, wherever you go, and ensure you learn the lesson, however much you want to avoid it. That is the way of a Samartha Sadguru.



Region 2



avyāja karuṇa of a guru

An unwilling student, *nīdāgha* was admitted to a *gurukul* by his father, under the tutelage of his friend, *ṛṣi ṛbhu*. *nīdāgha* wasn't a very keen student; however, *ṛṣi ṛbhu* did not give up on him. He taught him everything and gave him all the knowledge. After the *gurukul vās*, *nīdāgha* exited the *gurukulam*, got married, and led a familial life. *ṛbhu* was concerned about the whereabouts of *nīdāgha*, whether he was using the precious knowledge or was squandering away the same. *ṛbhu* used to go in several disguises to meet his disciple. Such was his love and compassion.

One such time, *ṛbhu* went to the disciple dressed as an old rustic man. Just then the King's procession was passing by. He initiated a conversation with *nīdāgha* as follows:

ṛbhu: What is going on?

nīdāgha: Can't you see? It is the King's procession.

ṛbhu: Who is the King?

nīdāgha: The one who is sitting on the elephant.

ṛbhu: Which is the elephant and which is the king?

nīdāgha: The one below is the elephant and the one above is the King.

ṛbhu: What is below and what is above?

nīdāgha: (Pushing *ṛṣi ṛbhu* down, he sat on his back) Now, you are below and I am above.

ṛbhu: Who are you and who am I?

Now, *nīdāgha* understood that this is none other than his *guru* who is unrelentingly trying to teach him the highest truth that we are all one and not different from each other.

Sometimes, you will not know in what forms a *guru* can come to teach you a lesson. He could come as family disputes, sickness, and other problems, so that you don't get entangled with your body, relationships, and other worldly things.

Region 2

India



Surrender and Be Free

न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।

तत्त्वज्ञानात्परं नास्ति तस्मै श्रीगुरुवे नमः ॥

There is no higher truth and no higher penance than the Guru. There is nothing as higher as true knowledge to attain. Salutations to the feet of the Guru.

Once we surrender to such a Samarth Guru who is so compassionate, there is nothing you need to do in your life, as He will take care of everything. It is like sitting in the train after buying the ticket, and not worrying about anything, but sitting quietly and peacefully and waiting for the journey to happen.

It is a joyful boat ride, and once we sit in His boat of wisdom and knowledge, He ensures that we cross the river of ignorance. And He doesn't do it for His sake; He does it for our sake. I am working very hard so that you realise yourselves. All I expect is that

you don't rock the boat because of unnecessary ego and attachments. **Keep the ego low and surrender high.**

A pull or push from the guru is still worth it:

Do service selflessly, without any ego and attachment; do it as an act of worship. These will purify your mind and intellect. In a purified intellect, the light of wisdom of the Self will shine. Just walk this path. Sometimes, when you don't walk, I shall even drag you or pull you along.

I am a blockbuster. The blocks are nothing but your ego and attachments, and I burst it all for you, so you can be an instrument in the hands of the Divine. All our talents, education, wealth and power should be considered as the grace of the *guru*. Then, the negative ego also turns into a positive one.



Region 2

The Journey is Never So Long with a guru. Just keep walking with Him:

Like a child that is coaxed and convinced by the mother to walk the distance from the market to home by telling stories, by counting from 100 to 0 and the reverse, by distracting the child and making him looking here and there; similarly, the guru gives you several small experiences and incentives to feel motivated. He takes you through small steps, so you don't give up after knowing the actual distance to be covered.

If you don't walk, I can catch your ears and pull you along. But I won't leave you.

One Prayer from the Heart is Enough to Bind our Bond with the guru for ever

If you have ever told, "Swami, I belong to you, please don't leave my hand, whatever happens. I may be incapable of holding on to you due to my fickle-mindedness and instability. That is why I pray to you to hold on to me. You should catch hold of me and take me along", and then the samartha guru takes action and ensures that all other doors are shut. I will ensure there is only one road and door through which you can pass.

Not Giving is Also a Blessing

The *guru* may not give you all that you want, only to ensure that you don't get entangled by those things. At times, He might fulfil some of your wishes just to calm you down. But, most of the times, His sight and vision are elsewhere.

Be an Easy Disciple and an Easy Devotee for the guru

I have pledged my grace to you, I have promised my whole to you. Therefore, I can't let go of you, but sometimes being with you is so difficult. Why don't you make it easy for me? Be easy on Me, be easy on yourself. Anyways, I will not give up, so you have to walk with Me.

See more than what I show; hear more than what I say—this is the mark of a true devotee.

Nandi is a bull of Lord Shiva. He has no agenda, idea, ambition, activity of his own, other than to focus on Lord Shiva. He is looking at Shiva all the time, because he doesn't know when Shiva will open his eyes, come out of his *dhyāna* and ask for something. Nandi's only ambition is that he does not want Shiva to open his mouth and say - 'I want this.' Before Shiva can even utter what he needs, Nandi is out to get it done and finish it for Shiva. This should be the way of a devotee. This kind of focus and dedication, where we completely merge of our minds with God's mind is *sāadhanā*.



Region 2

India



Revise the Rules and Remind Yourself

- ◆ Trust and tell yourself: 'I am under the protection of my guru. I surrender. You take my hand and lead me. I shall blindly follow you. I place my faith in you. I know that you do everything for my highest good.'
- ◆ Don't backtrack or entertain doubts and questions
- ◆ Trust the knowledge and wisdom of the guru
- ◆ Even if you don't understand sometimes, close your eyes and say - 'it's for my good, it's for my good', and you will find the way at the end
- ◆ Allow yourself to go through the process. In the end, it will come out to be a beautiful picture

Be Obedient and Be Convenient for the guru. Remember these two words every day and follow it in your life. All your journeys will become very beautiful. **When the journey becomes so beautiful, you can imagine what the destination will be like!**

Be convenient and obedient to each other also and not difficult. Be obedient to your conscience, and not to your mind. The Self within will instruct the right thing every time—beyond our ego, attachments, likes and dislikes. It does only good for everyone.

Only a guru can take you to God. There cannot be a greater blessing than finding a guru. Always be mindful of the fact that you are under the great protective umbrella and guidance of the guru, which is very rare to come by.

Transformation is Mystical

Transformation is different for each of you, because you all have different backgrounds, pasts, ideas, and individualities. Allowing the guru to transform you by not resisting, not coming in the way, not objecting, not becoming a hurdle is the best gift you can give your teacher. That's all I expect from you. Remain surrendered and obedient.



Region 2



Let Go the Ego and Let in the Hero (Divine)

Sri Adi Shankaracharya's *vivekacūḍāmaṇi* says:

स्वामिन्मस्ते नतलोकबन्धो
कारुण्यसिन्धो पतितं भवाब्धौ ।
मामुद्धरात्मीयकटाक्षदृष्ट्या
ऋज्यातिकारुण्यसुधाभिवृष्ट्या ॥ ३५ ॥

*svāminnamaste natalokabandho
kāruṇyasindho patitaṃ bhavābdhau |
māmuddharātmīyakaṭākṣaḍṣṭyā
ṛjvyātikāruṇyasudhābhivṛṣṭyā ॥ 35 ॥*

svā means the one who is in charge of himself. The one who controls his destiny is Swami. Such a Swami can also control the destiny of others.

Adi Shankara says "Salutations to that Lord who is an ocean of compassion, who is a friend to the whole world! I have fallen into lower ways, and hence you have to redeem me with just one straight glance from the corner of your eyes."

This is a very powerful prayer.

The beginning of all great journeys starts with surrendering your ego to the feet of the guru, who is a Self-realised person, a master of himself. If you think a spiritual journey has 100 steps, the first step is to come to a guru and offer oneself to him or her. After that, the other 99 steps will be taken care of by the guru himself.

namaḥ means - not me. From *ahaṅkāra* to *namaskāra*, *mamakāram* to *namaskāram* is the journey. Whenever we say *namaskāram*, it is to remind ourselves that it is not me, it is the Divine. Thus, when we start everything with a *namaskār* by surrendering to the Divine, *camatkār* (miracles) start happening.

Let go of ego. Diamond is Die Mind. Let the mind die. Let the Divinity rise and shine in all of us.

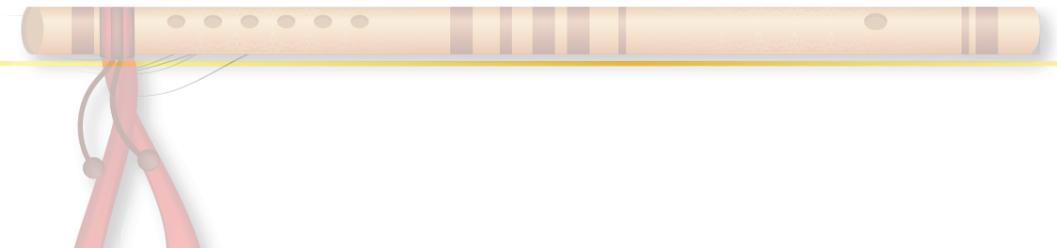
kenopaniṣad says,

श्रोत्रस्य श्रोत्रं मनसो मनो यद्
वाचो ह वाचं स उ प्राणस्य प्राणः ।
चक्षुषश्चक्षुरतिमुच्य धीराः
प्रेत्यास्माल्लोकादमृता भवन्ति ॥ २ ॥

*śrotrasya śrotraṃ manaso mano yad
vāco ha vācaṃ sa u prāṇasya prāṇaḥ
cakṣuṣaścakṣuratimucya dhīrāḥ
pretyāsmāllokādāmṛtā bhavanti*

Meaning: He is the ear behind my ears, the mind behind my mind, the voice behind my voice, the life behind my life, the eyes behind my eyes. Without the divine, we cannot function at all. The one who knows this truth and lives in this truth is a *dhīrāḥ*. Such a person is ever free and he becomes immortal.

I am just a flute; people are happy when music comes out of me. But all credits to my flautist, for he picked me up and played music through me. That is my fortune.



मृत्योर्मुक्षीय मामृतात्

mr̥tyor mukṣīya māmṛtat – How do we achieve this vision of our medical college?

Saving patients from death is not the only goal of our medical institution. More importantly, we must learn that we are all one connected family in that the immortal Self alone pervades all of us and that alone energises us. And hence, we must respect each other irrespective of our position and duties, care for and love each other. Treating patients is only half our vision – *mr̥tyor mukṣīyam*, the other part which is to serve in the awareness of the Divine within us all is *amṛtat*, which we must not forget.

Multitudes of people will come to our medical college and hospital, from all over India. You will handle cases of all kinds that were never even reported in medical journals, not even known to the medical fraternity. You will be the ones to uncover and reveal to the world several less-known facts about medical sciences. You have a wonderful opportunity to work for the cause of free healthcare for the poorest of the poor, the forsaken, and the destitute. You will be involved in serving them all the time that you will be busy doing good.

The Glorious Future of our Medical College and Hospital

A lot of doctors from around the world will come to assist us in our work in India and you also will get an opportunity to learn from them. We are already in talks with some of the premiere institutions abroad for faculty exchange programmes and training and development programmes sponsored by their institutions. Hence, we will have plenty of opportunities to learn best practices from around the world, and come and implement those practices in our hospital.

We are also trying to reserve seats in our medical school for children of our staff.

Service-mindedness is the most important criteria for admission into our medical college.

We have a capacity for 150 seats, but we wanted only 50 seats, so we can spend enough time with each student and mould them into capable and compassionate medical professionals.

Remember these pointers always. These should define our Culture

- ◆ The values of love, compassion, empathy, kindness, adjusting, accommodating and helping
- ◆ Pure love that is steady and uncontaminated by any cravings
- ◆ Place love as the core and everything else will fall into place
- ◆ Whenever there is a little difference of opinion, sit down together as brothers and sisters, and sort it out by conversing with each other from your heart (not the head). Don't let it linger like an infection which can grow and kill the whole body. Understand each other and accommodate
- ◆ Like the five fingers of our hand, though different in sizes, yet works together, and work happens—we all should work together
- ◆ Professionals with a human side and a divine side should be our way
- ◆ Do good. Do as much good as possible that you don't have a minute to yourself
- ◆ Behind everything that we speak, think or do, there has to be no ambition, agenda, ego or selfish desire
- ◆ Any kind of authority or force should be abandoned. We should be guided by whatever is best for the highest welfare of all
- ◆ We should always have the family feeling in our institution. Helping each other and collectively helping God in doing what He wants to do should guide our path

Ours is a social service organisation, that runs on professional ways, without forgetting the spiritual fundamentals. This is why we are different.

Region 2



Let's revise the lesson of Love

- ◆ Love has an interesting intelligence of its own. It knows what it wants to do, how it wants to do, when it wants to do, where it wants to do, and with whom it wants to do
- ◆ Love is something which is soothing, healing, purifying, elevating, and enlightening – that love alone is true love
- ◆ Love is the end of all the *sādhanā*. You have to love to know what love is. There is no other way
- ◆ Pure love is what we stand for. Everything I do is out of love only Love everyone just like how I love you. Then, you don't need to do anything else in your life. You don't have to know any scriptures and *upaniṣads*; you don't have to do any meditation. Just love purely and selflessly keeping the highest welfare of all in your mind.

Love everyone just like how I love you. Then, you don't need to do anything else in your life. You don't have to know any scriptures and *upaniṣads*; you don't have to do any meditation. Just love purely and selflessly keeping the highest welfare of all in your mind.

- ◆ Love can take different shapes and forms. But, do not doubt my love. Krishna killing a demon or Rama killing Ravana has a story behind. If you look at it only externally, you will be completely mistaken

- ◆ Allow the divine love to guide your every thought, word, and deed. Then, nothing can go wrong. It will constantly protect you and guide you
- ◆ Love is the metre against which you need to check your every action – is this being done for the sake of love or for anything else? Watch out for those first signs of discomfort, which comes when you are disobeying that divinity or love within. You will instantly know that it is wrong. You can pause for a moment, pray and correct yourself
- ◆ Remove all ambitions, ideas, ego and selfishness—what remains is love only
- ◆ When we do things out of love, even if we have to reprimand or correct someone, it will not be misunderstood
- ◆ We are made of love as we are born in the image of God. We are God, we are born as love. All other things have been added to us and thus we got contaminated. So, we can purify ourselves back to love through selfless service

The idea of this whole mission is to make everybody help and love each other and themselves, and all in the world, just as God does.

Region 2

India



Who is dear to God?

Sri Krishna in the 12th chapter – *bhakti yoga* of Bhagavad Gita explains 40 qualities of devotees, which make them dear to Him.

यस्मान्नोद्वजिते लोको लोकान्नोद्वजिते च यः ।

हर्षामर्षभयोद्वेगैरमुक्तो यः स च मे प्रियः ॥ १२-१५॥

yasmānnodvijate loko lokānnodvijate ca yaḥ

harṣāmarṣabhayodvegairmukto yaḥ sa ca me priyaḥ

The one who does not trouble others, and the one who does not get troubled or disturbed by the troubles of others; the one who never gets excited nor depressed; one who is free of fear because he is doing everything right; one who is not subject to impulsive anger—are dear to me.

The one who sees only the divine in all, will never trouble others. Again, even when they are troubled by others, they see the divine in the other person, and try to learn the lesson from that experience. They think peacefully and respond.

Call the Sai Within and Seek Your Answers

When you face a conflicting situation, sit down and pray to God. The Lord Sai within is waiting to talk to you, but the problem is that we are never free to talk to Him. Take a moment and pray to the Divine for guidance. Forgive and forget even if somebody hurts you, by understanding that they might be going through something that made them behave like that. In this way, we must accommodate and adjust.

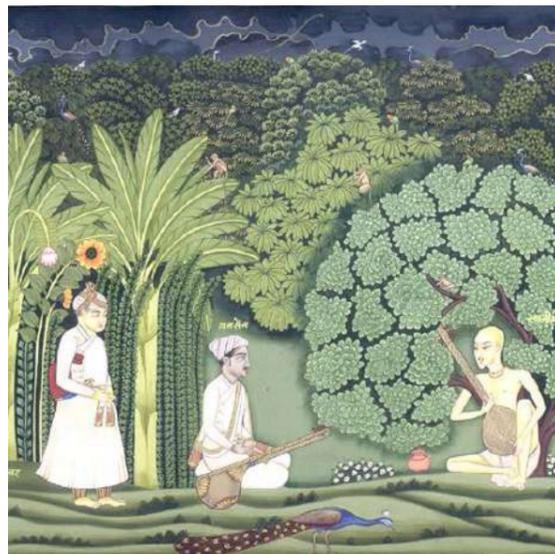
Somebody asked me – How do you have so much patience? I said – ‘I don’t see what you were, what you are, I only see what you can become, and therefore I have patience with you. I know you can become that.’

Lessons on Music

Sound Belongs to God and so is Music: Sound is the most fundamental aspect of creation. All music emerged from the primeval sound of *omkāra*. Thus, the *nādā* which is deep down every sound is *omkāra*. The beauty of Indian classical music is unparalleled. Similarly, *sāmaveda* is not recitation, but it is singing. Every emotion is expressed through sound—whether we are happy or sad, we turn to music. Even for a child that cannot speak, his/her expression itself is ‘Sound.’

God is easily pleased by good music that comes from the soul. Music is not meant for pleasing anyone. When a pure heart full of love sings for the Divine, everyone is touched, because God resides in all.

Music for the Divine Sweeps Off One’s Feet, be it even the King: Once Tansen (one of the best singers in the Mughal court of Akbar) and Maharaj Akbar were taking a stroll in the forest. They heard a beautiful music coming from somewhere in the forest, and they followed the sound to reach a particular hut. An old man was sitting and singing. Akbar was simply stupefied and mesmerised by the beauty of this old man’s music. Akbar fell at his feet and said that he had never heard this kind of music anytime ever. Tansen introduced the old man as his guru, Haridas, and said his guru sings for God, whereas he sings for kings, and that makes all the difference.



Not Degree, But Devotion is required for Music:

Haridas never sang for any king in the courtyard. Meera Bai was never trained in any classical music. Her pure devotion for Lord Krishna emerged from within her as music. When people invited her to the King’s court to sing, she simply said – “*Krishna is my King. His temple is my court. I shall sing only for him.*” Similarly, Saint Tyagaraja refused wealth and said he will serve only Lord Rama through his music. Kanaka Dasa, Purandara Dasa, Akka Mahadevi, Namdev, Gyandev, Mukta Bai are musicians, who did not have any degree in music. They sang out of devotion and hence their music is immortal to this date.

Vision of our Music College

- ◆ Students should sing for God alone. God resides in all, and hence when you touch God’s heart, it touches all. This should be the idea of practicing music, because practice alone makes you perfect. You must practice without any ego, ambition or desire
- ◆ Singing in correct rhythm, notes, *śruti*, *rāga* is only excellence. Perfection is when you lose yourself in music, and when there is no sense of a separate existence at all

- ◆ You have to become one with your music. You are the Music and Music is you. The process of singing (*jñāna*), the song (*jñeyam*), and the singer (*jñāta*) has to become one. That is when you attain perfection, because there will be no individuality left there. You should lose the body-mind consciousness and disappear into that Divine feeling
- ◆ Learning music is only the initial stage. As you grow in music, your love for God should emerge as your own personal music straight from your soul. Imitation initially, but creation is where you should reach
- ◆ When mind, body, and spirit merge and become one, that moment you become God. This is spirituality
- ◆ Without being a *sādhaka* (spiritual aspirant), you cannot be a *gāyaka* (musician). Music will also help you grow spiritually
- ◆ Your *sādhana* in music must go on for the whole day and night. It should be keep running through you, even when you are sleeping. You may be asleep, but your music is still on in your blood, veins, nerves and your whole body. We need to produce those kinds of musicians. It shouldn’t be about just passing an exam

Our institution offers this opportunity for you to practice and perfect your music, because of its spiritual atmosphere.

Let only music exist. The musician should disappear. You should practice till then.



Our Projects and Our Purpose

The new Cath Lab that has been inaugurated at Batticaloa in Sri Lanka is the first-of-its-kind in the entire Eastern Province of Sri Lanka. I met some of the vertical cardiologists there, they told me that when a person gets a heart attack over there in that side of the country, they can do nothing but provide some medications, and by the time the person is transported to two hundred kilometres away, he is no more! This is why we set up the Cath Lab there.



At our Nigerian ashram, there are thousands of children who get free education, food, and everything else. They are so loving; they will come running towards you and hug you as soon as they see you; they are so spontaneous. There is a very different culture, they are always so loving and joyful despite all their problems. Music, dance and rhythm are engrained in them. We are running a health centre there that treats 100 to 120 patients every day, there is also an Operation Theatre and Delivery Room.

So also, we have a facility in the USA which will gradually develop into a paediatric cardiac facility. Another one in Turkey and in Malaysia are also in the plan.



Develop a bigger mission and a bigger purpose for your life and help each other. Do not limit yourself to just doing a professional job. Go beyond, put purpose in everything that you do—the purpose to serve, to change, touch and transform, help each other grow as human beings and transform this country into a better country and a better world.

The post-graduate girls have come up so well. This gives me so much happiness. Every girl child who is born anywhere in the world should not be denied her rightful opportunity to grow, study, stand on her own two feet, be confident, and contribute back to the society. These girls, the first batch that has taken their roles after completion of post-graduation is just a sample for us to see. Each of them will have a story to tell and each story is inspiring than the other. Initially they were all so diffident and shy, but today they are confident and have blossomed so well. 50% of our country are women, and so if they are empowered, it empowers the whole country.

Children are the proof of what we do in our institutions. Hence, students have a big role to play. They have to be role models in their own villages and families.

This mission is running because of several selfless devotees, who are still working even post their retirement age, to contribute for this mission. They have no desires for themselves. They are ready to sacrifice everything for the sake of this mission, which is working for the welfare of the entire world.

Parents should also be part of our system. They must come and see our institutions, spend time, and render whatever service that they can. This is all that I expect from the parents. Otherwise, they don't have to shell out a penny or make any other contribution for the institution.

The first and second batch of post graduate boys' students along with their parents will be taken to Singapore and Malaysia this September 2023. This is just to tell them that we appreciate their trust in us. We don't know how else to tell them that we love them all and we want to thank them for their children. The children are so good and they are working so hard in this mission. This is one way of telling 'thank you' to the parents.

Region 2

Middle East



Sociocare (Nutrition)

- The volunteers of Sai Hrudayam distributed close to **17,680 meals** to the needy during the month of April 2023
- Through **153 Sai Love Kits**, a month's provision worth **13,770 meals** were delivered to unemployed workers



- In collaboration with All Kerala Alumni Foundation (AKAF), **3,500 meals** were served to blue-collar workers as their Iftar meal during the holy month of Ramadan
- OMAD – One Meal a Day initiative was implemented in the month of April 2023 by which **410 meals** consisting of biscuits, laban, tea, and freshly cooked food were served to the needy



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruke 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 April 2023, the following services were provided:

- **Outpatient consultations** were conducted for **444 children** and **660 adults**
- **235 patients** got their Ophthalmic treatment done
- **30 deliveries** were performed
- **184 expecting women** were given the necessary antenatal care
- **29 children** were given immunisation
- **26 surgeries** were performed, which included caesarean section, circumcision, manual vacuum aspiration, catheterisation, appendectomy, lumpectomy, herniorrhaphy and wound repair
- **1,280 lab investigations** were conducted
- **159 patients** were admitted in the hospitals as inpatients



Educare

TELA reopened for the third term of the academic session 2022-23 on 27 April 2023.

TELA Interhouse Sport

Interhouse Sports was conducted for the students of TELA on 04 April 2023 to showcase their talents in sporting activities, and more importantly to inculcate the spirit of healthy competition, developing self-esteem, self-confidence, leadership qualities, sportsmanship, fair play, determination, sacrifice, team spirit and loyalty.

TELA Teacher's EHV Workshop

TELA organised an Education in Human Values Teacher's workshop on 25 April 2023 to successfully commence the third term of academic session 2022-23 by welcoming back the teachers after their Easter Holiday.

Self-awareness and Self-regulation were discussed as tools to achieve a Peaceful Mind and Open Heart.

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

The Foundation served more than **1,200 Outpatients** at the Sri Sathya Sai Karunalayam Medical Centre

Nutrition

More than **1,500 food parcels** were distributed to needy families in the villages

Region 3

Greece



'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Nutrition

- ◆ In April 2023, Easter was celebrated by gifting and bringing joy to the hearts of many beneficiaries.
- **90 gift bags** with easter candles and materials to decorate, easter bunnies, **80 bracelets for children** and **80 necklaces for mothers** were gifted to the 'Elpida' Children's Oncology Unit
- **40 bracelets** were gifted to children and **50 traditional sweet loaves of bread** (known as 'tsoureki' – traditional Greek Easter bread) were delivered at the Association for the Protection of Minors of Piraeus
- **240 sweet 'tsoureki' loaves of bread** were donated to the Municipality of Elliniko-Argyroupoli
- ◆ Volunteers packed **590 boxes** full of food items such as rice, olive oil, tomato sauce, pasta, legumes, flour, sugar, coffee, milk, breakfast cereals, etc., which is approximately **50,150 meals** and they were distributed to the following institutions:
 - **250 boxes** – Municipality of Vari-Voula-Vouliagmeni
 - **100 boxes** – Municipality of Elliniko-Argyroupoli
 - **70 boxes** – Municipality of Karditsa
 - **60 boxes** – Association for the Protection of Minors of Piraeus
 - **60 boxes** – Zoodochos Pigi Church, Alimos
 - **40 boxes** – St. Panteleimon Church, Alimos
 - **10 boxes** – Church at Psiri, Athens



- ◆ Volunteers prepared **689 delicious warm meals**, such as penne with cheese, green beans, pasta al pomodoro, spinach pies, green peas, and **1,028 fresh vegetarian sandwiches and salads** along with chocolates and juices, which were delivered to the following institutions:
 - **309 meals** and **748 sandwiches** – 'Tsougraneion' Greek-Orthodox Church-Run Soup Kitchen
 - **254 meals** and **250 sandwiches** – 'The Other Human' Social Kitchen ('O Allos Anthropos')
 - **126 meals** and **30 sandwiches** – Association for the Protection of Minors of Piraeus
- ◆ **80 beneficiaries** at the Anavyssos area, in South of Athens received boxes of different food items, which is equivalent to preparing **1,840 meals**, such as legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, like soap, washing powder etc.
- ◆ **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 of EGNIA Foundation
- ◆ **35 pizzas** were delivered to the children of St. Andrew Children's Home

Educare

- A laptop was donated to a child in need by the Foundation.

Region 3



Kazakhstan

Общественный фонд «САИ» (Public Foundation "SAI")

Nutrition

- In the month of April 2023, the volunteers distributed about **300 meals** to needy individuals near the Cathedral and Mosque at Almaty city.



Poland

Stowarzyszenie Misja Prema (Prema Mission Association), Poland

Healthcare

- In the month of April 2023, the Association supported a project that was carried out at Wrocław (Poland) related to the construction of Dom Pomocy Wyręczającej «Kokoszka» – a place intended for chronically and incurably ill children and young people, who will be provided with free 24-hours specialist care.
- The final stage of the project is currently underway with the final finishing touches and furnishing of the rooms. The aim of this home is to build a place that not only offers professional help and care, but also a colourful space where incurable and chronically ill children will feel comfortable and safe.



Region 3



Turkey

Karşılıksız Hizmet Vakfı (Selfless Seva Trust)

Nutrition

In the month of April 2023:

- 1,660 meals** consisting of cooked legumes alongside milk and yogurt were distributed door to door at Şişli, Pendik, Ömerli, and other districts of Istanbul
- 27 families** were given financial support and Mega Ramadan packages for Ramadan. **Two families** were given shoes.
- 100,500 meals** and **1,500 Ramadan packages** were distributed at Adıyaman Besni, one of the cities affected by the earthquake
- Financial support was provided for **two house rentals** and eleven utility bills
- Three dogs that underwent traumatic attacks were given rehabilitation



Ukraine

Nutrition

- In the month of April 2023, needy families were supported with **32 food packages**, **80 parcels of hygiene items** and clothes at the villages of Gorenka and Moschun in Kyiv region
- A Light for Ukraine** mission brought some happiness to needy people during Easter by sharing the festive mood, providing food and Easter treats during the Easter days
- Volunteers in Kharkiv made a trip to the villages of Medvedovka, Slobzhanskoye, Antonovka and Lozovenka to help several families and war refugees. Medicines, hygiene items, fruits, sweets, children's stationery, a bed and a mattress for a disabled person were provided.
- New clothes, undergarments and footwear for children were contributed by a new volunteer
- Sai Mini Van was used to transport humanitarian aid to the villages. In total, about **45 children** and their parents were helped
- A couple of volunteers went to the war site to understand their need, and upon request by an elderly lady, petrol was procured for them to run a generator for at least for a week.



Region 4

Argentina



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



Nutrition

- In the month of April 2023, a total of **1,806 meals** and **3,474 breakfasts** were provided to the needy
- **723 meals** and **832 breakfasts** were provided to various soup kitchens like Uguet Mondaca (Burzaco City, Buenos Aires) and La Amistad (Escobar City, Buenos Aires)
- In association with Asociación de Cazadores de Escobar (Escobar, Buenos Aires), food assistance was provided to three families
- At the city of La Plata, **1,083 meals** and **2,642 breakfasts** were delivered to the soup kitchens
- All the soup kitchens in La Plata collectively distributed clothes for **45 needy individuals**, **48 pairs of shoes** for children and adults, **nine warm blankets** and an **entire kitchen setup**

Brazil



Sai Amor Foundation (Sai Love Foundation)



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 April 2023, **2,700 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

Region 4

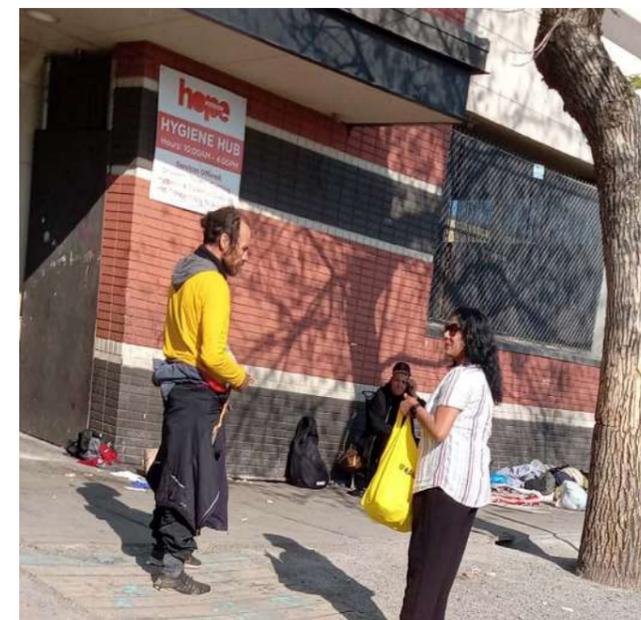
Canada



Sai Global Service Foundation of Canada

Nutrition

- **100 needy families** at the city of Edmonton in Alberta province were provided with snack packets consisting of banana, mango fruit juice, and sliced baguettes
- **100 bottles of water** were distributed to the needy
- At Ontario, the Foundation served food and fruits to the needy. **97 Bananas**, **112 Oranges**, **23 Peanut Butter Fruit Spread Sandwiches**, **13 Rice and Aloo Mattar packets**, **9 Pasta and Sauce packets** were distributed



Region 4

United States of America



Divine Will Foundation Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

In the month of April 2023, 111 patients were treated at Clarksdale Medical Centre



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)

NEW PATIENTS

6

FOLLOW-UP VISITS

71

MENTAL HEALTH
COUNSELLING -

19

MENTAL HEALTH
TREATMENT

5

LAB WORK

1

PATIENTS WHO
HAD PPD SKIN
TESTS PLACED

1

PULMONARY
TREATMENT

8

Lessons For Life

What should one pray to God?

A good prayer would be, 'Give me that *eka bhāvam* (feeling of oneness). Give me that *ātma bhāvam* (identification with the true Self). Give me *ātma darshanam* (experiencing a glimpse of the true Self) and *ātma sakṣatkāram* (experiencing the oneness with the true Self), so that I see only You in everything.' Once you have become God, you will always be happy. How to become God? – by removing all that which is not God in you. Once God alone remains, one will be happy.

God is *ānandaswarupa*. He is Happiness Himself. But this *ānanda* comes only out of pure feelings, from God feelings. So, one must aspire for this *ānanda*. How to aspire? Remove all the selfishness and ego, then one will remain Divine. Divinity is *ānanda*, and it is not dependent on the senses. *ānanda* is dependent on the state of mind. When the mind is absorbed in God, one is always in the state of *ānanda*. So, if you want to be happy permanently, keep your mind on God always. If you think you are God, you will become God, your destiny will be God.

My Inner Journey

Religion, Service and Spirituality - A Successive Journey

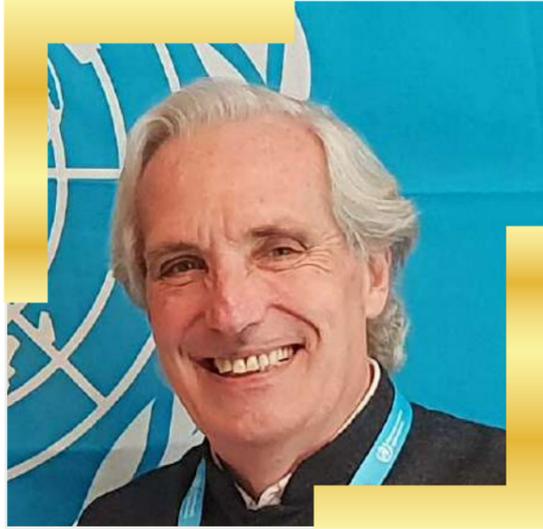
- Dr Jorge Luis Berra (MD)

Dr Jorge Luis Berra is a medical doctor from Argentina with a MD in Pediatrics and Family Medicine. He and his wife Rosana Molho are devotees of Bhagwan Sri Sathya Sai Baba since 1987. Dr Jorge Berra began to work in the field of Ayurveda in 1990 and both of them have been conducting university courses on Ayurveda since 2000. By obeying the command of Baba, Dr Berra and his wife founded the Sai Prema Foundation in the year 2017 and established the Love and Peace Ashram at Escobar near Buenos Aires city in 2018. Their lives are dedicated to serving in the mission of Sadguru Sri Madhusudan Sai, by being His instruments of service in Argentina and Latin America.

I was born into a practicing Catholic family. The school I attended also had a profound impact on me. In both places—at home and school, I learnt the importance of service. During my adolescence, I've heard many who spoke about their experience of listening to God. Despite my efforts, I could not achieve that. I remember that on one occasion, at a religions workshop, we were shown different photos and were asked to choose the one that appealed to us for God. I selected the one where there were many people—I could not hear God, hence to me, God was in people.

At a certain point in my life, I was convinced that God existed, but I had many doubts about religion. I decided that at some point in my life, I will be dedicating myself to this most important thing in life called 'religion.' In the next 10 years, I graduated as a doctor and did my residency and fellowship in Paediatrics.

Along with my wife Rosana, I dedicated my life to service by actively participating in Human Rights Organisations that were carrying out



a lot of activities in our country. While Rosana helped people who had suffered human rights violations as a psychologist, I participated in the genetic identification of missing children who disappeared from the military dictatorship that had devastated our country. At the same time, I began assisting children who were victims of physical and sexual abuse.

Sometime later, in the year 1987, Rosana learnt about Sathya Sai Baba and involved herself in service and devotional activities. I have to admit that I looked at the Sai movement with great suspicion since I thought they were a sect.

However, several miracles of Baba caught my attention and I considered to follow Baba. I had always thought that if I had lived during the time of Jesus, I would have left everything and gone to see Him and followed His footsteps. They mentioned that Sathya Sai Baba performed miracles similar to that of Jesus. So, we decided to go to India and see Him.



We undertook this trip to India in the month of January 1989, along with our daughter Alma who was only three years old then. Several doubts crossed my scientific mind, and they went through an intense internal process, before coming to the conclusion that God exists and that Sathya Sai Baba was a Divine Incarnation. From that moment onwards, we decided to give our lives to His service, and to the service of humanity guided by His noble principles.

Sathya Sai Baba was an inspiration and guide in our personal and professional life. Religion was transformed into spirituality. Together with Rosana, we worked intensely to spread His message and perform service activities, for example - Sai Medicare, provision of food in soup kitchens, service in hospitals, etc., both in Argentina and in Latin America.

The different service activities that we carried out, brought us closer to the questions - who am I? and why are we in this world? With very simple gestures and sometimes even with a single word, Baba showed me that He knew me for a very long time, He knew about my life and what was happening inside of me.

My contact with Sathya Sai Baba made me feel deeply that I was alive, that life had a purpose, and that there were fundamental questions to be asked.

When anyone asked me who Sathya Sai Baba is, I would answer that 'He is a mystery, a beautiful and deep mystery that I could not solve, but that which illuminated my life.'



Baba also guided our professional work, in my case - Ayurveda, and in Rosana's case - adding the transcendental dimension to psychotherapeutic work. A soft touch of His hand that blessed our project, made it possible for us to teach the first Postgraduate Course in Ayurvedic Medicine at a public university in the West, in the year 2000.

Studying and working with Ayurveda enabled us to unite Science and Consciousness.

The greatest gift of Ayurveda has been to see how doctors, when receiving the wisdom of this ancient medicine, reconnect with the vocation of service. His grace and His blessings allowed us to establish ties with the most qualified Ayurvedic institutions in India, and to be appointed by the Ministry of Ayush and WHO as an expert for writing the WHO Benchmarks of Ayurveda.

When Sathya Sai Baba, on His own free will left His body, it seemed that the world lost some of its luster; but at the same time, there was an absolute conviction that now it was our turn. At no time did we need to look for a replacement for Him. It was simply the time to apply with more intensity, all His teachings.

During the Christmas of 2014, we heard that Sathya Sai Baba was present in His subtle form. We had the perception, even bodily, that this new way of manifesting Sathya Sai Baba was absolutely true. Taking advantage of a professional trip to India that I had to make, in which Rosana joined me for only 4 days and 3 nights to be at Muddenahalli, we had the gift of being in His presence and confirming, without a doubt, that Sai was communicating through the boy named Madhusudan. In that meeting, He told us that the following year He would come to Argentina and stay at our house.

My Inner Journey

Religion, Service and Spirituality - A Successive Journey

- Dr Jorge Luis Berra (MD)

After a series of numerous miracles, His word was fulfilled, and in October 2016 He made His first visit to Argentina, staying in a house that we had specially rented. To our great surprise, in an interview with Rosana and our family, He gave us the indication to open an Ashram in our country. Rosana had seen a property some time ago that she at that time thought could be used for an ashram. Swami said in that same interview that the flash of thought that she had was true, and that this was the property. The following year, He returned to stay at our house and visited the property of the future ashram. At the public meeting, He announced that the following year, He would be inaugurating the Ashram in that particular place or property. The owners of the property were at the meeting, and the funny part was that we had not even begun negotiations for a possible purchase with the owner.

In order to buy the property, we had to form a Foundation, which in our country takes a long time to process. Swami announced that the Foundation would be enabled before He visits Argentina the next time. True to His prophecy, the day when Swami and His entourage were traveling to Argentina and crossing the Atlantic, the authorities, without any special management from us, signed the authorisation of the Sai

Prema Foundation. The cost of purchase of the Ashram exceeded our possibilities, but it was achieved by His grace and the contribution of the devotees from Argentina. On another visit to Argentina, He gave us the indication to build a Hall for 400 people. Despite numerous obstacles due to the pandemic, and the significant economic difficulties of our country, Sadguru Sri Madhusudan Sai inaugurated the Hall at a multi-faith event in April 2023.

During Swami's very first trip to Argentina, I was driving the car and taking Swami for a meeting. Swami told me about an activity that we must undertake and I told him - "Very well, I will do it." I immediately corrected myself and told him "You will do it." With great kindness and sweetness, He corrected me and said, "We will do it." One of the many things that I have learnt during this journey is that, while we are on the spiritual path, we are capable of much more than we think, since God is with us.

With my family and the school, I had learnt the practice of service; through my contact with Sathya Sai Baba, I was certain of the existence of God; and in my relationship with Sadguru Sri Madhusudan Sai, I am certain that we can achieve enlightenment during this human life. This is the task that we must carry out at this moment.

