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MONTHLY GLOBAL NEWSLETTER



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Message from *Sadguru Sri Madhusudan Sai*

The Attitude of Gratitude

What started as a small conversation in a closed room with a few devotees, has grown into a massive mission that is expanding at a scorching pace, so much so that, within the span of 14 years, it has embraced millions of beneficiaries and tens of thousands of benefactors, in the spirit of One World One Family.

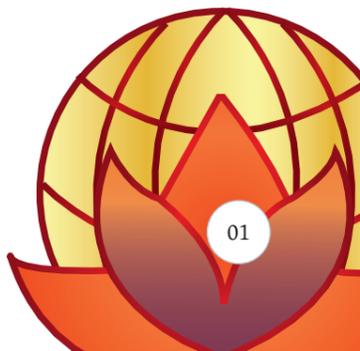
What happened in Kodaikanal in the month of May, on the 10th anniversary of the retreat, brought memories gushing into our hearts of the last decade that was dipped in pure devotion to Bhagawan Sri Sathya Sai Baba. Devotional singing of Indian and western songs, deliberations and discussions on spiritual and material subjects, discourses on a daily basis, talks on personal transformations, topped by sumptuous nutrition both physical and spiritual, filled all of them with a sense of fulfilment and gratitude that shall never fade from their memories.

June saw us travelling to Singapore and Australia. While the Singapore trip was meant to deliver a talk on the true meaning and purpose of parenting, something that the society needs to learn; the Australian trip was to touch base with the wonderful devotees whom we missed meeting during our April tour. The high point was a ceremony with the aboriginals that was primarily a way to

express gratitude to the Grandfather Sun, the Grandmother Moon, the Mother Earth and the Father Sky, as all were remembered with gratefulness for all that they do for us. Each member who stood in a circle said a few words upon his or her turn, at the clap of the traditional wooden sticks. I was told that this was a daily ritual with the indigenous people there.

I was reminded of how we as Indians too had rituals every morning to offer 'arghya' – sacred water to the Sun thanking him for his relentless service; so also to the moon and the earth. Everything and everyone was included in this circle of gratitude that we created in our families and communities. It reminded us to be thankful for all that we have, and not complain about what we did not. The *yajñās* performed were to pay our debt of gratitude to the Gods and also a promise to utilise the resources given by God, for everyone's betterment.

These are the values that the world needs to relearn today. The next generation must imbibe gratitude as their way of life, far distanced from the ideas of privileges and entitlements that they seek. I often advise our students to count their blessings every morning and count them again in the evening to remain grateful always. The greatest blessing of all – being a part of this magical mission!



At the Forefront

09 June to 16 June 2024 – The Week of Healing Little Hearts with Healing Little Hearts Foundation UK

Giftng every child a normal life as early as we can!

On the 10 June 2024, Healing Little Hearts UK collaborated with Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Sri Sathya Sai Sarla Memorial Hospital (SSSSMH) and Sri Sathya Sai Sanjeevani Centres for Heart Care to perform life-saving surgeries on little hearts.

This partnership aims to enhance the free healthcare services provided to children with congenital heart diseases by combining the expertise and resources of both organisations.

About Healing Little Hearts UK

Founded by Dr Sanjiv Nichani, a Paediatric Intensivist by profession, Healing Little Hearts Foundation of UK aims to create a Congenital Heart Disease revolution that gives every child with CHD the opportunity to live. The Foundation sends dedicated teams of doctors and nurses from around the globe, to hospitals in developing countries, offering free paediatric surgeries to children up to the age of 18 years. Funded by generous donations in the UK, these selfless professionals use their annual leave to provide this vital service.



As a tribute to Sri Madhusudan Sai for his 45th birthday year, the Paediatric CTVS Team of Sri Sathya Sai Sarla Memorial Hospital collaborated with Healing Little Hearts Foundation UK to perform life-saving cardiac surgeries on 45 little hearts.



At the Forefront

Dr Hiremath – Senior Consultant Cardiac Surgeon, Director of Heart Valve Bank, Director of Academics and Chief Cardiac Surgeon at Sri Madhusudan Sai Institute of Medical Sciences and Research

“The number of heart diseases are on the rise. In the next five years, it is predicted that India will be a global hub for heart diseases. Also, we have noticed that the complexities of heart diseases have increased after COVID. The predicament is that many in India cannot afford treatment for heart diseases. Hence, an international paediatric heart care camp was hosted by our Institution with Healing Little Hearts Foundation UK.

The Healing Little Hearts team consisting of 14 members, performed heart surgeries on 45 children. The composition of the team includes the who’s who of the world’s best healthcare professionals coming from all parts of the world. It has been a lot of give and take with the team, whereby we could learn best practices from each other. The team from HLH sacrificed their annual holidays to perform this service for children in India.”



Dr Sanjiv Nichani – Founder of Healing Little Hearts, Lead Paediatric Intensivist

“The vision of Sri Madhusudan Sai Global Humanitarian Mission in the field of healthcare resonates with our mission to help as many children as possible, from around the world, to provide timely treatment for congenital heart disease. Our team worked tirelessly and compassionately and did an absolutely tremendous job all week, ensuring all the children in their care received nothing but the very best treatment.”



In Focus

22 June 2024 – Happy Parenting Workshop, NTUC Centre, Singapore

'Happy' Parenting – an obvious yet elusive adjective to parenting



Happy parenting means to ensure both the child and the parents are happy. It is believed that 'parenthood' is a blessing. Yet, where have we lost the potion of happiness in this beautiful relationship?

Our Schools are Homes; We are both educators and parents

At our residential schools and colleges, we have children from different backgrounds – the affluent and the indigent, coming together to study under the same roof, receiving the same quality of education and care. So, we as an institution, deal with several children with different kinds of aptitudes and attitudes. Some of them are single-parent children, some of them

are orphans, many of them are from families below the poverty line – and so, our schools are open even during the holidays, because many of our children either do not have a home to go back for holidays, or do not prefer going back because the parents cannot afford to even provide them three-square-meal a day.

Irrespective of their backgrounds, all the children are treated equally and equitably without making any child feel superior or inferior.

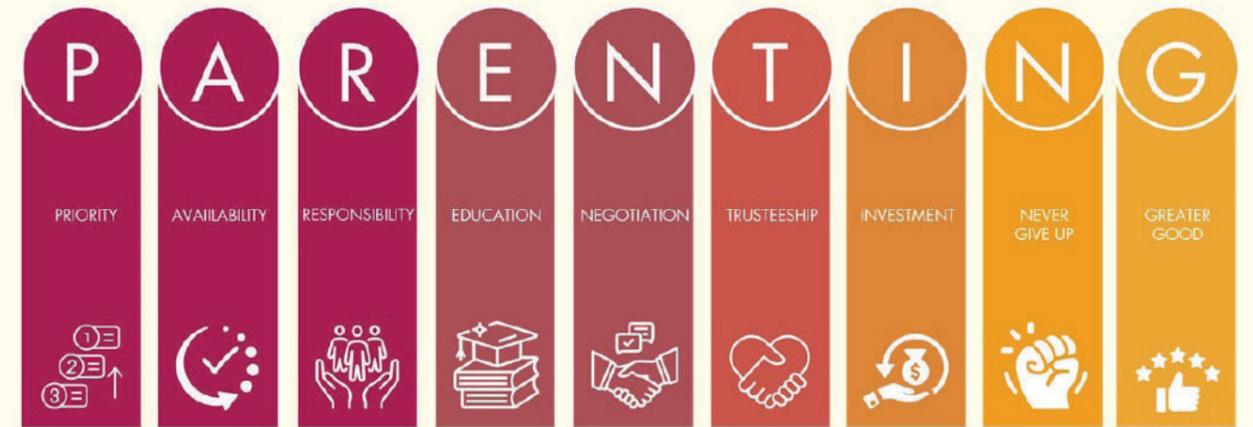
I can talk on this topic of 'Parenting' from this experience of living with children and moulding them to be good learners and leaders.

PARENTING – An Acronym

I would like to expand the letters in the word 'PARENTING' and explain some of the values that are hidden in the word itself.



In Focus



P – Priority

Prioritise your children over and above everything else.

- **Spend time with your children**, for they need you more than the facilities and education you provide for them with your earnings

The most important person in your life is your child.

- Invest on your child's emotional needs more than their material needs, so that your child would also invest on your emotional needs in future

Bundles of bucks cannot replace a caring human touch.

A – Availability

Be available for your children all the time, by engaging with them in constructive ways.

R – Responsible

You are accountable for everything your child would become in future.

- **Take responsibility for your child**, without outsourcing to caretakers, creches...etc.

Accept the child as he/ she is, without expecting them to be your replicas. Every child has to be respected for his/ her personality, aptitude, talents and ideas.

E – Education

Involve yourself in your child's educational journey.

- **Be with the child through the process of their learning** to understand their interests and their challenges. It is not enough if parents enrol the child in a good school and pay for him/her
- **Teach your child your family values, culture and tradition** that gives the child a sense of belonging to that family. This will anchor them in the family values at all times, preventing them from getting trapped into so many other competing ideas

Family values are not taught to children, but are imbibed by children by observing the elders practising those values.

In Focus



N – Negotiation

Negotiating to find the golden mean or the middle path should be the approach.

- **Have a dialogue with your child** to know his/her point of view and then arrive at a collective consensus

T – Trusteeship

Your child is in your care. You are only the custodian of your child. But your child is God's property. He/ she is the property of the entire society and the world.

Your children are not your children. They are the sons and daughters of life's longing for itself. They come through you, but not from you.

-Khalil Gibran

- **Play the role of custodians for your child.** You are only instrumental in bringing your child into the world
- **Play the role of a mentor for your child.** As parents, you are blessed to take care of your child and shape the future of the child.
- **Facilitate the blossoming of your child's journey** in a purposeful way, based on what your child is meant to do or be, and then pass on your child to the society as a useful member
- **Understand that your child has come for a purpose** and he/she has to fulfil the purpose or destiny. Every child's destiny is unique. God has a plan for their life
- **Look at your child objectively with a broader sense** of how your child can positively contribute to the society based on their innate aptitude and interests
- **Allow your child the space to grow**

In Focus

I – Investment

Your child is your biggest investment. You must invest yourself for your child's development and welfare.

- **Parenting is a 24*7 job**

Contributing a good child to the society is the greatest contribution for parents. Reversely, not guiding a child properly, can be a big disservice to the society.

- **Provide the right kind of nurturing, education and support system** for your child, so that he/she would grow to be good

It takes a village to raise a child. In today's times, the whole world is a 'global village.' Hence, it takes the whole world to raise a child, since the child receives information from all parts of the world.

N – Never Give Up

Never neglect or give up on your child despite their shortcomings.

Scars from childhood are carried until the grave.

- **Be sensitive** about how you are dealing with your child
- **Never compare** your child with another child to belittle your child

A difficult child can teach you so many lessons for life like forgiveness, patience, kindness. This is your chance for your inner growth.

G – Greater Good

Teach your child the art of decision-making.

- Take up the moral responsibility of teaching your child the yard-stick of decision-making, which is to consider the greater good of all over your individual good, and undertake sacrifices if need be
- Practise the above yard-stick before preaching. This is the only way to mould your child into a good human being who will care for others

Every act of goodness is God. God believes in goodness. So, even if you don't believe in God, continue to believe in goodness.

Doing everything for the greater good of all is the most important thing to be taught to children.



In Focus

Everything in its season

0 to 6 years – The period of expression

During this period, allow children to be free to express themselves without any restriction. Do not put too many rules on them.



6 to 12 years

The period of learning

13 to 18 years – The period of friendship

This is the most crucial teen years of your child. They are developing their own personality and individualities during this time. Parents should be like friends with their child, so that the child feels trusted and not judged. By finding friendship with parents, the child would feel secure, would receive loving guidance from the parents, and would be less dependent on friends outside.

God is the ultimate parent for all. As a parent to a child, you are representing that ultimate Divinity through you.

Every teacher is a second parent to the child. Thus, teachers are also doubly blessed with the opportunity to mould children.



0 to 6 years

The period of expression

6 to 12 years – The period of learning

Parents should teach children to discriminate between the right and the wrong during this time by incentivising their right actions and disapproving their wrong actions. A constant check on your child to guide them on the right path is very important during this period. So, it is absolutely fine to be firm and assertive with them during this period.



13 to 18 years

The period of friendship

Every parent must count their blessings for having been blessed with a child, and this blessing itself should keep them happy always. Happiness is hiding in every little thing of life and you should find it for yourself. Hence parenting should definitely be a happy experience for both the parent and the child, and eventually a happy outcome for the entire society.

In Focus



25 June 2024 – Fireside Chat in Australia (Mr John Fitzgerald, an Entrepreneur with Sri Madhusudan Sai)



H‘Heart to Heart’ between Sri Madhusudan Sai and entrepreneur, Mr John Fitzgerald took place at the Langham Hotel, Gold Coast, Australia. The event brought together diverse guests from various sectors, exploring themes about the meaning of oneness, Self-realisation, and spirituality.

Conversations – Heart to Heart

John Fitzgerald:

Let’s talk about the concept of spirituality. What it actually is and why is it ingrained into the fabric of India?

Sri Madhusudan Sai:

Spirituality and religion are the most misinterpreted and misunderstood terms in today’s times. Hence, it is necessary to clarify this term.

Spirituality starts with the word ‘spirit’, which is the ultimate foundation on which everything else rests.

Spirituality is an attitude, not an appearance

For a cricketer, the game of cricket is not just about bowling or batting, but more than these, it is an attitude or a personality that the cricketer carries. The attitude of ‘sportsmanship’ is the inner drive behind everything that a cricketer does. Similarly, for India, spirituality is an attitude, which believes in the existence of a higher power.

Seeing beyond the Seen is Spirituality

The foundation of Indian Culture and Philosophy believes that this world is not just what we see, hear, taste, smell or touch. There is a spirit or an essence beyond the grasp of our senses. This spirit permeates everything and is everywhere. Everything is governed by a higher cosmic force or truth, which we may call as energy or consciousness.



To Love and Serve is Spirituality

A person who is in touch with that spirit, will be a very loving, compassionate, kind, sensitive, forgiving and generous person. Thus, a spiritual person is one who loves and serves selflessly. By practising ‘love’ and ‘service’ over a period of time, one understands what spirituality actually means.



Spirituality is selfless love and service.

John Fitzgerald:

Well, let’s take it a little bit further and talk about Self-realisation. In the Western Bible, there are two quotes – ‘I and my Father are one’, and ‘be still and know that I am God.’ What does that mean for Self-realisation and how does somebody understand that?

Sri Madhusudan Sai:

Let’s take this statement – ‘I and my Father are one.’

Creation is the Child of the Creator

This comes from the idea that if the creation exists, it only implies that the creator exists too. He may not be seen, known, heard, touched, tasted or smelt, but He still exists.

Everything in creation came from a source or origin. By assuming a superimposition of a fatherly figure on this, we can understand that He protects, cares and nourishes by giving us what we need. The five elements have originated from Him to sustain life on earth.

Oneness is not with the person, but with the spirit

Science talks about the Big Bang theory which explains how all the elements came into existence. But still, the Bible attributes it to a source, a fatherly figure. Thus, when we say – ‘I and my Father are one’, does it mean becoming one with a person who is believed to be the creator? – No; it only means becoming one with the spirit which is the essence of all life and creation.

The Inheritance from our Father

Isn’t a father generous, kind, protective, compassionate and forgiving? Thus, feeling oneness with the Father or the spirit, is to embody His qualities.

In India, we call this source as pure consciousness or energy. By Self-realisation, we mean, becoming one with that pure consciousness, the essence or the origin. In other words, it is about becoming the qualities of that supreme source which is all about love and compassion.

A Self-realised person experiences joy and bliss, love towards all, generosity, selflessness and kindness, and all these emanate spontaneously from him without any effort.

You are Self-realised when you lead an effortless existence in which you are loving, kind and compassionate.

In Focus

When we give, we truly live. A tree gives itself for the use of others; water flows and quenches the thirst of others. If water stagnates, it dies. Thus, flowing is life and stagnating is death.

Living by our true nature of giving and forgiving would definitely keep us happy and healthy. Giving is the fundamental nature of all humans.

Science is also studying about how our hormones are triggered when we are in tune with our real nature.

When we live in accordance with our true nature, and do what we are born to do, we would lead effortless lives.

John Fitzgerald:

This is indeed an interesting paradox. There is no effort to achieve anything, because there's nothing to achieve. It's more about letting go.

Please tell us more about your journey from your early roots of living, then your guru passing, and how you made this major transition.

Sri Madhusudan Sai:

Shed it off to Shine forth

As rightly pointed out, when we are that supreme source itself, then what is all the effort about? The effort is only about unbecoming or shedding what we are not. There are layers of presumptions, assumptions and superimpositions of various ideas on us, that we forget who we truly are originally.

This process of unbecoming is what that happened to me. I was born and brought up in India, where I came across this great guru called Bhagawan Sri Sathya Sai Baba. He was a very charitable, generous, kind and giving person – if one looks at Him as just a human being, He was the epitome of all these qualities. More than these, He had a great spiritual charisma. He could give us a sense of purpose, when we were in His presence. When I came to His institutions to study my undergraduate programme, I was greatly inspired by this great spiritual phenomenon, and He taught me to walk the path of spirituality. After I finished my studies, I wanted to be a part of His organisation, which is a very large social service organisation that also has many spiritual centres around the world. But He had other plans for me. He asked me to simply leave the place, and told that He will call me back when He needs me. And so, I just waited, and a couple of years passed. Then I found out that He was no more, because His body had deteriorated with time, and He passed on.

I was quite lost because I was waiting for His orders and instructions. At that time, He started appearing in my meditations. I could feel His presence, see Him, talk to Him, and He started guiding me. These kinds of spiritual experiences are very common in India. Some might brush it off as mere hallucinations due to some kind of mental delirium. But that wasn't the case, because whatever He said, really happened.

He instructed me to start schools, colleges and hospitals. I was just a single man then. I had



In Focus

nobody around me; I didn't even know where to go and whom to approach. I was just a post-graduate, who had completed Masters in Business Management at Baba's Institution. Without any anchoring, I just started off.

Don't be afraid to lose. Losing and not gaining is Spirituality

As per Baba's guidance, I met people, and they joined this mission, and it started growing. Today so much has been done for the whole world, not just in one country and one State, but across the world. Everything happened with His guidance and blessings. All He needed was an instrument who would express His ideas perfectly, and execute it to fruition. It required a lot of letting go to execute the Divine will.

This is the spiritual process – it is not about gaining something; it is actually about losing all that which is not necessary. He taught me that spirituality is not about going to the Himalayas or hiding in a cold cave by cutting off all the ties from the world. He advised me to live in the world, but not let the world live in me. He helped me meet a lot of great people in the process, and that is how we were all connected to drive this glorious mission.

It's very intriguing, but this is the truth. Like Mark Twain says, "Truth is stranger than fiction," it is indeed strange, but nevertheless true.

I'm glad to be an instrument of the Divine.

Being an empty hollow vessel to express the Divinity through us is spirituality. All it needs is a sincere submission or surrender to the great Divine force.

John Fitzgerald:

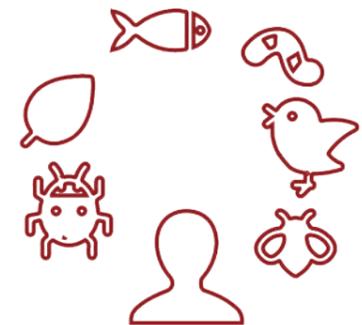
What do you feel about the consciousness of the world? Is there an imbalance due to which the world is facing a lot of problems? What is the missing piece in the puzzle?

Sri Madhusudan Sai:

We are Pure Awareness

The nature with its flora and fauna – the animals, trees, rivers and oceans are living naturally as they are meant to be. It is only the human societies that are facing this crisis of consciousness.

Consciousness, which is the substratum on which everything grows and emerges, is 'pure awareness.' The ability to be aware of everything – good, bad, ugly, pleasant or unpleasant, is consciousness.



We share the same space

Now, one may ask – what about inanimate objects? Do they also have consciousness? The answer is 'Yes.' Scientists believe that the atoms of any given object are held together by forces. Breaking down atoms to its last and the least reveals that it is only space. Thus, we are all just spaces held together with forces called the weak nuclear forces, strong nuclear forces and gravitational forces. If these forces did not exist, we would all have collapsed into each other.

In Focus

We are governed by the same intelligence

The next question is – is this just empty space or does it have some kind of energy? Scientists are slowly coming to agree that these spaces with its energy or force have some kind of intelligence. It is this inexplicable intelligence that makes us all look different, despite we being made of the same atoms and molecules.

We share the same origin

While Science talks about the Big Bang Theory and how everything came into existence, it cannot deny the fact that for anything to emerge, there has to be an origin. No object can come out of nothing. This origin is what we call as ‘consciousness.’

We share the same privilege yet the same plight unawares

What is the condition of the consciousness of the world today? – Many people are unaware of consciousness. People think that they are the bodies, the minds, their emotions, ideas and their relationships. Nobody makes an effort to touch base with their truth, their core which is the ‘consciousness’, which by itself is love, joy and goodness – all rolled into one. So, people lead very shallow, artificial and empty lives full of selfishness.

Thus, the consciousness of the world is degrading because we are no more being what we are actually meant to be. We may have advanced as societies, but devolving as humans.

The crisis of consciousness is that people are totally unaware of who they truly are, why they are here, what are they supposed to be doing here, what is their real purpose and what makes them truly happy.

We share the same values



People may have different answers to say – I want to be a doctor, a teacher, a businessman, and make wealth, name, fame and position. While these can be the external manifestations, it is very important to check what is going on inside. You can be a business man, but are you being a compassionate and generous business man? As a doctor, are you being a skilled and a compassionate one?

Connecting yourself with the qualities of love and kindness, connects you with your consciousness.

Most of the world is not even aware that they’re supposed to be compassionate, kind, charitable and forgiving. The fact is one needs no religion or *guru* to tell this. These are basic human qualities that should bind societies together.

We share the same responsibility to rise the consciousness of the world

We are like the blind people groping in the dark. On the one side, there is so much prosperity and on the other side absolute poverty. How did this imbalance happen? This is because we have lost touch with our original source. Thus, by going back to our innate human values of love and compassion, the consciousness of the world would rise to become kinder and happier. We don’t need governments and policy makers to teach us this. Irrespective of where we are born or bred, we can spread kindness and love through our compassionate acts.

Spirituality is fundamentally about exhibiting the qualities of love and compassion to all.

In Focus

John Fitzgerald:

Human lives have become very transactional. What are some of the things we could do to make some changes in our lives?

Sri Madhusudan Sai:

There is something called ‘Diminishing Marginal Utility.’ This applies to all material things. The excitement and joy about receiving our first ever salary, is not the same every time we receive the salary. Similarly, the things we thought we would need, to be happy, are no important to us over a period of time. Hence, the question one must ask oneself is – ‘Do I really need to invest so much time, energy, and resources to make a little extra material wealth?’

Everybody’s appetite is different. Hence, it is for each one to pause and take a call on what makes

them really happy. We have to ask ourselves – ‘Am I feeling fulfilled, complete and joyful? Have I lost my joy somewhere on the way in this whole rigmarole of earning and accumulating more?’

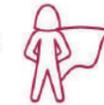
For this, everyone must take sometime to sit with oneself. While we keep time for everything else, do we have time for ourselves? To allot some time in solitude with oneself is very important.

Points for self-check:

- Am I feeling complete and fulfilled?
- Am I feeling joyful and happy?
- Am I feeling a sense of lack?
- Am I craving for something still?
- Why am I doing what I am doing?
- Is something really necessary for me?
- Am I simply imitating others?
- What is the truth about myself?
- What really matters to me?
- Do I have a sense of competition with others?

The Solution Summary

Sit with yourself every day and spend sometime. 

Face the truth and do not live in denial. 

Simplify your life. Do not complicate. 

Do not aim to compete with others. Rather, compete with yourself. You are your own competition. You are your own standard. 

Learn to enjoy your own company. 

Do not borrow ideas from others. Think about what really matters to you. 

Find fruitful ways of engaging your time, energy and resources. 

Do a ‘Need vs Want’ analysis. 

Value your talents, knowledge and resources and put them to good use. 

Enjoy your entitlement to basic needs and comforts to lead a decent life. But, be watchful of not overdoing it. 

In Focus

John Fitzgerald:

Who is a Sadguru? What does that role entail?

Sri Madhusudan Sai:

GPS – Guru Positioning System

When man sets himself on the path of self-discovery, he realises that he needs a *guru* who has already walked the path. I call it the GPS – Guru Positioning System.

Just like the GPS (Global Positioning System) which we turn on, so that we are not misled, and we don't waste our time and fuel; similarly, by taking the guidance of the guru, we would reach our destination peacefully and safely.

Hence, a *guru*'s job in the world is like that of a GPS. He helps us navigate through the maze of life and overcome difficult situations, the attachments that weigh us down, and the prejudices and pressures that influence us. He thinks in an impartial way without any attachment, and hence he can give the right guidance.

'Install and Open' Vs 'Crave and Pray'

But unlike the GPS that can be downloaded and used, *gurus* do not happen to everybody so easily. *gurus* happen only to those who really need them. A Chinese proverb says – “*When the disciple is ready, the guru appears. When the disciple is really ready, the guru disappears.*” Hence, a *guru* comes in the life of a person who really craves for and prays for one. Sometimes, the correct guidance can also come to you through a friend, a book or simply a forward message in WhatsApp.

guru – a goal-keeper of a different kind

As a *guru*, my job is to lead people towards the true purpose of their lives. Ultimately, everybody's purpose is the same – to reach the same destination, through different roads. The destination is to be the embodiment of supreme

consciousness, which manifests as kindness, compassion, happiness, satisfaction, generosity, and other such good qualities.

The right road needs to be taken, and this differs from one person to the other. My path is the path of selfless service.

One selfless act a day, keeps all troubles away.

Sadguru – The Teacher of Truth

Sat means truth. My job is to teach you the ultimate truth, and give you the courage, motivation and encouragement to experience the truth. In this endeavour, we do a lot of good work, where we start thinking of others, do acts of charity, be kind and generous.

John Fitzgerald:

There is a lot of suicide cases in children in the current times. How do we handle this situation?

Sri Madhusudan Sai:

Love lifts from all lows



Suicides happen because people don't have an anchoring. They may feel unworthy and unwanted. Even if there is one person whom one loves, or feels loved by at least one person, they would not think about suicides.

In Focus

Loving unconditionally and selflessly is a great spiritual value. Once this kind of love is given to our children, we can create happier societies. We must simply love each other because we are humans who exist together.

Priority for Parents and Teachers

As parents, the most important business in your life is your child. Hence, it is very important that parents spend quality time with their children, especially when they are young. Once they have a personality of their own and they are strong enough to handle their situations, they may not need you all the time. But during the crucial years of six to 15 years, parents and teachers have a huge responsibility to raise them well.

Our education system and our parenting system needs to improve to mould children well and direct them on the right path. Only this can take care of the mental health of children and avoid suicidal tendencies in them. Otherwise, we will only build hospitals and shut down schools, which is not fair.

Audience:

What do you think is the impact of AI and virtual reality on our children today? What are the advantages and what are the problems, especially in the context of Australian schools?

Sri Madhusudan Sai:

Technology is like a double-edged knife. It can cut you as much as it can cut the other side. So, unless it is governed by some laws and monitored with a lot of supervision, it is going to be very harmful. AI can create a lot of imaginary things

for you which do not exist. It can take you into a virtual world, a parallel universe where you can eulogize or you can create a kind of perfect world for yourself, which does not exist in real life. For example, a lot of kids today are getting latched to the concept of 'metaverse', where they can go and live, literally, except for eating.

Recently, I also read about how there are crimes happening in the metaverse. People enter the metaverse creating an avatar for themselves, and someone who gets harmed there, feels the trauma back in the physical world. Now, they have created a metaverse virtual police to monitor metaverse crimes. This is what uncensored and unsupervised AI can do.

AI also helps a lot in education. It can teach you so many things, but at the same time can take away a lot of human connections making you insensitive and numb to the people around. Instead of living in a utopian world, we must accept the reality of this world and its imperfections, and learn to deal with it.

We can't throw the baby with the bathwater. At the same time, we can't get into this situation, where the crime is happening in virtual reality, but the real human is getting affected. Hence, a lot of supervision, laws and control are needed to ensure constructive use of technology and AI.

Information is business. But we must put our filters, checks and balances to absorb only what is needed.

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

Service activities conducted by volunteers of the different global foundations during the month of May 2024 have been covered under this section.

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



Small Funds with a Pure Intent

Heart of Love Foundation and Health in Kind set up stalls at the Annual Kinship Festival in Murwillumbah to create awareness for Fiji Hospital.

The children made bracelets, collected toys through a donation drive, and sold them at the stalls. The proceeds were used to fund the monthly mission of Australian nurses to Fiji.

Health checkup to the Indigenous Community

In May 2024, doctors volunteering for Health in Kind offered health checkups to the indigenous community by providing over 25 consultations.

Nutrition

In May, **1,000 meals** were cooked and distributed to the homeless



Region 1

Australia

26 June 2024 – Satsang with Sri Madhusudan Sai, Murwillumbah, Australia

Who chose whom?

Whoever chose God above all else at some point in time, is chosen by God. The moment a soul thought of God and chose God, that is the very moment God chose the soul, but the time to meet each other and be with each other comes to every soul in its own way. The seed is sown; it sprouts during the right season. In this beautiful relationship between God and a devotee, it is not about who chose whom first. This eternal bond has happened together.

When ultimately in your heart, you crave only for God and love God above everything else, it means that the season has arrived.

Two sides of the coin

Our way is to work selflessly for others, so that our own emancipation happens by self-purification, revealing our true identity (*ātmano mokṣārtham*), and simultaneously, the welfare of the world (*jaḡat hitāya ca*) also happens.

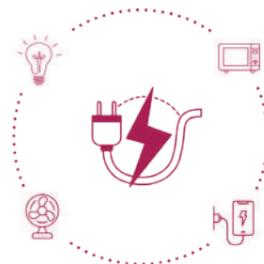
Awareness – an independent state

Everybody is aware of what it is to be good – being kind, grateful, loving, charitable, truthful... etc. But are we living these good qualities? It is for each one of us to gauge ourselves. God, as the eternal witness is always present to know what we are and what we do. He, as the witness consciousness, is ever aware of our joys and sorrows, and experiences, but ‘awareness’ by itself is separate and different from our experiences.



Awareness – a neutral state

Consciousness is like the electricity that interacts with various objects and takes up different qualities, but electricity by itself has no quality. Likewise, the witness consciousness is always neutral – it is neither sad nor happy. It is beyond all dualities.



The ability to hold yourself in a position where nothing affects you anymore is the ultimate state. It is a state of constant happiness and peace, because there is no effect of sorrow, confusion, or pain there. It neither multiplies the experience of happiness, nor diminishes the experience of sadness.

Region 1

Australia

Witness Consciousness – How does it feel?

A person who has realised that he is the witness consciousness is always immersed in *ānanda*, happiness or bliss. This bliss is of the supreme kind; it is infinite, deep and eternal.

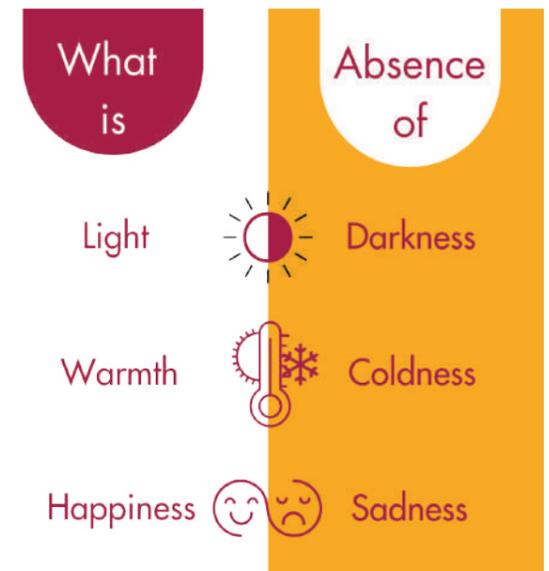


Absence of Sadness or Presence of Happiness – Which comes first?

In truth, the state of consciousness is neither happiness nor sadness. It is a neutral state of existence which cannot be touched by sadness. Hence, it is termed as a blissful state. Happiness can be described as absence of sadness. Hence, infinite happiness is a state where there is not a tinge of sadness. In this way, the ancient *ṛṣis* of yore had encouraged people to crave to attain this

experience of an everlasting happiness. ‘Infinite happiness’ definitely sounds more encouraging than ‘absence of sadness.’ Thus, focussing on the positives – the positive psychology, was the approach adopted by our *ṛṣis*.

In the state of consciousness, it is not about being happy, and so sadness doesn’t touch you; but it is about complete absence of sadness that keeps you eternally happy.



Region 1

Australia



Self-realisation – a shield or a clean sweep from sadness?

Self-realisation doesn't mean you will not encounter any problems. The situations around you could bring you problems, difficulties, successes and failures. But if you can distance yourself from what is happening around you and what you truly are, and remain steady in the state of your true Self, it is called Self-realisation. This is true spirituality.

Self-realisation is to shield yourself from everything that is happening around you, and to remain unaffected and unperturbed at all times.

As a Sadguru, I am relentless till you achieve what you are born to achieve. I am always working on you. My work doesn't stop, till you achieve that state of uncontaminated, untouched existence.

A non-dual existence

The state of consciousness is beyond rewards and punishments, merits and sins, good and bad, pleasure and pain. It exists beyond all dualities

nanda – joy; *ananda* – absence of joy, *ānanda* – beyond sadness and joy

śānti – peace; *aśānti* – absence of peace; *parā śānti* – beyond peace

Gracing in to prevent grazing away

Just like how teachers might give grace marks, just to encourage the child continue his studies without getting demotivated, sometimes a guru also blesses you with a few successes, so that you keep walking. Failures would lead to disillusionment. Hence, successes are bestowed

just to encourage, so that you don't give up the spiritual path. However, a real seeker wouldn't seek anything.

Seekers don't seek, just submit

The real seeker submits himself to the chiselling process which the guru would put him through, just like how a piece of stone offers itself to the sculptor to chisel, cut or polish. A stone doesn't aspire to become an idol of God. It simply submits itself. In a similar way, the soul that submits himself to the *guru* or God will be chosen by God and granted liberation at the right time and right season. You simply have to wait in surrender.



Side-effects of Spirituality

- Losing taste for all sundry and paltry things
- Neither excited nor depressed about possessing or not possessing something
- Social circles shrink, because not everybody can understand a spiritually elevated person
- A sense of solitude despite surrounded by a crowd
- Old friends replaced by new people
- Problems multiply instead of diminish, and keeps soaring till we pass all the tests with equanimity

Region 1

Australia



Tests are a reason to thank the guru

Every time, you face a difficulty, know that the *guru* is working on you. He is concerned about your spiritual evolution, and hence He puts you through several challenges.

Are you facing challenges? – send your *guru* a 'thank you' note and not a 'complaint' note.

When a particular challenge is beyond your capacity to handle, know that you are getting promoted to the next level in the game of life. Hence, it is a reason to be happy, and you must thank God that you have been chosen to rise and progress. This evolution keeps happening until you reach a stage where you are untouched by any kind of emotion.

guru rests only after you reach

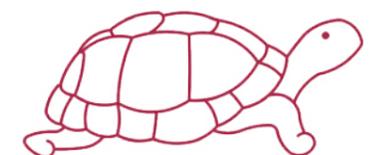
Once you attain the state of perfect peace, the *guru's* work stops. You will reach a stage where you don't need any validations and confirmations from the *guru* externally. You will know it internally.

The only way to help the *guru* is to become the *guru* by remaining in the state of 'witness consciousness.'

Self-realisation is your birth right. No one, but you, can deny yourself this.

Withdraw within like a tortoise

A person steady in the state of 'witness consciousness' still continues to work in the world and interacts with the world. His consciousness will also experience various emotions. But whenever the world seems overwhelming or disinteresting, he will quickly withdraw within and be in the state of 'absolute nothingness.'



Self-realisation gives you the ability to withdraw within spontaneously and effortlessly.

You are the secret that you will discover in Self-realisation. There is no other secret that you will discover. You must just believe in yourself.

Region 1

Australia

Descents Vs Ascents

If you are blessed to be with *avatārs* or descents like Rama, Krishna, Jesus...etc., it is indeed a blessing. Gods can be put on a pedestal and can be regarded as a supreme being worthy of worshipping. He can be a reason for joy and jubilation, but no one aspires to know who God truly is and how to become like Him.

However, having the good fortune of meeting an ascent, can be very inspiring and very relatable. Because an ascent was an ordinary person who had overcome his limitations, shortcomings and mistakes and grown to be spiritually mature.

Learning from your mistakes is one of the good qualities of a good person.

The *guru* is a great sculptor who knows when to strike, where to strike, whom to strike, with what intensity, which part needs to be chiselled away... etc.

Never Stop

You are here only to realise yourself. Everything else is secondary and immaterial. Hence, whatever the circumstances, you must continue to walk on this path without giving up.

If you can't run, then walk; If you can't walk, then crawl; but never stop.

This time and situation, a mission like ours, and being guided by a *guru* continuously are great things that have come your way. The bars have been lowered and hence you must put efforts.

Sincerity is the key

The Bible talks about the 'word of God.' Following the word of God is as good as following God Himself. Experiencing the power of God's word by making it a part of your life is as good as experiencing God Himself. This is what you can learn from Ekalavya (a *puranic* character from the

Region 1

Australia

Indian epic, Mahabharata). The sincere student in him made him pursue the art of archery, despite rejection by his *guru* due to his caste. He made an idol of his *guru*, worshipped his *guru*, and practised archery on his own.

Just like how a beautiful idol is hidden inside the stone, all knowledge is within you. It starts manifesting with practice.

With sincere pursuit and deep yearning, anything can be achieved. The longing to experience the ultimate truth will by itself reveal the truth. One needn't go in search of a *guru* from place to place.

Consciousness is your *guru*

In fact, your own consciousness is your *guru*. It knows everything. When it is pleased with you due to your sincere efforts, it becomes happy with you, and it reveals the truth, no matter which ever part of the world you are in.

guru comes when the caller craves

āśrams and *satsangs* motivate you to follow the spiritual path. However, if you are very sincere, then the *guru* Himself would find a way to come to you, through a message from a book, or a friend, or in several other ways through which you would receive your answers.

Being closer to a *guru* without sincerity in your efforts is of no use. So, physical proximity is insignificant compared to your inner sincerity.



Consciousness



is absolute peace
has no confusion and doubts
has no fear
is never about 'me'
(my protection, security, ideas, future etc)
always guides in the right way
for the greater good of all
is effortless
is crystal clear and reveals
itself to the sincere and selfless
ones

Region 1

Fiji



Sai Prema Foundation



Healthcare

Saving Little Hearts – A Commitment driven by Compassion

8
Days

23
Member
Team

19
Children
Saved

Completely Free of Charge

26 May 2024 to 02 June 2024 was a packed eight-day healthcare stint at the Sri Sathya Sai Sanjeevani Children’s Hospital in Fiji.

A 23-member team consisting of surgeons, intensivists, anaesthetists, cardiologists, perfusionists, nurses and other medical professionals from Queensland Children’s Hospital at Australia and Papua New Guinea, stayed in Fiji to operate on children suffering from Congenital Heart Diseases.

This international team was led by Dr Prem Venugopal, Director of Cardiac Surgery at the Queensland Children’s Hospital in Australia,



along with a surgeon, anaesthetist and two theatre nurses from Papua New Guinea. This visit was supported by Healing Little Hearts and Drop of Compassion (NGOs from United Kingdom), together with the team of Sanjeevani Hospital, as well as staff from Colonial War Memorial (CWM) Hospital, and three nurses from Labasa Hospital.

The successful heart surgeries that were performed on children rekindled faith and confidence in the hearts of their parents. The entire team worked incredibly hard and saved the lives of **nineteen little children**.

Dr Prem Venugopal – Director of Cardiac Surgery, Queensland Children’s Hospital, Australia expressed thus:

“Sri Sathya Sai Sanjeevani Children’s Hospital at Fiji is acting as a hub of paediatric cardiac excellence for Fiji and the neighbouring countries of South Pacific Island nations. The nineteen children who were operated upon came from several parts of Fiji and South Pacific islands, and all their surgeries have been done successfully.”

Region 1

Hong Kong



Feed Hong Kong



Nutrition

In the month of May 2024, **800 boxes** of meals were distributed on a weekly basis at several places in Hong Kong.



Indonesia



Yayasan Prema Sai Pooja
(Prema Sai Pooja Foundation)



Nutrition

In the month of May 2024, **400 meals** were served to students at SDN school at Sidan, Gianyar, Bali.

Region 1

Malaysia

Sai Ananda Foundation, Kuala Lumpur



Nutrition

Provisioning Food Items to help in Food Provisioning

- **100 needy families** were provided with dry rations consisting of rice, oil, sugar, biscuits, cooking powder, dry noodles, milk powder, etc.
- Lunch packs were provided to all the 100 families based on the number of members in each family

The 100 beneficiary families were identified by conducting home visits and were surveyed for their needs. Sometimes, even additional necessities are being provided to these families, based on their requirement.



Region 1

Singapore

Nutrition

An island-wide nutrition initiative

25 different grocery items were packed for distribution to **1,000 beneficiaries** throughout the island nation of Singapore.

Youths of Singapore assisted primary school students with packing and distribution of groceries to the families in their school. Close to **30 students and their school leaders** participated in this initiative.

Sociocare

Creating mirthful memories for the elderly

Sunshine Welfare Action Mission (SWAMI Home), a nursing facility in Singapore that houses about 15 elderly residents, celebrated a day along with the youth volunteers of Singapore, by playing games, singing songs, eating together and entertaining themselves to some light-hearted fun.

The day started with a few simple warm up exercises and stretches. A series of indoor games followed, like passing the ball, throwing rings into cones...etc. An impromptu outbreak

of songs of the yester years burst forth and the elderly folks sang it rejoicefully like no one was listening.

Educare

Value Formation Class at the Children's Home

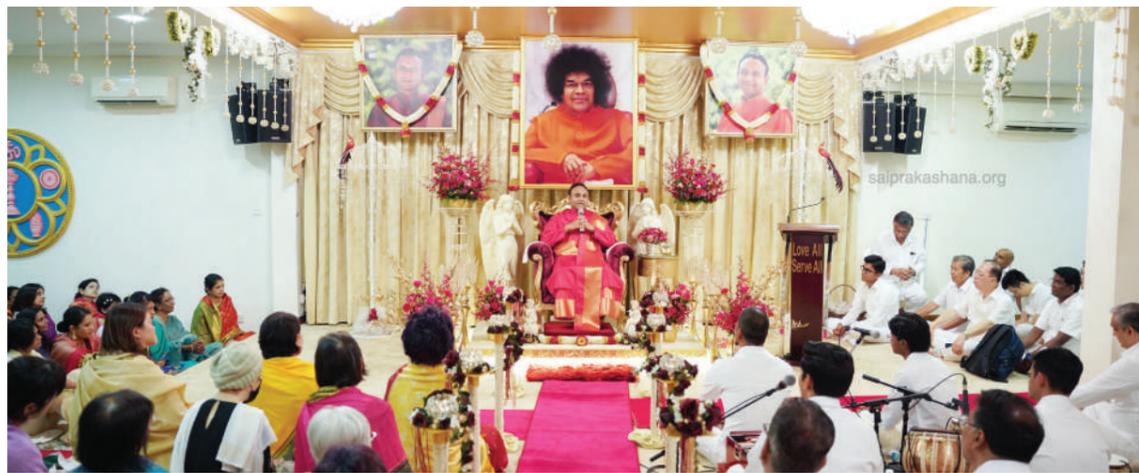
Weekly values-based classes were conducted for **25 girls** in Marymount Children's Home. The topic for the month of May was – **'Courage.'** Discussions based on videos, case scenarios, and games facilitated active participation from children.



Region 1

Singapore

22 June 2024 – Satsang with Sri Madhusudan Sai, Sai Anandam, Singapore



God and Devotees – The best complementary match

The glory of God is expressed through the stories of the devotees. The relationship between God and His devotees is inseparable. All the good that happens in the world is because of the meeting of God and His devotees, Master and His followers, the Creator and His creation.

A spiritual roller coaster ride gains the ultimate edge

Spirituality is not a smooth ride. It could be a road strewn with thorns, but with devotion, you would not feel any pain, just like walking on a thorny road with foot wear. Devotion is like the anaesthesia which will make you completely numb to all worldly difficulties and pain. It gives you the strength to handle the ups and downs of life without complaining or crying, without being judgemental and harsh. Devotion alone can give that kind of strength, surrender and faith.

satsaṅga is a great support system

Being in *satsaṅga* is a great way to grow spiritually because of keeping company with a like-minded group who will share similar stories, and keep together by doing good work with devotion to God.

*satsaṅgatve nissāṅgatvaṁ
nissāṅgatve nirmohatvaṁ
nirmohatve niścalatattvaṁ
niścalatattve jīvanmuktiḥ*

As a group, each one should help the other grow spiritually and encourage each other constantly.

The three blessings of life

*durlabhaṁ trayamevaitaddevānugrahaḥ
manuṣyatvaṁ mumukṣutvaṁ mahāpuruṣasaṁśrayaḥ*

- Being born as a human being
- Living as a human being by yearning to realise the ultimate truth and not wasting time in fleeting pleasures
- Being in the company of a realised being or *guru* who can guide and walk you through the spiritual path

Region 1

Singapore

The enlightened one who moved from darkness to light

mahāpuruṣa means a great human unlike the ordinary. In other words, a human who has risen from the ordinary to the highest. Such a person would know the trials and tribulations, the pitfalls and slips that are present on the path, and hence would be able to guide you through the path. Being available to such a *mahāpuruṣa* or such a *mahāpuruṣa* being available to you is the third greatest blessing.

Bless yourself with the fourth blessing

After having received all the three blessings, one must put efforts on the spiritual path. Attaining Self-realisation cannot be just a wishful thinking, but must be accompanied by sincere striving. Making oneself eligible for Self-realisation is very important. Hence, the one who puts sincere efforts on this path has bestowed on himself the fourth most important blessing.

Your guru and you – a relationship par all worldly parlance



In the process of attaining Self-realisation, the relationship that you share with your *guru* is a very important aspect. Unlike your worldly relationships, the relationship you share with your *guru* is very deep, intangible, sublime and spiritual. The *guru* only wishes for your highest welfare and spiritual evolution, and for this to happen, He will keep putting you through tests

and sharpening you till you achieve the highest and become Him – the *guru* Himself.

A trek is worth it at the peak

Spiritual evolution is a steep climb up the hill. The air gets thinner, the climb gets difficult as you trudge towards the peak. However, the beautiful view that you will get from the peak cannot be gotten from the plains. Similarly, the state of perfect eternal bliss that you will enjoy at the peak of pure existence is not possible, unless you undertake the spiritual trek. Once you reach that state of perfection, all your struggles would end forever.

In fact, the struggles and difficulties on the spiritual path are only opportunities to improve yourself.

Less Luggage More Comfort

The only criterion to make your climb easy is to carry the bare minimum with you. All unnecessary baggage has to be dropped off with complete detachment. In spirituality, it is not just about giving up external baggage, but it is also about sacrificing a lot of internal baggage – your individuality, fears, anxieties, attachments, and insecurities. Complete surrender and faith are needed to do this.

Complete faith on your guru or God and complete surrender born out of faith is the key to liberation.

Anyone walking the spiritual path, always has the protection and the grace of God. The Supreme Principle is delighted with a person who puts sincere efforts on the spiritual path.

Our path is *prema yoga*, which is a combination of *karma*, *bhakti* and *jñana yoga*.

Region 2



07 June 2024 – Celebrating seven years of Sri Sathya Sai Prashantiniketanam Girls Pre-University College

The seventh anniversary of the Sri Sathya Sai Prashantiniketanam Girls Pre-University College was marked by the inauguration of a new hostel kitchen and a creche for the staff's children.

Speeches, a classical dance performance and drama were rendered by the students.

Sri Madhusudan Sai emphasised the importance of girls' education and encouraged everyone to study the scriptures and practise the attitude of gratitude.



Region 2



14 June 2024 – World Blood Donor Day

Sri Sathya Sai Sarla Memorial Hospital held a successful blood donation drive on the World Blood Donor Day. **63 individuals** donated their blood at the dedicated blood centre of the Hospital.



Region 2

Nigeria

Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruike Speciality Hospitals at Enugu and Imo offered its free healthcare services to several needy individuals.

Healthcare Reach for May 2024

- Children: 838
- Adults: 1,547

Healthcare Services in May 2024

- New Admissions: 97
- Deliveries (SVD): 15
- Ophthalmology: 336
- Immunisation: 15



- Ultrasound Imaging: 16
- Family Planning: 1
- Surgeries (Exploratory Laparotomy, Appendectomy, Catheterisation, Circumcision, Herniorrhaphy, Lumpectomy, Myomectomy, Hydrocelectomy): 27
- Lab investigations: 3,637
- Antenatal Care: 169

Overview of Healthcare Services since inception

Out-patient Consultations: 133,313

Deliveries: 533



Region 2

Nigeria

Educare

- The secondary school students of The Embodiment of Love Academy (TELA) wrote this year's examination conducted by the West African Examination Council (WAEC) and the National Examination Council (NECO)
- The nursery kids of TELA were taken on an excursion to Oakland Amusement Park at Enugu for fun, learning, and games
- TELA Cultural Day was celebrated on 23 May 2024 to appreciate Nigeria's diverse culture, customs, beliefs, food, music and art forms. Fashion parade, cultural dances, educational quizzes and riddles were conducted to promote exchange of knowledge and an understanding about the different cultures of Nigeria

Sociocare

TELA Skills Acquisition Centre imparted some basic skills like sewing, computer repairs, application and servicing to students of TELA and other needy youth in the area to make them self-sufficient and feel self-worthy.

Nutrition

Biarenu Breakfast programme serves children of two government schools at Ezeagu, which is a local government area of Enugu State.

Breakfast meals served in May 2024: 500

Total breakfast meals served until May 2024: 452,420



Region 2

Sri Lanka

Sri Sathya Sai Karuna
Nilayam Foundation



Healthcare

Overview of Healthcare Services since inception:

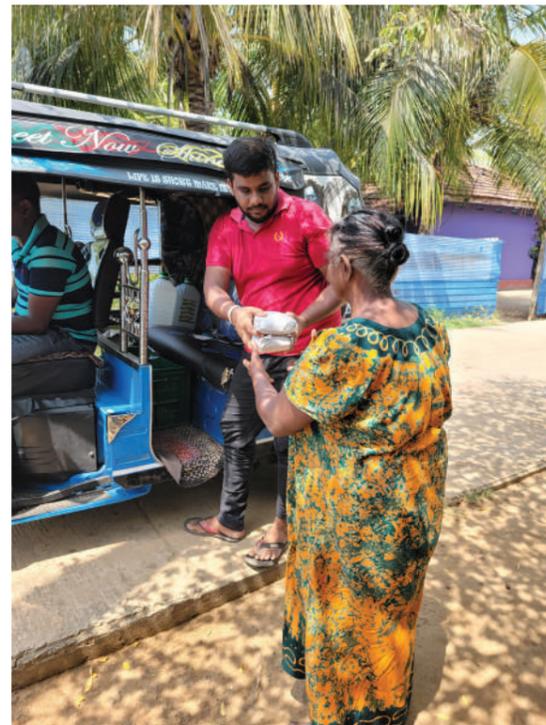
Out-patient Consultations: 42,301
Cath Lab Procedures: 1,089
Cardiac Surgeries: 14



Nutrition

Overview of Nutrition since inception:

Meals Provided: 76,336



Region 3

Croatia

Zaklada Ananda (Ananda
Trust Croatia)



Educare

- A teacher training programme was conducted for high school teachers. **Nine sociology teachers** attended the training for the topic – ‘Teacher as an eternal inspiration and a pillar of society’
- A reflective session on past workshops was conducted at Samobor, and it was attended by 15 primary school teachers



Region 3

Greece 

'Ιδρυμα Μοιράζομαι'
(Foundation of Sharing)

Nutrition

The volunteers of Greece gathered to prepare and distribute penne with cheese, veggie rice, spinach pies, pasta with sauce, veggie sandwiches, juices, salads and chocolate bars to the following institutions:

- St Alexander Girls Home: **145 meals and 1,320 chocolate bars**
- Association for the Protection of Minors of Piraeus: **220 meals and 1,500 chocolate bars**
- Tsougraneion Soup Kitchen: **1,357 meals**
- Support Centre for Families and Children: **80 chocolate bars**
- St Panteleimon Church: **50 chocolate bars**



- Anavyssos area, South of Athens: **80 boxes of dry ration packages** consisting of food items such as legumes, pasta, rice, milk, oil, cereals, snacks and other necessities like soap, washing powder were delivered to **80 needy families**. These items can prepare approximately **1,840 meals** in total
- Old People's Homes of Athens and Palea Fokea: **1,200 portions of yogurt, 720 litres of milk and 40 kgs of feta cheese**
- EGNYA Foundation: **70 pizzas** were offered to people with disabilities
- St Andrew Children's Home: **35 pizzas** were delivered to children



Region 3

Turkey 

Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)



Nutrition

1,800 meals cooked with grains or pasta with legume, milk or yoghurt and bread were distributed door to door at Sisli, Pendik, Ömerli and other districts of Istanbul on a weekly basis during the month of May 2024.

Sociocare

- **330 animals** in need throughout several districts in Istanbul were provided with food, water and in some cases, with the necessary medical care
- **Two home rentals and 11 utility bills** were paid for needy families
- **Two medical students** were assisted with scholarship



Region 4

Argentina

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



Nutrition

2,547 meals and 5,232 breakfasts were distributed during the month of May 2024.

- Escobar, Buenos Aires: 786 meals and 1,467 breakfasts were distributed at the following soup kitchens – La Amistad, Urbino, Encendiendo Lucecitas, Copa de leche Savio and Cazadores de Escobar.
- Burzaco, Buenos Aires: 264 meals and 322 breakfasts were distributed at Refugio Uguet Mondaca.
- La Plata, Buenos Aires: 1,257 meals and 3,063 breakfasts were distributed at the following soup kitchens – Somos su Esperanza, Los Gurises, Alma Corazón Crecer and Los Angelitos. Food assistance was provided to three families.
- San Luis City, San Luis Province: 60 meals were provided at the soup kitchen, Corazones Solidarios in the neighbourhood of La República.
- Oran, Salta Province: 180 meals and 380 breakfasts were distributed.
- Córdoba Province: Dry ration containing 2 boxes of powdered milk, 7 kgs of Yerba mate, one and a half litres of oil, 2 kgs of sugar, packages of rice, noodles, lentils and beans were distributed to needy families.

Sociocare

- Escobar, Buenos Aires: Clothes for children and adults were distributed to more than **60 of them** at the soup kitchens in Escobar. **Nine pairs of shoes** were given away to children and adults.
- La Plata, Buenos Aires: Clothes for children and adults were distributed to more than **80 of them** at the soup kitchens in La Plata. **13 pairs of shoes** were given away to children and adults. **Eight handmade woollen blankets** and a bag containing **20 books for children** were given away.
- Córdoba: A set of long curtains and plenty of clothes and shoes were distributed



Region 4

Argentina

Educare

School in the Córdoba Province

The volunteers of Argentina visited a school at a small town by the Pinto River in the Córdoba province. The journey to the school was an exciting trek crossing rocks and creeks, bushes and bridges.

The volunteers spent a rewarding time with the children at the school by playing games and yoga, teaching songs and sharing stories.

Books for the library and special winter shoes for the children were donated.

The donations made to the school were as follows:

- Markers – 12 boxes, each containing 30 different colours of marker pens
- Cardboard for craftwork – 60 pieces
- Poster papers – 60 pieces
- Tempera paint pots – 8 pots, 250 grams of paint in each box
- Reams of paper – 3 reams containing 480 papers each
- Adhesive pot – 1 pot with 500 grams of adhesive gum
- Crepe paper – 60 sheets
- Artwork paper
- Pens – 1 Box containing 50 pens
- Balloons – 1 Bag
- Sneaker shoes – 9 pairs
- Warm hats – 8
- Long socks for men – 6 pairs
- New backpack – 1
- Wallets – 4
- Short socks – 12 pairs
- Baby joggers – 1 pair
- Candles and incense

Yoga was taught to the children. A yoga practice book which contained 47 cards demonstrating different yoga postures, and also a few bhajans and songs, was gifted to the children.



School in Salta Province

At Orán in Salta Province, the Cóndores School of Football and Human Values educates 87 children and 24 teenagers. The volunteers of Sai Prema Foundation (Argentina) spend quality time with the children to teach them human values along with football.

Spiritual Care

At Amor y Paz Centre for Human Development, the following activities were carried out in May 2024.

- Biweekly Yoga classes
- Biweekly Meditation practice sessions
- Monthly Family constellation therapy (a group therapy which helps to identify, understand and reconcile issues that lead to breakdowns within the family)
- Monthly TaKeTiNa workshop (a workshop that connects music, education, entertainment, meditation and inner evolution to form a coherent and powerful experience with rhythm)
- Weekly Pranic healing workshop
- Bi-monthly Enneagram workshop
- Monthly practice of chanting 'Om'
- Weekly Mantra chanting by the Latin American Mantra Group was attended by participants from Argentina, Brazil, Chile, Bolivia, Mexico and Spain
- Translation of the messages of Sadguru Sri Madhusudan Sai into Spanish
- On 11 and 25 May 2024, satsangs were held to discuss and deliberate on the topic – Living the Ascension Together

Region 4

Brazil

Amar e Servir Association (Love and Serve Association)

Nutrition

In the month of May 2024, **202 meals** were served to homeless individuals on the streets of Rio de Janeiro City.

Sociocare

Meditation sessions for universal peace were conducted every week during the month of May 2024, in which **12 members** participated.



Canada

Sai Global Service Foundation of Canada

Nutrition

Sai Global Service Foundation of Canada served **50 snack packets** to the needy, living in the street tents of Edmonton. The snack packets contained bananas, low-sodium V8 vegetable cocktail juice packets, oatmeal cookies and mandarin oranges.



Region 4

United States of America

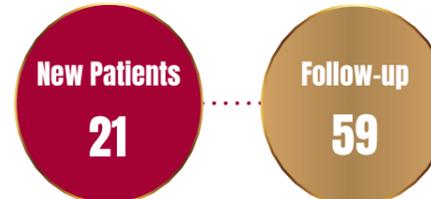
*Divine Will Foundation
Clarksdale, Mississippi*



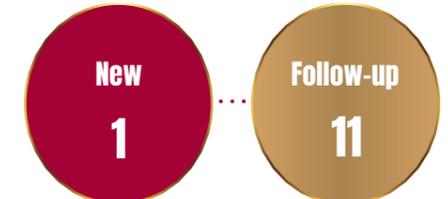
Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)

Healthcare

Primary Care Patients



Mental Health Counselling:



Cardiology



Pulmonary



Dermatology



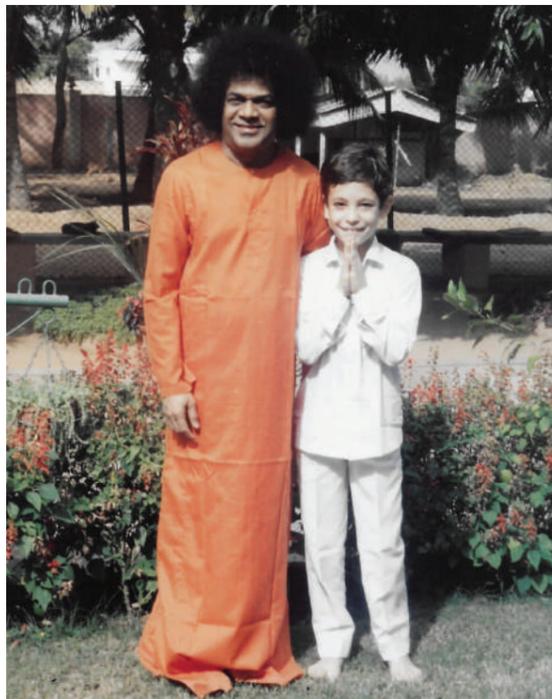
My Inner Journey

Dr Victory Craxi

What you are looking for is where you are looking from



Dr Victory Craxi was born and brought up in the spiritual environs of Bhagawan Sri Sathya Sai Baba, thus spending major years of his childhood and teens in the physical proximity of Bhagawan Baba. He did his entire schooling in Puttaparthi right from Grade one to Grade twelve. He then graduated in BAMS (Bachelor of Ayurvedic Medicine and Surgery) from the Shri Gulabkunverba Ayurved Mahavidyalaya at Jamnagar, Gujarat in 2011. He has since then moved to Italy and is a practicing physician, sees patients across the country and holds seminars, conferences and lessons on Ayurveda and its allied philosophies. He is currently serving as the Advisor of Casa Del Divino Foundation at Assisi in Italy, which conducts service and spiritual activities under the guidance of Sri Madhusudan Sai.



If one were to speak of an inner journey, it would be from 'I' to 'We' to 'He'. There is so much to be removed from within, so as to let Divinity shine forth without obstruction, and Beloved Swami is doing this with each and everyone of us. With timeless patience, He is taking us from a state of total illusion and delusion, wherein we look everywhere for the Truth excepting where we are supposed to – the only place where God can be found, which is right within us.

In reference to my past, I was once asked – ‘Do you realise the good fortune you’ve had to have lived in such proximity with an avatār?’, to which I replied – ‘No. I don’t think my (petty) mind can ever fathom the implications of such a fortune.’ The Swami, within and without, in whatever form He may chose to manifest, the one thing I have always been convinced through my own experience is that – **He is my One and Only, my One and All.**

I remember the years when we were in Primary School and Secondary School in Puttaparthi, and how our entire focus was on Swami. The focal points of our week were the two *darśans* we would attend on Thursday and Sunday mornings. This was the routine outside of special occasions, cultural programmes and other such events. In hindsight, in the long string of memories of life with Swami in Puttaparthi and in Brindavan, those that remain most vivid are the ones with Him in it. In this case, by ‘Him’, I mostly mean experiences in His physical proximity. They overshadow every other detail of daily living of all those years. I must say though that, these were not the only memories of feeling Him close by.



When I was about seven years old, there was a short period when I was in constant communion with Him within and there was such joy and lightness! That experience has since been by beacon and my guiding light, and I’ve constantly searched for the same inner state.

Life then took its course, so to speak, and that experience became a part of the past. As all of us do, I ran into the world pursuing my *karma*, knowingly or unknowingly, and I distanced myself from my Beloved within. **He didn’t move an inch; I did kilometres.**

When word had reached me that Swami had left His mortal coil, I admit, it was unexpected, as it was for all of us. I was out at a cafe studying when I got to know the news. I quickly paid the bill and went back home feeling a knot in my throat. Upon reaching my apartment, I felt a great sense of peace and reassurance that said – ‘I am right here!’ I was graced with feeling His Presence for three days straight, while I observed all the proceedings on television. Now that I write about it, I realise that it wasn’t unlike the experience I had when I was seven years old. I remember, in those three days, what remained strongest in me was His words – ‘I am within you, above you, around you.’ It gave me great solace to say the least. Life then again continued on its course.

Fast forward to 2015, which is when I heard about the Subtle Body miracle happening in Sathya Sai Grama, it got me curious. Many people asked me what my thoughts were on this, but I had nothing to share, since I had never been there myself. I replied that I would certainly share my experience because I had the intention of going,

and I preferred experiencing it myself instead of relying on somebody else’s experience. Times were difficult financially and so I had to wait another two years to make it to Muddenahalli.

Long story short, I experienced Swami like never before, not without, but within! One of those days in Muddenahalli, while sitting in Premamrutham, I felt Him expand within me. I saw my mind and all its constructs, which include fears, uncertainties, insecurities, suffering – fall apart like a house of cards, and what gushed forth was Dearest Beloved Swami – my only reason for existing! I owe my every breath to Him. This is after all His world. If I am here, if we all are here for that matter, it is because He decreed it be so.

It was in that moment of total expansion within that I realised that I had distanced myself from Him. But He hadn’t budged!

Since then, everything that I am experiencing through His Mission on this earth is happening through a deeper understanding of His teaching – teachings that are deeply ingrained in our psyche, but that need to be translated into something this world can see and experience. The way I see is that He is teaching us how to really be our True Selves. If we can manifest our Divinity, then we can execute exactly what is needed for the world that He has created.

We are only being brought along for the ride and must learn to be grateful for this beautiful Divine, apparent dichotomy, through which we journey with Him by our side, back to where we started from.

My Inner Journey

These last few years are showing me how much more there is to do in this Mission of His, through which we are being moulded.

We are His Mission and all we have to do is follow Him implicitly without any questions asked.

One important milestone for me on this journey has been the greying of lines, so to speak, between forms. Through His *lilā*, He is giving us an opportunity to experience His timeless teaching in a very tangible manner. The teaching that He is beyond names and beyond forms.

The shining example of Sadguru Sri Madhusudan Sai is a tangible testament to all of our Beloved Swami's teaching; a testament to the fact that what one human can achieve, all can achieve! While in Puttaparthi for all those years, Swami tirelessly repeated the same teaching again and again, so much so that they are deeply entrenched in our subconscious. Leaving these seeds of truth there, and not watering them with the water of practice is a great disservice to Him, ourselves and the humanity at large. He has always told us that the more you receive, the greater is your responsibility. The more are these seeds, all the more water and caring in time must be applied for them to sprout, and give way to what He wants in and through us.

I would like to close by sharing what these past couple of years have represented to me. Apart from what I am seeing happening on the outside, for example through my work, there is so much



happening within. I asked Swami about this last November and He replied – **'Renovation is happening.'** When I heard those words, I know it holds true for all of us in these times of great change and transformation. This feeling of very quick change within, leaves me with a sense of wonder that stems from my experience of not understanding what is going on.

The moment my mind doesn't find any answers anymore, I finally come to rest at peace at His feet within. This is of course something that needs to be constantly practised. When the mind comes to rest at peace within is when, I think, Saint Francis's words manifest:

*“What you are looking for is
where you are looking from”*

Lessons for Life

Let Go and Let God

Can two drivers drive a car at the same time? – it is not possible. If one person drives the car, then the other has to be the passenger. If God is the driver, then you have to be the passenger. If you become the driver, God will become the passenger. You can go where you want as it is your car. But you should also be ready to face the consequences.

The advantage of letting God be the driver is that He is an expert, and hence He can be trusted completely to take you to your destination safely. Irrespective of how rugged the road might be, He will save you from all the pot holes, difficulties and accidents, and ensure that everything is taken care of for you.

Sometimes, when you experience difficulties on the way, you might wonder if God is really steering your way. But, remember that when

the steering wheel of the car is with God, He knows what is doing and what He is supposed to do. Hence, you can be rest assured that He will never go wrong. With this complete faith in God, you must remain calm.

After all, can we expect all the roads to be smooth or the boat to not rock when in water? That is not possible. Uncertainties are part of life.

Nevertheless, your faith in God will always keep you happy. Do not think – *'I have to do this and that'*, and get overwhelmed and worried. Instead, you must simply surrender and watch the scenery unfold from the car.

All that you have to do is to let go and let God.



