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Message from *Sadguru Sri Madhusudan Sai*

A Special September

The month of September was a special one, for so many firsts happened again! Sri Lanka got its first Cath Lab in the Eastern Province which was officially inaugurated, 200+ lives have already been saved at this Cath Lab. The Prestigious Victoria Hall in Singapore hosted our students' Symphony Orchestra with the Guest of Honour being the Eighth President and the First Female President of Singapore. An Evening Divine at Hong Kong saw the business and social elite sitting with rapt attention listening to our stories of service globally. The Laos School now upgrades to the higher secondary section and we invited the students to participate in the Annual Sports and Cultural Meet at Muddenahalli. The Malaysian youths joined in chorus to celebrate the homecoming at Ananda Ashram, Janda Baik as we inaugurated the *stūpa* – the pillar of spiritual evolution, with the mythological swans (*hamsās*) atop, that can distinguish worldly waters from spiritual milk. SWAMI Home for dementia patients got a new outdoor activity area as well as a fruit garden with varieties of produces including a football sized melon!

However, the most fascinating first was the travel abroad to Singapore and Malaysia of the first batch of Post Graduate students of Sri Sathya Sai University for Human Excellence,

with their parents, many of whom had never crossed the State borders in India, let alone going overseas. This unique journey of these dedicated first batch of men-missionaries along with their rural parents was our way of including them all in our one world family spread across the globe. While the parents enjoyed their trip abroad, they also got a view of the global mission which their children are now a part of, and thus their bond with this mission strengthened. From applying for their passports and travel documents, to air tickets and hotel stays, from food to freight and sight seeing to *satsanghs*, everything was meticulously planned by devotees and staff. This left them all overwhelmed with love and humility, and this will definitely have a lasting impact in cementing their faith in this mission.

This global mission is the most unique one in every way, and the month of September that welcomed the first batch of medical students at Muddenahalli into the World's First Free Rural Medical College that costs nothing but the commitment to serve the needy, while we criss-crossed the South Asian countries, made it even rarer.

Our rarity is our responsibility, but a special one!



At the Forefront

02 October 2023 – Epoch Making Day: Inaugural Address of Sadguru Sri Madhusudan Sai to the First Batch of MBBS Students of the Sri Madhusudan Sai Institute of Medical Sciences and Research

Mahatma Gandhi Ji once proclaimed that the true measure of a nation's welfare lies in the well-being of its villages, for villages are indeed the soul of our great nation. Gandhi Ji coined the term 'Grama Swaraj' signifying a self-reliant village.

In this pursuit of achieving Grama Swaraj, Sadguru Sri Madhusudan Sai has been working day and night to provide basic amenities for the marginalised through the three verticals of Nutrition, Education, and Healthcare. Sri Madhusudan Sai has always emphasised the untapped potential in rural youth and is creating platforms through which rural youth can not only transform themselves but also bring about meaningful changes in the lives of rural people.

One such platform is the Sri Madhusudan Sai Institute of Medical Sciences and Research, which was inaugurated by the Honourable Prime

Minister, Shri Narendra Modi on 25th of March 2023. This medical college has been established to grow it into a world-class institution producing medical professionals with brilliant heads, competent hands, but more importantly, compassionate hearts.

50 students have joined the nation's first free medical college from various parts of the country, and it has been one week since all the students reported to the college. It is heartwarming to note that all the students have already started imbibing the service culture of the institution, as they visited nearby villages and educated school-going children about personal hygiene and health; and they interacted with the residents about various issues that impact their health, such as open drainage, the distance of water tanks from the dumping yard, lack of proper ventilation etc.

Sri Madhusudan Sai, Founder of the Sri Madhusudan Sai Institute of Medical Sciences and Research addressed all the students this evening and said, "I look forward to all of you learning from the elders who not only have great calibre but more importantly, great character. Each of your professors and senior faculty are people who have chosen the unchartered path."

Borrowing from Ralph Emerson's quote, 'Do not go where the path may lead, go instead where there is no path and leave a trail', Sri Madhusudan Sai advised the students to create a trail behind for others to follow.



Taking the example of the Director of the Medical College, Dr Raghupathi who was the first alumni to become a doctor from the Sri Sathya Sai Loka Seva Educational Institutions, almost 45 years ago, who even after his illustrious career and retirement chose to join the mission of service in Muddenahalli, Sri Madhusudan Sai said, "You can also create institutions in the future. Don't look at only what you can get for yourself and your families, or how you can grow professionally alone. Don't let your mind limit to just that little idea; rather, think of the greater good of all. Walk into any department and you will find such individuals."

It is not easy to get faculty for a rural medical college like this. But they chose to join us because they had a purpose, which is beyond just being a professional. They had a purpose to do greater good to the society and I am very grateful to all the faculty members who have joined us on this journey.

I am very grateful to the Government, especially the Central Government, and the Prime Minister. Since this is the opening session, I must place it on record that we received much support from the Prime Minister who came all the way to inaugurate this medical college with our one request to him - that we are starting a new medical college with a vision.

I am grateful to the Ministry of Health, Government of India, for there were no 50 seats provision in NMC, as 100 seats was the norm. They brought in a new provision for our sake to accommodate our vision to create cultured students who will get personalised attention academically, personally and spiritually, so they can grow into better doctors.

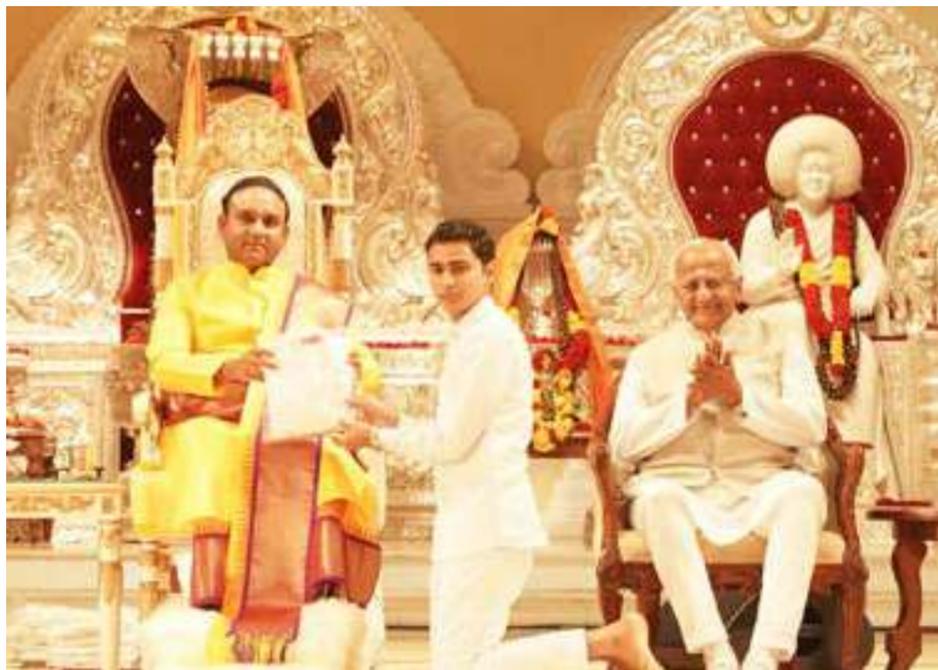
Thus, this is a greater responsibility on our shoulders to live up to this vision which is now our shared vision to build this into a world-class medical college. It is not just about serving humanity, but it is also about academically becoming one of the best medical

colleges in the world. And this happens when there are world-class students and world-class faculty. Each one of us have to push our boundaries to become better than the best.

What is taught in the class is one part, but what you learn is the bigger part, and that depends on you. Learn and become brilliant heads, most competent hands and most compassionate hearts, and this is the way we can change the medical education and the healthcare system.

Sri Madhusudan Sai then reminded all the students about one of the last notes left behind by Gandhi Ji in 1948, expressing his deepest social thought. Gandhi Ji had said, "I will give you a talisman...whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and yourself melt away."

Sri Madhusudan Sai went on explain, "Is your decision going to help one old village man who has no one to look after, who cannot pay a fee or afford healthcare? If you can help such a person then you will know that you are fulfilling the vision of this medical college. This is why we expected commitments from all of you, and we wanted it right from day one; that you are committed to service. As you will all live and learn, you will enjoy your time here. I look forward to growing this medical college together, as it is not one way. Give your suggestions and ideas to the faculty, as this is about a shared vision."



At the Forefront

The White Coat Ceremony

On the 05 October 2023, the very first White Coat Ceremony was held for the first batch of students of Sri Madhusudan Sai Institute of Medical Sciences and Research.

Divine Discourse – An Extract

“We thought about how we can make healthcare reach the last person who cannot afford a decent healthcare or come to the hospital? That is when an idea germinated – ‘why don’t we have our own medical school?’ We used to send our students, who aspire to become doctors, to different medical schools, but then we realised that those medical schools’ culture was not the one we wanted. So, we thought, why not create a system where we can invite children who believe in the idea of service to humanity and who are willing to pledge their energies, their skills, and their knowledge to serve the cause of free universal healthcare, and that is how this medical college came into existence. It’s so fulfilling today, not because the medical college has started, we did it in a record time of less than two years, the permissions were sought, all the faculties were brought in, funds came in as needed, it has been recognised and appreciated by the Prime Minister, the President and the greatest leaders of our country and even abroad—but because today because of this college, it is possible for the child of a daily wager, who previously could not even remotely dream of becoming a doctor, to join our college and fulfil his/her dream.

Education may be subsidised, but with the need to pay for a hostel, books, travel, and many other things, the child has to think twice about whether they should burden their parents for the sake of a medical degree. This has resulted in many not pursuing medicine, because they are afraid, they cannot afford the fee that is charged in Government colleges, but today, when we saw the children coming and receiving the coats and taking the pledge, we saw how many of them come from such impoverished backgrounds.

I am told that out of 50, 32 come from families with less than 350 US dollars of income per month and are not the only child. There are others in their family who also survive on the same income, which may be even less than that. This is the kind of children who are getting an opportunity to get educated and become medical doctors in times to come. This is what makes me happy—any child in India or anywhere who dreams of studying something should not be denied that education because their parents cannot afford it. This is what we want to change.

This medical school will provide the country and the world with one of the best sets of medical professionals who are extremely competent but also extremely compassionate. It will also give any child born anywhere in the world the opportunity to dream and realise the dream of becoming a doctor, and his dream shall not be crushed because his or her parents cannot afford to pay for it.”

In Focus

Sri Lanka



13 September 2023 – First Year Anniversary Celebrations of Sri Sathya Sai Sanjeevani Hospital, Batticaloa, Sri Lanka

To mark one year of the opening of the Sri Sathya Sai Sanjeevani Super Speciality Hospital in Kirankulam, Batticaloa in 2023, and also to inaugurate a state-of-the-art Cath Lab in the Hospital, Sadguru Sri Madhusudan Sai visited Batticaloa on the 13 September 2023.

Marking His 13th visit to Lanka, a tight schedule was planned in Batticaloa.

In the morning, the Sri Sathya Sai Karuna Nilayam Foundation hosted an event for medical and University personnel and was attended by Vice Chancellor, Dean of Faculty Healthcare Sciences, Provincial Director of Health Care Services, Directors of Teaching Hospital-Batticaloa and Base Hospital, Kalmunai North, the Cardiology Doctors, Consultant Doctors, Heads various departments were present during this morning event.



All invitees were served with lunch in the hospital facility.

During the evening, Sadguru Madhusudan Sai met with representatives of the members of various organisations such as Lions Club, Rotary Club, Traders Associations, Chamber of Commerce, Federation of Mosques and Muslim Institutions and prominent civil society representatives.

During the event, Saduguru emphasised that embracing everyone as our own – the Fatherhood of God and Brotherhood of Humanity, is the way to a more compassionate world and brighter future. The event concluded with dinner.

A discourse delivered on 01 January 2017 where Sadguru Sri Madhusudan Sai had predicted that one day this land of sand would have a hospital that would be doing heart operations, was printed in English and Tamil and was distributed to all attendees.





Divine Discourse – A Summary

āyubowan is a blessing given in Sri Lanka which means, “may you live long.” āyusmān bhava is the word used in India to convey the same. Anybody who seeks this blessing is given the blessing.

Sri Sathya Sai Sanjeevani Hospital in Sri Lanka is manifesting this blessing to people, be it small children who are just three years old or people in their sixties and seventies, for everyone deserves this blessing of living a long life. Great efforts have been put by the Foundation members, devotees from around the world, the team of cardiologists, experts, nurses, paramedics, Batticaloa Teaching Hospital faculty, Eastern University faculty and the Government to make this blessing happen.

This Hospital will grow more in the days to come. All of us must work together for this. This facility is open for all to extend their help. The whole world is coming together for a common cause. Whether we are Americans, Australians, Singaporeans, British, Europeans, Indians or Sri Lankans, everybody is coming together to run this Hospital. So, this should become the model hospital for the whole of the world. This kind of selfless work will undoubtedly manifest āyubowan in this country. Nobody should die unnecessarily. Nobody should die before one’s time because of lack of medical facility.

This is our vision.

When you save a patient, you save not just the patient, but the entire family. When you save a father or a mother, the entire family is saved. When you save a child, you save the future of not just the family, but the entire country. We save the world by saving every patient.

The Cath Lab which has been inaugurated in Sri Lanka is a significant milestone and thanks to the two young men, Mr Vinodan and Dr Francis, and the collective efforts of all, that this Cath Lab has been done so diligently and meticulously.

I met a patient, who had flown from Qatar to Sri Lanka for a visit, and developed a heart attack here. Our Cath Lab saved him just on time. This is the potential of what we are doing. Every life is important for us.

People from around the world are supporting this cause and saving lives in Sri Lanka. The only reason for this is that we believe that every place is ours. All people belong to us. We are all one family – vasudhaiva kuṭumbakam. This is the exact reason why we do not charge anybody for the services we offer. Would we charge our family member for offering food or providing treatment? We all work with this thought that we are one family and everybody deserves good health, irrespective of whether they can pay for it or not. Governments must do it; institutions must do it, and if nobody is able to do it, then the whole society must come together and still do it. This is the feeling with which we are working.



In Focus

Singapore



**24 September 2023
– Sai Symphony Orchestra
Performed at Victoria
Concert Hall, Singapore**



Sai Symphony Orchestra, which was founded by Sadguru Sri Madhusudan Sai is made up of incredibly talented young musicians from the Sri Sathya Sai Loka Seva Gurukulam. They performed at the iconic Victoria Concert Hall in Singapore on 24 September 2023, in the presence of Ms Halimah Yacob, the Eighth President of Singapore.

India’s largest homegrown symphony orchestra, the Sai Symphony Orchestra, is a remarkable ensemble consisting of children from Grade 8 to University level, from the most humble, rural backgrounds. This performance was a testament to Sadguru Sri Madhusudan Sai’s vision and ability to inspire; and it was made even more special by the presence of Singapore’s Eighth President, Ms Halimah Yacob, whose appearance highlighted the importance of empowering youth and creating a brighter future through initiatives such as these.

Sadguru Sri Madhusudan Sai said:

“We thank Singapore’s first woman president, Madam Halimah Yacob and the Government of Singapore for being part of and encouraging the Sai Symphony Orchestra, which is a symbol of hope and opportunity for underprivileged children, demonstrating that with access to quality education and the chance to explore their innate talents, they can achieve greatness on a global stage. This performance in Singapore was a celebration of these values.”

Ms Halimah Yacob said:

“What an amazing performance by the Sai Symphony Orchestra at the Victoria Concert Hall! It was organised by SWAMI Home. The young performers were from all over the world and were very talented. Some came from very humble backgrounds but were given the opportunity to sharpen their musical talents by an organisation initiated and supported by Sadguru Sri Madhusudan Sai, an Indian humanitarian and philanthropist. I thoroughly enjoyed the performance!”



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



Sai Prema Foundation



Healthcare

General Checkup for Elderly Residents of HART Home at Sri Sathya Sai Sanjeevani Medical Centre, Fiji

Sri Sathya Sai Sanjeevani Medical Centre offered general checkups to 22 elderly residents and caregivers of HART Home. They were treated for routine non-communicable diseases such as blood pressure and diabetes. After the medical check-ups, a healthy and sumptuous lunch was provided to all and transportation was arranged back to their Home.



Lives Touched – As of September 2023

246 – Free heart surgeries for the children of Fiji

25,545 – Patients served at Sri Sathya Sai Sanjeevani Medical Centre

13,725 – Free heart screenings performed for children at the Sri Sathya Sai Sanjeevani Children’s Heart Screening Centre and outreach screenings performed throughout Fiji

3,965,701 – Meals served to needy families through the provision of monthly grocery ration packs

12,932 – Lives potentially saved through blood collection drives

6,501 – Residents of rural Fiji given free general and specialist medical and dental consultations and free medication

200 – Children in orphanages and institutions regularly served through healthcare, educare and sociocare initiatives



Region 1

Hong Kong



Nutrition

Feed Hong Kong

About 3,200 food packets were distributed in the month of August 2023. The food packets were prepared at the Feed Hong Kong kitchen, which is open thrice a week.



Region 1

Hong Kong



26 September 2023

- A Heart-to-Heart Conversation with Sadguru Sri Madhusudan Sai

Hosted by: Mr Anurag Bhatnagar, Noted Corporate Figure in Hong Kong

An Excerpt from the Questions and Answers Session

How do you control or manage your wandering mind?

We can shut our mouths, but not our minds. But the silence that we must practice is of the mind. Many people practice the silence of their mouths and torture people with gestures and signals. They make life more difficult for others. Our scriptures do not really talk about *maunam*, which is the silence of the mouth, as much as silence of the mind.

Firstly, classify your thoughts in the mind, and discard the unnecessary thoughts. It's like cleaning your cupboard. If you have too much in your cupboard, throw away some things that you don't need. Keep only so much that you require.



In that way, your cupboard is well arranged, it's neat, and you're not so disturbed and hassled by it. A thought which is of no use today, is like your past clothes, which are not required in your cupboard anymore, and hence you must just throw them away. Throw such unnecessary thoughts away. Similarly, some things that are only required at certain times and not always are kept on the lower shelf at some corner. Keep only good thoughts on the top.

Then your mind will be very peaceful because it has few thoughts. And those few thoughts are helpful thoughts. Your mind becomes relatively calmer and silent. But when you want to experience a complete conscious state of silence, you have to subdue even your *sāttvic* thoughts and be in a thoughtless state. This is the process of meditation that we must practice.

prāṇāyāma helps a lot in calming the mind. Do a lot of deep breathing, because the breath and mind are connected. The faster you breathe, the more it disturbs the mind. It's like fuel and fire. Spend time with yourself every day, as the most important appointment for the day is an appointment with yourself. Try to categorise and classify what's going on in your mind. Just observe it, distribute your thoughts, classify, discard those unnecessary, and keep only those necessary. Then, to go to a thoughtless stage is very easy because you have very little to deal with.





Region 1

Indonesia



*Yayasan Prema Sai Pooja
(Prema Sai Pooja Foundation)*



In the month of August 2023, volunteers from Bali made a trip to the city of Malang and distributed **100 food packets** and grocery kits to needy individuals.



Can you tell us when and how did you get these spiritual powers?

Let me clarify – I have no spiritual powers. I have only one power, which is ‘Love.’ And that is what I learnt from Bhagawan Sri Sathya Sai Baba. He told us that love is the most powerful force on earth. And with that, one can achieve anything and everything as one decides. My whole idea of spirituality or whatever we do is because we do it out of love. And love makes things happen. You call it miracles; I call it just the manifestation of love. Whatever I do, say, or think, and if it manifests, I know that is love that is manifesting itself. I would insist that one should focus on developing selfless love for all— that’s very powerful. The only thing that you can’t do is use it for yourself. It’s the power that you can only use for others, and you can’t have it for yourself, but nevertheless, you feel the joy of doing it, and you never feel any less compared to others.

Share a little bit about your passion to encourage entrepreneurship.

Everybody born on this earth has some skills and talents to contribute to society, but unfortunately these are not recognised. And even if it’s recognised, it doesn’t get the right kind of financial support or mentorship, or it doesn’t get the right kind of environment which would nurture it. So, providing them places to try out their skills and probably convert them into a decently profitable venture will create many more jobs at the bottom of the pyramid. More people will get engaged in economic activities. Then, we don’t have to worry about who will feed them and who will educate them. They can do it for themselves.

We started a programme called India Startup Festival with a group of very motivated and passionate entrepreneurs. They take up this mentorship for small-time rural entrepreneurs and help them to build their businesses. And that helps them further look after themselves and their communities and create jobs that the Government alone cannot do, nor can we do. The permanent solution is that if everybody can earn a good living, why would they need agencies like us to go and feed them or look after them? This is the idea to create more jobs through entrepreneurship at the rural level. It brings the right kind of people to work together for right ideas and ensures they convert the ideas into something economically viable.



Region 1

Japan

Home of Universal Peace

Nutrition

Once a month, volunteers from Yokohama come together at a community centre to cook and distribute food. In the month of August 2023, **490 meals** were distributed at Yokohama and a few other cities.

Educare

Human Excellence Academy of Japan has been conducting online workshops with the help of the mentors, Dr Ron Farmer and Ms Suwanti Farmer. **'The Road to Infinite Joy - Part II'** is the title for this year's workshop. In the month of August 2023, the topic **'Resting in Fullness'** was taken up. **20 individuals** attended the online workshop from various parts of Japan.

Healthcare

Two **children** from needy families were supported with treatment and medication for a long-term illness.



Region 1

Laos

27 September 2023 - Sadguru Visits Laos

Satsang at the House of Sai (Residence of Brother Avi Sarkar)

Brother Kerr and Brother Avi shared their transformative journey at the Satsang.

Sadguru in His Divine message stated that it is to the merit of several lifetimes that one is led to the feet of a Guru, whose very presence and proximity is a great blessing. And having received such a blessed opportunity, we must leave all our worries aside, and hold firm to the feet of the guru and follow His command, and He will look after everything.

On 28 September 2023, Sadguru visited Sri Sathya Sai School, where **552 bright young minds**, ranging from pre-primary to Grade 11, eagerly gathered to meet Him. In a heartwarming display of love and appreciation, the students treated Sadguru to a moving cultural programme, where their talents shone brightly, and Laotian culture took centre stage. Sadguru handed out certificates to 37 students who had performed well in the exams of the 2022-2023 academic year, and felicitated all the staff of the School.



Sadguru said, "Education is the most important tool for the transformation of societies, and hence it is important to give the right kind of education to children. Good education based on spiritual values not only produces good professionals, but also good humans who will do good for the society."

Sadguru graciously extended an invitation for the students from Grade 10 and 11 to visit India in January and participate in the upcoming Sports and Cultural Meet alongside students from the various campuses within India.



Region 1

Malaysia



Sai Ananda Foundation,
Kuala Lumpur



Healthcare

Sai Ananda Refugee Dental Clinic

In August 2023, 30 patients were treated for their dental ailments, and over 30 patients visited for follow-up treatment and check-ups. Dental health education and dietary advice were also given to the patients.



Region 1

Malaysia



29 September 2023 –
Satsang with Sadguru Sri
Madhusudan Sai, Malaysia

Divine Discourse – A Summary

At Malaysia, we have two centres – one in the city and another away from the city. They are like the two wings of a bird—one is for service and the other one is for *sādhana*.

Turn Inward for Experiencing Peace and Bliss

One must learn how to withdraw from the internet and connect into the inner-net. Being alone with oneself can be a wonderful and a blissful experience. We are *sat-chit-ānanda swarūpa*. We are nothing less than bliss. We are sometimes miserable only because we have deviated away from our true nature of bliss, and thus experience anxiety, anger, frustration, and jealousy.

There is a possibility of deviating from our original state of supreme bliss, when we are engaged in a lot of professional activity or even *sevā*. In those times, we need a place to rest our minds, bodies and spirits. This can best happen, not in between the Twin Towers, but only between two trees.

Intuition is the by-product of a strong inner-net

Once you have connected to the inner-net, your intuition is at its peak, your intelligence is no longer needed; your intuition becomes your whole, and everything that you do will be according to your intuition, which comes from the Divine. You'll never go wrong—whatever you say, think, or do will be divinely done.



Sri Sathya Sai Anand Ashram, Janda Baik, Malaysia

The Home of the Divine

This is the reason why this *āśram* has been built at Janda Baik in the lap of Mother Nature. Mother Nature is very kind. She puts us to rest when our minds need it so badly. Coming to this *āśram* can be rejuvenating and can help us go back with pure energy to do whatever is needed for the welfare of the world.

This *āśram* is home of the Divine. Everybody is welcome here to be with Mother Nature and to experience God.

Trace Your Steps Back to God Through Nature

The creation came forth from God who was formless and nameless. The first element of creation was space. From space came air, from air came fire, from fire came water, from water came earth, from earth came food, and from food came human beings. This is the process of evolution. Hence, even scientifically, if one wants to go back to God, one has to go back through nature only.

The Significance of the *stūpa*

The seven portions of the *stūpa* represent seven stages of evolution – the animal instincts which exist at the *mūladhāra chakra*, all the way up to *sahasrāra chakra*. The swans represent the *hamsās*. *hamsās* have the uncanny ability to separate milk from water, drink milk and leave the water behind. This means one has to discriminate between what is real and unreal. The *stūpa* is a constant reminder for everybody to ascend, reach the *paramahamsā* stage and realise the truth.

Region 1

Malaysia



Unity Despite Uniqueness

We can see God everywhere. There is the fingerprint and footprint of God in everything that we see around us. In this big forest, we can't find two leaves that are same. You will not find the same thumbprint for anybody else. Each of us has been created so differently, yet we are all one and the same Divinity. This is the beauty of creation.

Our scriptures say that the one who has attained the Truth, sees only Divinity within the leaf, tree, grass, wind, sun or the moon. Such a person becomes a man of few words. There is only one life force or energy which is present in all the things around us, there is only one connecting force within all of us.



Everything is Brahman. Everything is running as per Brahman's will, beautifully orchestrated in the most perfect way—there is nothing that we can add to it or remove from it. Just be an experience of the wholeness and completeness. This is possible only in the lap of nature; it's very difficult to do it in the middle of a bustling city with so many responsibilities.

Surrendering to God is the first and foremost step of being a good devotee. It starts with *karma yoga*, then progresses to *bhakti yoga*, and finally leads to *advaita bhāva*. We need to take the steps to climb the peak.

If you really want to help me, more than anything else, realise that you are Divine. This is the biggest help you can do to me or to the whole world. You'll become another me, which means so much more can be done by you for others. This is what I expect.

Region 1

Singapore



23 September 2023: Satsang with Sadguru Sri Madhusudan Sai, Singapore

Divine Discourse – A Summary

I Want Obedient and Convenient Devotees

Obedient devotees do whatever the Lord says, without bringing in their own interpretations and ideas. Convenient devotees do it without causing any trouble to anyone. The devotees of Singapore are such obedient and convenient instruments of the Lord. They have sacrificed much of their personal conveniences to contribute to this mission. Their children are also participants in this mission and extend complete support to their parents. This is the kind of devotees that God loves to be with.

Singapore has been a witness and a participant in many firsts of this mission, but today it is not just about the first, it's about the best of my devotees, meeting the best of my students and best of the parents. This is the reason for all of us coming to Singapore.

This set of students are the best lot. I have tested, tried, and checked them thoroughly. They are smart, intelligent and capable. With more opportunities, they will blossom further.



No More Strangers, Only Comrades

This feeling of all of us coming together from various countries, yet not feeling like strangers, but feeling connected to each other is 'One World One Family.' How beautiful it would be if there are no strangers left in the world, and everyone lives a very peaceful and harmonious life!

One World One Family is our real mission. Everything else is only contributing to this idea. We do all our work with this feeling of broad-mindedness. It is for this reason that the devotees of Singapore support the education of children in Karnataka or the treatment of a child in Fiji.

Shine Your Light of Love

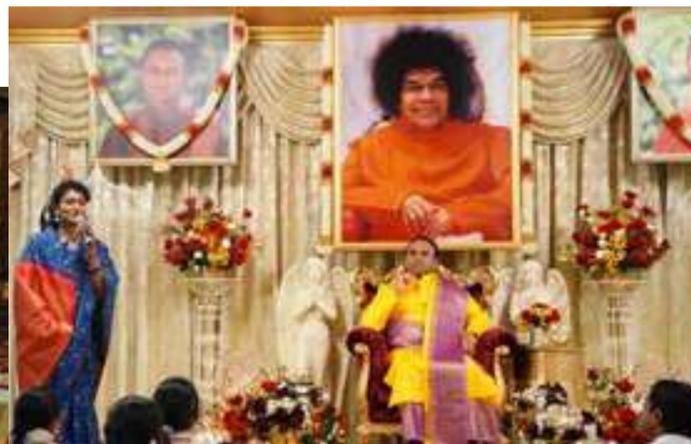
The light which is within me has been passed on to you. And now there are many more lamps of love shining. When you transfer the light of one candle to another candle, it multiplies. Expansion is the very nature of love. Each of your heart has a flame of love in it, and I know you will create a better future for everybody in the world, and continue to light this lamp of love in somebody else's heart.

Have No Fear

This mission is possible only because there is a *guru* like me and *śiṣyās* like you. The beneficiaries of today will become benefactors of tomorrow. The example we set now will be the ideals that we will be setting for generations to come.

Have no fear, for this mission is a global one. Like the *viśvarūpa* of Krishna, Divine is working through so many heads, hands and feet simultaneously. Keep the faith that the Divine alone is working through all of us. Whatever the challenges, go through it with faith.

Whatever happens, know that God knows and He is doing only what it is best for you.



Region 1

The New Age Spirituality

Our students are young physically, but very wise in their head. Their understanding, conviction and vision for their life cannot be found in children of their age group. They don't have to become monks or saints with shaven heads, cutting off their relationships and changing their names. They can be as they are physically, and do what is required for the society, with complete detachment. This is the new-age spirituality for the Gen Z and Alpha.

Speak the language of the people around you, work with them shoulder to shoulder to solve their problems, yet mentally be detached from everything—this is the kind of spirituality that is needed today.

The Beginning, the Middle and the End is God

Krishna wants Radha by His side all the time. We must all try to become like Radha, with whom God would want to be. Just surrender to the Lord, and your welfare will be taken care of—not just your personal welfare, your parents' welfare, but also your highest spiritual welfare.

Continuously remember God, keep yourself focussed, dedicated and selfless. Selfishness separates us from God. Selflessness unites us with God allowing us to do whatever is required to be done.



The Coming Dussehra is the time for *simollaighana* – Crossing our Comfort Zones

This coming Dussehra, the elders of the Institution will make way for the youngsters. A visionary committee will be formed with the elders and they shall look into the vision for our Institution in the next 10 to 25 years. They shall work towards bringing excellence in every aspect of our Institution. Day-to-day administrative, operational and basic leadership roles will be handled by the youngsters. This will help them capable enough to build institutions 10 years down the lane. They shall take responsibility for the campuses and run them well.

In times to come, the whole world will be inspired by what is being done by us. Many other institutions will be established. Each one of my students will build institutions as they are capable of doing it. I will be training them for the next 10 years.

Let's Share and Work Together

SWAMI (Sunshine Welfare Action Mission) Home in Singapore does wonderful work for dementia patients and they look after the elderly with so much of love. I told them that they can share their knowledge and skills with our children and the nursing students. Training programmes and short-term certification programmes can be created to help nursing students learn about better ways to take care of the elderly.

Region 2



01 September to 04 September 2023 – Sadguru Meets Ministers and Dignitaries at New Delhi



Meeting with Sri Hardeep Singh Puri
Honourable Minister for Petroleum and Natural Gas and
Minister for Housing and Urban Affairs - Government of India



Meeting with Dr Karan Singh
First Governor of Jammu and Kashmir



Meeting with Smt Meenakshi Lekhi
Honourable Minister of State for External
Affairs and Culture, Government of India



Meeting with Dr Mansukh Mandaviya
Honourable Minister of Health and Family
Welfare, Government of India



Visit to Institute of Liver and Biliary
Sciences (ILBS)
New Delhi

Region 2



06 September 2023 – MOU between SRM University and Sri Sathya Sanjeevani International Centre for Child Heart Care, Palwal

A MOU was inked between Sri Sathya Sai Sanjeevani International Centre for Child Heart Care and Research (Palwal) and SRM University, Delhi-NCR, Sonipat, Haryana, on 06 September 2023.

Dr C Sreenivas, Chairman of Sri Sathya Sai Health and Education Trust, which runs the Sri Sathya Sai Sanjeevani Hospitals, and Dr V Samuel Raj, Registrar of SRM University, represented their respective institutions and exchanged the MOU.

The purpose of the MOU is to:

- Bring innovation by combining advancement in Education and Health in service of the society
- Enable multi-disciplinary research to address the national burden of congenital heart disease

Left to Right:

Prof Mohan Mani – Associate Professor, Department of Computer Science & Engineering, SRM University

Prof Dr Renu Choudhary – Dean and Head of the Department Management, SRM University

Dr Ruchi Kawatra – Associate Professor, Computer Science & Engineering Department, SRM University

Prof V Samuel Raj – Registrar, SRM University

Dr C Sreenivas – Chairman, Sri Sathya Sai Health and Education Trust

Mr Gaurav Bharadwaj – Trust Officer, Sri Sathya Sai Sanjeevani Hospital

Dr Prachi Kukshal – Scientist, Sri Sathya Sai Sanjeevani Research Foundation

Mr Dipen Bera – IT Coordinator, Sri Sathya Sai Sanjeevani Hospital



Region 2



07 September 2023 – Krishna Janmashtami Celebrations, Sathya Sai Grama, Muddenahalli

Divine Discourse – A Summary

kr̥ṣṇam vande jagadgurum

Salutations to the feet of Lord Krishna who graced this holy land of Bharat and took upon Himself the unique role of a *jagadguru* to teach mankind about the greatest tenets of *dharma*. Peace and harmony can be achieved in the society only by practicing *dharma*.

Lord Krishna not just teaches *dharma*, but also protects, promotes, and practices *dharma*. Thus, He calls Himself the *dharma goptā* – the protector of *dharma*.

dharma alone triumphs

dharma rakṣati rakṣitaḥ – The one who protects *dharma* alone is protected by *dharma*.

Krishna fought several battles only with the power of *dharma*, and established the truth that ultimately *dharma* alone is victorious.

Krishna – The Sweet Prankster Vs The Unintelligible Schemer

While the Krishna of Brindavan was a naughty cowherd boy who played with the *gopikās*, made merry, acted mischievous, stole everyone's heart with his sweet character and endearing ways; with the Pandavas he acted the role of their comrade and friend who fought the battle of establishing *dharma* over *adharma*, by helping the Pandavas win over some of the most invincible warriors like *bhīṣmapitāmaha*, *karṇa*, *droṇācārya*... etc. A deeper analysis into why Krishna did what he did, will help us realise that, everything he did was done in the true spirit of *dharma* and for upholding *dharma* in the world.

What Krishna said was not truth; whatever Krishna said was truth
What Krishna did was not dharma; whatever Krishna did was dharma



Region 2

India



07 September 2023 – Krishna Janmashtami Celebrations, Sathya Sai Grama, Muddenahalli

Krishna – The Tender of Cows and the Lover of gopikās

Krishna loved all beings. He is the protector of all beings. His love expands beyond and embraces every creature on this earth. This is why he is called karuṇāsindhu – compassion personified.

Today, I had an opportunity to spend time with two of the most favourites of Krishna – the cows and the gopikās. The gośāla in the āśram (referring to Sathya Sai Grama) is complete now, because there is Krishna also there, along with the cows. And the other one is the Nursing College students whom I visited today. They are akin to the gopikās of that age. When I heard them talk and sing, I felt the love that gopikās must have had for Krishna of the Brindavan.



What greater blessing can there be, other than to love Krishna with all our heart and soul!

Love Knows No Reason, No Season

The Nursing College students performed a small skit about the love between Krishna and His gopikās. It goes like this:

Lord Krishna had a severe head ache one today and when Narada enquired, He said that the dust from the feet of His devotee would only heal Him.

Krishna asked Narada, “You are a great devotee. Why don’t you apply some dust off your feet on my head and cure me of this headache?”

Narada was taken aback and he said, “No, no how could I do that! You are the Lord, and it will be a sin to put the dust of my feet on your head. It’s not right.”

Narada approached the wives of Krishna – Rukmini and Sathyabhama, and they said, “How can we apply the dust from our feet on Krishna’s forehead? That would be a grave sin!”

At that point in time, Krishna told Narada, “You can do one thing for Me. If you go to Brindavan, there are these gopikās, and if you tell them about my plight, I’m sure they will give some dust from their feet.”

Region 2



Narada, following Krishna’s advice went to Brindavan, and there he saw the gopikās doing their daily chores thinking of Krishna. They were churning the milk, feeding the cows, doing whatever they were doing, chanting the name of ‘Krishna.’

Narada went and revealed about Krishna’s headache to the gopikās and told them that somebody should help him, and the only thing that would work for Him was the dust from their feet.

All the gopikās immediately said in unison, “Oh, is that all!”

They immediately dusted their feet, collected a little dust in their hands, and handed it over to Narada saying, “Please rush back to Mathura and help Krishna.”

Narada said, “Are you not afraid of the sin that comes from putting the dust of your feet on Krishna’s head? Will you not go to hell for this sin?”

For this, the gopikās responded, “What can be a greater hell than Krishna suffering with a headache, and we are doing nothing about it! What is a greater heaven if Krishna is happy and healthy? We don’t know about any other greater hell or heaven. If Krishna is happy, the whole world is happy – that is heaven. If Krishna is not happy, the whole world is not happy – that is living hell for us. So, please rush back to Krishna’s palace and hand over this dust.”

You are the Krishna; You are the gopikā

In each one of us there is a gopikā who is hiding, willing and wanting to express his/ her love and devotion to Krishna. In each one of us, there is also a Krishna hiding, wanting to receive that love and devotion. Our heart is the very Brija where this dance of devotion for the Divine is happening. Each one of us embody this principle of the Divine and the devotee within ourselves. How beautiful is this whole cosmic drama that Sri Krishna has so carefully orchestrated and conducted!

The Krishna and the gopikā within us are craving for each other.

For the gopikās, nothing is a cause, nothing is a consequence. Everything is Krishna – both the cause and the consequence.



The Divine rāsālīla is the cosmic dance of love between our true Self – the Divine Consciousness and our Individual Consciousness, both craving to give and receive pure love.



Region 2



07 September 2023 – Krishna Janmashtami Celebrations, Sathya Sai Grama, Muddenahalli

Your Love is God's Property

God knows everything; He has everything; does everything. He always gives us. God only wants pure-hearted devotion. The only thing He asks from us is our love and nothing else. The one who has the purest of love for the Lord is the most blessed. If somebody can give their unsullied love to the Lord, nothing more needs to be achieved.

The Lord Craves for this kind of Love

The *gopālās* and the *gopikās* lived a simple life. They were not rich or mighty. They did not fight for a kingdom or their rights. They lived their life with whatever little means they had. Yet, there were so happy, because they were immersed in the love of Krishna.

They had no thoughts of 'I' and 'mine'; no ambitions and future plans; no regrets and remorse about the past.

They lived every present moment immersed in the thoughts of Krishna and filled with His love.

They did everything only for Krishna's sake. Whatever they did was for Krishna and whatever they received, they accepted it as a gift from Krishna.

How can we develop pure love for the Lord?

Unbecome the 'i' feeling. This 'i' and 'mine' are the reasons that prevent us from being completely devoted to the Lord and makes our love impure and unfit for offering to Him.

Churn your thoughts and emotions, curdle them by separating it from all worldliness; prepare the purest of the butter of love and offer it to Krishna.



There is No Better Opportunity than Now

Like the *pāṇḍavas* who followed Krishna's guidance, let us take inspiration from the life of Krishna and continue to establish *dharma*. Like the *gopikās*, let us do whatever we do, with a lot of pure love for Krishna.

Let's Practice These:

Fight the battle of life by always choosing right from the wrong, *dharma* over *adharma*

Always keep sight of the greater good of all by practicing *dharma* in all situations

Study the life of Sri Krishna to understand his character and personality in its entire depth, in an analytical way. This will help us understand *dharma* in its entirety

Develop pure-hearted, unsullied love for the Lord without 'I' ness and 'my' ness

Love the Lord with all your heart. There is nothing greater to be achieved.



Region 2



19 September 2023 – Ganesh Caturthi Celebrations, Sathya Sai Grama, Muddenahalli

Divine Discourse – A Summary

This holy land of India, which reverberates with the name of God, devotion to God, and so many festivities and rituals about so many Gods, is the most sacred land to be born in. No other land on the entire planet is as sacred as India. The positivity that Indian soil exudes cannot be found anywhere else. This is the reason why so many *avatārs* have happened in India, as it is the most suitable place for God to descend. In spite of modernisation, India never lost its anchoring in spiritual values.

Indian culture, Indian ideas, and Indian thought are so powerful that they have deep roots; therefore, even if the tree gets cut, it will grow back. Therefore, any shift or change is only temporary; deep down, we are all very Godly and devoted people. We may agree or not agree, but we have always believed in the presence and existence of God. We have lived our lives in accordance with that, and celebrating a festival is so core to our Indian idea; celebrating it with the community and sharing joy with everybody is the very idea of being an Indian.

Festivals like Ganesh Caturthi make our spiritual values come alive. This festival is being celebrated ages after ages with the same fervour. Every household in India celebrates this festival with so much of joy and vigour. God enters the life of every child, every adult in every village and city in India through the festival of Ganesh Caturthi. Everyone comes together and prays for everyone else's welfare during festivals. The idea of celebrating Ganesh Caturthi and participating publicly as a community has never lost its charm. This is the beauty of our Indian traditions.



The stories in *purāṇās* are predominantly meant to discipline people through favours or fear, and engage the community in doing some good through rituals or festivities.

The idea is to learn the lesson that whatever God says or does is for our good, and he has no expectations. Sometimes, he tells us to do whatever he thinks is good for us. Sometimes, we may understand; and sometimes, we may not understand, but the best thing to do is to obey whatever God says to save ourselves a lot of trouble.

Ganapati is the most intelligent and devoted. He wrote the Mahabharata for Veda Vyasa. They both struck a deal. Ganapati said, "I will be your scribe, but you should continuously narrate. I will stop writing when you stop speaking, and the deal ends." Veda Vyasa knew that Ganapati is brilliant and would write really fast. So, Veda Vyasa put a condition to Ganapati, saying, "You will not write it until and unless you have understood what I have spoken." This is how Ganapati wrote and Veda Vyasa recited all the *ślokas* of the Mahabharata.



Region 2



'Buddhi' and 'Shakti' comes from Ganapati. He also is the Lord for sense control as His energy lies in the *mūlādhāra cakra*. So, His blessings help us gain control over our animal instincts which arise from *mūlādhāra cakra*. As we rise through our *cakras*, we grow spiritually. Ganapati is the one who takes care that we have good control over our senses and mind, we give up animalistic qualities and grow towards the Divine.

What can we learn from Ganapati?

- Dedicate yourself to the study of scriptures and do your studies with utmost sincerity
- Ganapati's devotion to His parents must be imbibed by all
- Ganapati was a good leader. His purity, steadiness, selflessness, care, and concern for everyone makes Him a good leader, and so He is a good decision-maker too



Wait and watch; the whole world will come to India to learn *sanātana dharma*, or Indians will go around to teach *sanātana dharma*. Its scriptures are so deep, comprehensive and exhaustive that nothing exists in the world that cannot be explained or no question that cannot be answered by *sanātana dharma*. Our children will go and teach the world about *sanātana dharma*.



Region 2



19 September 2023 –
Inauguration of a Cardiac OT
and Medical Intensive Care Unit
(MICU) at Sri Sathya Sai Sarla
Memorial Hospital, Muddenahalli



Region 2

Middle East



Nutrition

In August 2023, close to **5,674 meals** were distributed to the needy by the volunteers of Sai Hrudayam

One Meal a Day (OMAD):

283 meals consisting of biscuits, laban, tea, and freshly cooked food were distributed as part of the 'One Meal a Day' initiative

Sai Love Kits

Sai Love Kits containing one month's groceries were provided to three unemployed adults. The groceries in each kit would help to prepare about **45 meals**



Desert Seva for Camel Caretakers

Sai Hrudayam volunteers handed over a total of **60 kits** to the camel caretakers. The kits consisted of wheat flour, rice, pulses, oil, spices, and condiments, along with regular household cleaning supplies. It will serve an equivalent of **5,400 meals**.

A fierce sandstorm was averted by the grace of the Divine when the volunteers started for the Desert seva, and by the time they reached the desert, it had reposed and everything looked unfrazzled.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in Enugu and Imo. These hospitals provide quality free healthcare services to rural dwellers. Both hospitals offer a wide range of paediatric and maternal healthcare services while treating children and adults from all age groups. In the month of August 2023, the following services were provided:

- Outpatient consultations were conducted for **617 children** and **937 adults**
- **142 patients** got their Ophthalmic treatment
- **15 deliveries** were performed
- **131 expectant mothers** were given the necessary antenatal care
- **32 children** were given immunisation



- **10 surgeries** were performed, which included caesarean section, catheterisation, appendectomy, herniorrhaphy
- **1,202 lab investigations** were conducted
- **53 patients** were admitted to the hospitals as inpatients

Educare

The Embodiment of Love Academy (TELA) conducted its annual entrance examinations at Nursery, Primary, and Secondary School levels to select students for the 2023-2024 academic year starting September 2023. The deserving students were selected from 48 neighbouring villages.

Sociocare

TELA Skill Acquisition Centre (TSAC)

This centre trains youth in entrepreneurial skills in computer operations and fashion designing.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

In the month of August 2023:

76 patients have been treated at the Cath Lab of Sri Sathya Sai Sanjeevani Hospital

1,480 out-patients were treated with free consultation and medicines at Sri Sathya Sai Karunalayam Medical Centre

Nutrition

Food was distributed to **1,846 individuals** in the month of August 2023



Region 2

Sri Lanka



11 September 2023 - A Heart-to-Heart Conversation with Sadguru Sri Madhusudan Sai

**Hosted By: Mr Aravinda de Silva,
Former Sri Lankan International
Cricketer**

In the presence of: Honourable Health Minister of Sri Lanka - Mr Keheliya Rambukwella, Honourable Karu Jayasuriya - Former Speaker of Parliament, Mr Asela Gunawardhana - Director General of Health Services at Ministry of Health, Dr G Wijesuriya - Deputy Director General of Health Services at Ministry of Health

An Excerpt from the Questions and Answers Session

Everyone speaks of valuations, but you speak of value creation through free education, nutrition, and healthcare. What do you mean by value creation?

In the current economy, when we have startup businesses coming up, everybody talks about a billion-dollar valuation, especially in India. It's a very big buzzword. Everybody wants to be a unicorn. Imagine a society where there are few people who are very rich, very wealthy, they have great valuations of the company; and then the rest of the society does not have food to eat, does not have education, does not have jobs, does not have security, and does not have health! This is a clear sign of social polarisation. Can you live in a society like this with so much disparity? I'm sure the children who did not get an education will be unemployable. When they are unemployable, they have no earnings. They will depend on the Government for subsidies and freebies to survive. And if they're not



given that, they will become violent, restless and will start protesting. And this will affect the valuation of the companies that you have created. You cannot run a company and make it profitable in an unhealthy, uneducated society where people are unemployed and have no earnings power. Because they cannot spend on anything, everything will become dependent on the Government's tax revenues. And where will the tax come from? From the companies which have good valuation. So, all your taxes are going to go to feed the incapable people. So, how are you going to create any economic prosperity in a society?

Take Sri Lanka as an example—issues at the bottom of the pyramid have to be addressed for what it has gone through in the last couple of years, for whatever reasons. If you have more people who are educated and employed, are healthy, and are earning members, then you have a greater number of individuals who have the capacity to spend. Naturally, this will add to the overall economic prosperity of the country—better tax revenues or whichever way the country needs to get its dues. And that can be used for social good, building infrastructure, providing more opportunities, employment, and health care. So, it is like a cycle.

You create value at the bottom of the pyramid by giving the underprivileged good education, health care, and nutrition, make them earning members of the society, and they will again contribute to the country's businesses and economy. So, this is what I mean by the valuation and value creation cycle. Both should happen all the time. The idea is that companies should not just think of profit, of making great valuations, but they must also invest in the society which is their future customers, from where their future workforce is going to come from. This is the concept of value creation.

Region 2

What are the key qualities you look for when hiring key people in your organisation? In your opinion, what are the qualities of a good leader?

Doing anything happily in this world depends on whether we are living the purpose for which we are born. If we do anything other than our purpose, we will not be happy. For example, you loved cricket; therefore, you played cricket. Winning the World Cup happened as a part of the process. You didn't start playing cricket to win the World Cup. So, I also look for people whose passion is to serve, who feel they're born with this purpose to give to society, to serve humanity. They are the people whom we love to take with us in our team. Not the people who think that this is another organisation, where they can get a good salary and benefits, name, fame and opportunities.

Purpose-driven people is what we look for. It starts with leaders. If leaders are like purpose-driven, followers will naturally follow them. So, a good leader should have these four basic qualities – to be, to do, to see and to tell. What do I mean by these four words?

To be means you have to live that idea which you want others to live. If you are not a good cricketer, you have no right to tell others that they should play good cricket. If you're not playing with all your heart, you cannot ask others to do that. Unless the leader of the cricket team or the captain lives the passion for cricket, he cannot infuse that passion in others.

To do – whatever you are is what you should do. Thoughts, words and actions should match. You say one thing and do another thing, then nobody will follow you, because they can see the hypocrisy in that.

To see – observe your team, whether they are following or not, and if there are any deviations. If there are deviations, be very careful in observing where the deviations are. And then tell them, correct those deviations by communicating it to them effectively and in a timely manner.

All leaders can follow these four basic virtues – to be, to do, to see and to tell. And then your organisation will do well, whether it is profit-making, nonprofit, or governmental.

How do we develop positive energy and aura?

You have to always be in touch with the inner core of who you are. When the phone is on charge, it will never get out of charge. But the battery will slowly deplete when it is not on charge. Similarly, when you are plugged into your inner core—your happiness, your joy, the source of that joy within you, can never have negativity. Your aura will be so strong that even if negative people come around you, they will not be able to affect you. You will always be full of positive charge. You have to spend some time for this every day. Even while doing everything that makes you happy, you can still get tired. So, you must dedicate 10 to 15 minutes a day for your personal space and personal time away from your jobs, family, and other activities.

Take out just 15 to 20 minutes of alone time, sit down, calm down, breathe, and let your anxieties flow out of your body and mind. Take a while to calm and settle the mind down. As you sit down in silence, the universe will speak to you. Your intuition will get strengthened and it will tell you what God wants you to do, and this will guide your further steps.

You must find that 15 to 20 minutes, even in your busiest life schedule, to invest in your personal growth and development. This will strengthen your positive spirit. Anything you do will become a success, and you will find peace and happiness.



Region 3

Greece



'Ιδρυμα Μοιράζομαι'
(Foundation of Sharing)

Nutrition

- During the month of August 2023, **80 boxes** of dry ration packages consisting of legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, such as soap and washing powder, were distributed to **80 low-income families**, at the Anavysos area, in the South of Athens. This amounts to approximately **1,840 meals** served
- **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 EGNYA Foundation
- **35 pizzas** were delivered to the children of St. Andrew Children's Home



Kazakhstan



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

Sociocare

- **300 meals** consisting of sandwiches, sweets, cookies, and tea were distributed to the needy in Almaty city
- **Seven stationery kits** were given to school-going children



Poland



Love All Serve All Foundation

Educare

- **70 school kits** were provided to a school and education centre at Łubiska

Region 3

Turkey

Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



Nutrition

A total of **1,434 meals** were distributed door to door at Şişli, Pendik, Ömerli, and other districts of Istanbul. On a weekly basis, grains or pasta with legumes was cooked and served alongside milk or yoghurt and bread.

Sociocare

- In August 2023, **337 animals** in need throughout several districts of Istanbul were provided with food, water, and, in some cases medical care
- Two home rentals and **11 utility bills** were provided for, to needy families



Region 4

Brazil

Associação Corações que Amam Mãos que Servem (Loving Hearts Serving Hands)



Nutrition

In the month of August 2023, **114 homeless individuals** were served vegetarian food and bottled water.

Canada

Sai Global Service Foundation of Canada

Nutrition

In the month of August 2023, **50 packets of breakfast** were distributed to needy people on the Edmonton Streets. The packets contained Bun Sandwich made of lettuce, tomatoes, cheese, and vegan dressing, along with orange and apple fruit juices and bottled water.



Canada

Divine Will Foundation Canada

Nutrition

- In the month of August 2023, Indian Independence Day was celebrated at Nathan Philips Square in Toronto's City Hall. There were over 70 stalls erected, which were used by food vendors and businesses, such as ICICI Bank, SBI, and many more

Divine Will Foundation Canada had used a stall to display Sri Madhusudan Sai's service projects of free universal values-based Education, Nutrition, and Healthcare that are touching and transforming lives

- Durham India Day Fest 2023 was celebrated at the town of Whitby in Ontario. Mr Pierre Poilievre, the leader of the Federal Conservative Party of Canada visited the Fest.

Mr Pierre Poilievre, the leader of the Federal Conservative Party of Canada expressed his happiness about the charitable work done by the global mission of Sri Madhusudan Sai and demonstrated his appreciation by posing for a picture call. Divine Will Foundation Canada presented him with a 'One World, One Family' pin, which he greatly appreciated



Region 4

United States of America



Divine Will Foundation Clarksdale, Mississippi



Healthcare

Clarksdale, Mississippi

In the month of August 2023, **139 patients** were treated at Sathya Sai Sanjeevani Medical Centre at Clarksdale. In addition, 10 patients received transportation to and from the clinic or for radiology services.



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)



Lessons For Life

What is forgiveness and how does it help one spiritually?

Love lives by giving and forgiving. Spirituality is all about love, so giving and forgiving is spirituality. It is a great virtue. Jesus said, "Forgive them, for they do not know what they are doing." Even in the last hour of pain and suffering, he still had the heart to pray for those who had hurt him and that is why he is worshipped even today.

Have you seen the game of tug-of-war, where people pull a rope from opposite ends? As long as they both keep pulling in opposite directions, there is a struggle. The moment one side lets go, peace comes and the fight ends. Forgiveness is like letting go. Continuing the fight does more

harm to you than to the other person. The poison of anger stays in you and poisons you, but when you forgive, you let go. It helps you first, before it helps others.

When there is no involvement between you and the other person, where is the question of karma? When you have already allowed it to go, there is no further connection, so there is no more karma.

Revenge is more an enemy to you than to the other person. It is like a fire that burns you first; so, apply the water of love and douse the fire. Forgiving is a divine quality. Everyone must learn to forgive and forget.



My Inner Journey

His Grace Abounds and My Gratitude Abides

– Ms Ortrud James



Ms Ortrud James and her husband have been devotees of Sathya Sai Baba since 1979. They and their children lived and worked in Prasanthi Nilayam for 18 years. Their children studied in Swami's school. Since 2017, they are involved with the work of Sai Prema Foundation in Fiji. They will be moving to Fiji in the near future, as per Swami's instructions.

I was born in Germany into a simple family where the practice of religion simply meant going to Church on Sundays. From an early age on, I felt that there was something missing in the way religion was practiced, as it did not touch my heart. After my confirmation at the age of 14, I decided to leave Church and find out answers for myself. At that time, I had many questions like – Where is God? Who is God? Does God exist? This search continued even after I met my husband in my early twenties. Both of us were on a spiritual quest, looking for a deeper meaning in life. We felt that there surely must be more to life than what we could see.

Our search led us to different Indian spiritual teachers, but unfortunately, they were not available in the physical realm. We were looking for a living teacher who could guide us on the spiritual path. In the year 1975, we came across a book written by Howard Murphet titled – Sai

Baba: Man of Miracles. My husband immediately felt that Bhagawan Sri Sathya Sai Baba is his guru and he wanted to go and meet Him. I completely trusted my husband and his urge to go and meet Baba. It took us four more years before we left Germany and made our first journey to Sai Baba in the year 1979.

When we arrived in India for Baba's darshan, the Summer Course had just begun. We heard Baba speak every day, and we continued our stay in India for four months at a stretch. My husband fully accepted Swami and His teachings, but I was a little sceptical and it took me a bit longer.

The turning point came, when Swami came to visit the kitchen of the canteen for overseas devotees where I was working, and spoke to me. That moment, I was transported and was immersed in total bliss. He lit the lamp of love in my heart. Before leaving Prasanthi Nilayam for New Zealand (my husband's home), Swami called us for an interview and told us that we would have a son very soon, and asked us to return with him. I was very happy to hear that because until then, I had not been able to conceive.

Three years later, when I was pregnant, we returned to Prasanthi Nilayam to get guidance from Swami. During this stay, my husband and I had a strong inner prompting to come and live in the āśhram. We tried to get Swami's outward confirmation, but He did not give any indication of what we should be doing. By the time of our departure, we knew that we had to go home, sell



everything and come back to live in the āśhram.

When we returned to New Zealand and told our family and friends about our decision, we were greeted with hostile reactions. Everyone thought it was a bad decision, but that did not stop us from doing what we felt was right. This was a very big learning step for us – to trust our inner promptings (God's voice) and to follow them, no matter what the outcome would be. In May 1983, we arrived in Prasanthi Nilayam with two suitcases and our eight months old son.

Swami graciously permitted us to live in the āśhram, and also gave permission for both our sons to be enrolled as students in His school. We lived in the āśhram for 18 years and did sevā. I was involved in growing food for the foreigner's canteen and looking after the new ornamental gardens in the āśhram. To me, this sevā was 'Love in action'.

We felt so blessed that we could live with Swami for so many years, learning from him and focusing on our spiritual journey. When the time came for our oldest son to go to University, we had to move back to New Zealand as he could not get permission to study in India. It was Easter 2011, when we got the news that Swami had left His mortal coil. We felt sad because we would not be able to have his physical contact anymore, but it did not change anything – He was still with us, as always in His omnipresent form.

In the year 2015, we heard about Swami in the subtle form and went to Australia to have His darshan. I felt the same love come through Sri Madhusudan Sai, that I had felt from Sai Baba. I fell in love again and was eager to experience more of the subtle Sai. In the meantime, a small group of New Zealand devotees got together and

invited Swami to come to New Zealand. We made preparations for His visit, but unfortunately it did not come through due to difficulties with the visas.

Swami invited our group to come to Fiji. During this visit, He showered us with His love and gave us directions for the future. He told us to work together with the Sai Prema Foundation of Fiji, and support them in their effort to help the underprivileged people of Fiji. Swami's instructions gave a new focus for our group, which we all welcomed with open hearts. Since His first instructions, our group has been able to help with building the medical centre at Fiji. We contributed for echocardiogram machine and also to build the Children's Heart Hospital. We all feel so blessed to be allowed to take part in this sevā.

To me, the most important step on my inner journey happened during lockdown, when Sadguru blessed us with His discourses on 'Master the Mind'. When I heard the first discourse, I was soaked in it, and every day I would eagerly wait for the next discourse. I was so hungry for His messages. Suddenly I realised that I did not know anything! In spite of spending many years at Swami's āśhram, I still had to learn my lessons and I was now ready for it. I eagerly studied the messages of Sadguru and strived to put them into practise. I can't imagine a life without the practise of the wisdom of 'Master the Mind', *kāthopaniṣad* or *bhagavad-gītā*.

What greater privilege can there be than to help where help is needed and to love where love is needed. I am grateful to Swami that He never gave up on me and allowed me to be a part of His life's work.



