



vasudhaiva  
kutumbakam

MONTHLY GLOBAL NEWSLETTER



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## Message from *Sadguru Sri Madhusudan Sai*

**V**asudhaiva Kutumbakam is the most ancient Indian ideal which proposes that the whole world is one family. This ideal that stands for a global family is the need of the hour. In times as these when the world is broken into fragments by narrow domestic walls, as the great poet Tagore would say, the only way is the Indian way.

And what could've been better than to be led onto this path by the Master Himself who chose to incarnate on the Indian soil to integrate and unite the whole world as one big happy family.

This newsletter is aptly titled '**Vasudhaiva Kutumbakam**', to bring to the readers updates on the various service initiatives of human development centres, social and spiritual groups, spread across all continents of the earth under one umbrella of this unifying thought of one global family.

The last decade has been the most electrifying in Sathya Sai's mission which saw things that were never seen or done before. '*Expansion is My life*' preached the Master and taught it by practise encompassing the whole of humanity in His loving embrace. This ideal of thinking everyone as our very own is now being emulated by His chosen ones in all the countries.

The prototype for the utopian world that many dreamt of is here, handcrafted by the Master through His faithful followers, based on this one principle that all are divine and therefore all are one, and a part of one global divine family of Sai.

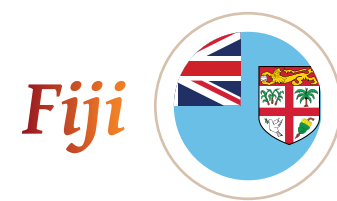
Family that prays together stays together.

***Samastha Loka Sukhino Bhavantu.***

**Blessings**







## Sai Prema Ashram - Centre for Love and Peace and Centre for Human Development



Located fronting the Pacific Ocean amidst lush greenery, the Sai Prema Ashram is an hour's drive from Fiji's capital city of Suva. Right at the entrance to the majestic edifice, can be seen, a *sarva dharma* stupa or a multi-faith pillar, edifying the message of truth and unity. The Ashram is truly one of a kind for the entire Pacific Harbour region.

The Ashram also happens to be right opposite and facing the most mystical island called Beqa, which is steeped in traditions. Beqa is surrounded by sharks and legend says that the shark God Dakuwaqa resides at Beqa island protecting the people.

Two golden elephants - a fantastic architectural feature stand welcoming at either side. Upon entering the main hall, one can see the dais with the world map featuring Fiji at the centre, as the backdrop décor.

The other end of the hall is monogrammed with the eternal saying of Sri Sathya Sai Baba, 'LOVE ALL, SERVE ALL' with pictures of Sri Sathya Sai Baba, Jesus, Buddha, Guru Nanak, Allah, Mother Teresa, Florence Nightingale, Nelson Mandela and Mahatma Gandhi. This serves as a reminder to everyone that love and service go hand in hand and only those involved in selfless service are immortalised and remembered in the annals of history.

The walk in the gardens is very relaxing, and this leads one directly to the shores of the tranquil bay called Rovadrau. Accompanied by the gentle crash of the waves, one can walk for meters along the stunning shore. The combination of the sun, sea and sand is a reminder that one has truly arrived in the island paradise. When nature takes over, love is in the air all around. The Centre thrives in the beat of love and hence is spiritually uplifting, and brings one closer to one's true divine nature.



After its inauguration in April 2019 by Sadguru Sri Madhusudan Sai, the Centre for Human Development (CHD), Sai Prema Ashram has become the base for Sai Prema Foundation Fiji to serve the underprivileged and needy people of Fiji through its initiatives of Medicare, Sociocare, and Educare.

The members of the Sai Prema Foundation conduct regular *satsangs* and values-based and spiritual classes for children. The Centre comes to life with melodious *bhajans* and chants that fine tune its spiritual ethos further.

Sri Sathya Sai Baba's 95th Birthday was celebrated at the Centre, with many guests who were thrilled to be a part of the celebrations. Brother Sumeet Tappoo with his melodious renditions transported people to another realm.

Eyes were moist and hearts were stirred! A unique divine experience of oneness was felt by all in their own unique ways. Many were also inspired by the service projects being undertaken by the Foundation, as a clear act of the Divine will.

The Centre, in the days ahead, will slowly blossom into a hub offering various human values workshops, self-development classes in meditation and yoga, as well as hosting international conferences focussed around human excellence and global peace.

As revealed by Sadguru Sri Madhusudan Sai, the Sai Prema Ashram is one of the 18 ashrams which are being established around the world as Centres for Human Development.

Sai Prema Ashram - Centre for Love and Peace and Centre for Human Development, Fiji







**"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. The COVID pandemic wrote tales of 'distancing' and 'isolation' on the canvas of the world. Human contacts were feared for contact with the virus. This threatened to stall all sources of even the basic humanitarianism that urged people to play the part of a benefactor for a beneficiary who is in need of help. Despite these, the members of the Sai Global Federation of Foundations swore by the value of living for others greater than living for one's own self and reached out to the ones who needed help more so now than ever before.

*"Service is the ultimate  
expression of Love"*

## Region 1

### Australia



#### Heart of Love Centre, Murwillumbah

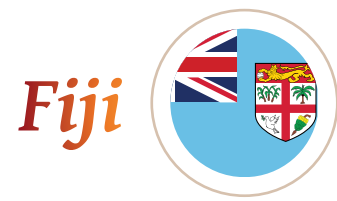


- Monthly satsangs with a congregation of about 50 to 70 people are hosted at the Heart of Love Centre in Murwillumbah. Melodious bhajans, speeches are an integral part of these satsangs. Excerpts from Divine Discourses are played in the centre, as well as broadcasted online throughout Australia.
- Sessions on 'Self-Awareness in Early Childhood' are conducted every month to develop self-awareness in young children. Through these sessions, children in the age group of two to fourteen years learn to appreciate and be grateful to nature, and be connected with nature in order to bring out their hidden talents and virtues from within. The children were made to express their thoughts by asking them to write down three things which they had learnt from nature and were grateful for it.
- On an everyday basis, the Heart of Love Foundation volunteers prepared and distributed food to the homeless at the local parks in Brisbane. In the last one month, about 600 freshly prepared meals were distributed to the homeless people. Heart of Love Foundation is one of the charity partners of Foodbank Australia, which is the largest hunger relief charity in Australia. The partnership allows Foodbank to source ingredients and Heart of Love Foundation to prepare the meals and serve the needy. A mutually fulfilling tie indeed! Heart of Love Foundation was invited to speak at a Foodbank Conference which was a gathering of about 10 main charity partners of Foodbank Australia.





# Region 1



## Red Cross and Sai Prema Foundation Fiji Sign Collaborative Partnership



The Fiji Red Cross Society and Sai Prema Foundation Fiji signed a collaborative partnership through a Memorandum of Agreement (MOA), in order to achieve the vision, goals and objectives that the two organisations have in common.

The broad vision of formalising this partnership is to develop greater co-operation, understanding, and strategic alliance for serving together and making a difference to the underprivileged and needy people of Fiji through a number of projects and initiatives.

The agreement is focussed primarily on four common areas where Sai Prema Foundation and the Fiji Red Cross will collaborate:

- To create greater awareness about the symptoms of Congenital Heart Diseases (CHD) and the treatments available at the soon-to-be-opened Sri Sathya Sai Sanjeevani Children's Heart Hospital in Fiji
- To bring about awareness of the need for donating blood, as well as supporting the blood drives across the towns and cities of Fiji by engaging, empowering and motivating volunteers as well as donors across the nation
- To enable greater efficiency in the execution of medical camps at the rural villages of Fiji and to facilitate a more focussed effort to promote general wellness

- To spread the awareness and facilitate screening/treatment of Non-Communicable Diseases (NCDs) as well as Communicable Diseases such as Leptospirosis, Typhoid, Dengue, and Diarrhoea in identified locations around the nation

Fiji Red Cross Director-General Ms Ilisapeci Rokotunidau said, "The humanitarian work undertaken by Sai Prema Foundation has been exemplary and they have made a significant difference to the citizens of our nation. We are truly looking forward to a fruitful partnership of working together on the various projects and initiatives, and it is wonderful to see that the two organisations have much in common."

The Director of Sai Prema Foundation Fiji, Mr Sumeet Tappoo was also excited at the prospect of this partnership. He said, "Being a professional singer, I can say that good music is created when all instruments are in tune and in sync. Similarly, it is my belief that organisations working with the common goal of serving humanity must come together, stay tuned and serve unitedly. This signing is a significant step forward for both Red Cross and Sai Prema to achieve their common goal of serving humanity, saving lives and making a true difference to Fiji. Today, through this partnership, I feel that the symphony has become more beautiful for all Fijians."



The Fiji Red Cross Society was established in 1954 as a branch of the British Red Cross. It was recognised as an Independent National Society in 1971. The Society is officially recognised by the Government of Fiji as a voluntary relief organisation, an auxiliary to public authorities and as the only Red Cross Society in Fiji. The Mission of Red Cross is to build safe, healthy and resilient communities by working with its partners and empowering volunteers in humanitarian service and advocacy. The Fiji Red Cross Society is actively involved in disaster management, climate change, healthcare, first-aid, safety and resource development.

Sai Prema Foundation Fiji is a Non-Government Organisation (NGO) and a Registered Charitable Organisation under the Charitable Trust Act of Fiji, founded to serve the poor, underprivileged and needy people of Fiji through Medicare, Educare and Sociocare initiatives.

The Foundation has evolved as one of Fiji's leading humanitarian organisations with a large number of projects and initiatives which include a free Medical Centre, South Pacific's first Children's Heart Screening Centre, free 'Gift of Life' heart surgeries for the children of Fiji, rural outreach medical camps, national food distribution programmes, blood collection drives, disaster response initiatives as well as a whole host of other projects. The soon-to-be-opened Sri Sathya Sai Sanjeevani Children's Heart Hospital for the treatment of Congenital Heart Diseases will be the first super speciality hospital in the region. The key feature of this hospital will be that all surgeries, procedures and treatments will be done totally free of any cost.



## Region 1



### *Home of Universal Peace*

#### **Meals Distribution**

In Yokohama, in order to cope with the need to provide for the increasing number of homeless people since March 2020, the frequency of the food distribution activity changed from fortnightly to weekly. About 70 to 80 homeless people are being served food every week at Yokohama.

The volunteers cook food, pack and joyfully distribute to needy individuals. The food is wholesome in its content, mostly comprising of rice balls, stewed vegetables, curry, fried rice, soy-meats, hot beverages, a boxful of fruits and snacks, and packed dry food.

At Tokyo and Shizuoka, many homeless individuals are served food on a monthly basis.

#### **Healthcare**

Sri Sathya Sai Sanjeevani Hospitals Trust, Japan (General Incorporated Association)

Sri Sathya Sai Sanjeevani Hospital Trust Japan has joined hands with local medical practitioners and conducts several medical camps in Tokyo on a regular basis, completely free of cost, to help infants, children and mothers, from diverse backgrounds.

One of the unique programmes of the Trust is 'Paediatric Health Care Support, Coordination and Consultation', which is being conducted to support paediatric healthcare effort, which is the one field of healthcare that is advanced in technology and medical aid, but does not have a broad outreach. A team of professional volunteers such as certified caseworkers and clinical psychologists provide counselling and comprehensive care to the patients.

This includes diagnoses of heart disorders, counselling parents and family, referring patients to hospitals and also accompanying them if needed. Nursing services are provided to infants at their homes after they discharge from neonatal intensive care units. As part of palliative care services, mental, emotional and spiritual support is extended to children and their families. Mothers and children who are deprived of National Health Benefits due to various reasons such as being abandoned due to domestic violence or the nature of their work, are provided help by connecting them with available national subsidies and free meals services in their respective areas. Helping expecting mothers in finding maternity homes and assisting them with the administrative process and insurance procedures are also done.

Another significant service programme undertaken by devotees in Japan is to support and co-ordinate medical requirements of children and their families who belong to other nationalities.

Some of the major diseases that are supported by the Trust are:

1. Paediatric Dilated Cardiomyopathy (DCM)
2. Congenital Heart Diseases (CHD)
3. Infantile Leukemia/Blood Cancer
4. Spinal Muscular Atrophy (SMA) – Type-I/Type-II/Type-III

## Region 1



### *Sri Sathya Sai Foundation Lao PDR*

#### **New Secondary School for Boys**

The Sri Sathya Sai Foundation in Laos has commenced a new secondary school for boys. Sadguru Sri Madhusudan Sai had guided the volunteers of Laos in 2018, to start a boys' campus by 2020 so that the boys studying at the Sri Sathya Sai Primary School can continue their secondary school education. A 5,500 square meters of land plot was procured and Sadguru conducted the ground breaking ceremony (a tradition of offering prayer to Mother Earth) in 2019. And true to His guidance, the campus had started functioning from the beginning of the academic year of 2020.

The new building is an impressive three-storey edifice, having ample space and facilities for secondary and even higher secondary classes. A computer laboratory and a library are also set up.

The students here are immensely happy that they can avail themselves of the opportunity to study at Sri Sathya Sai School from their primary classes and continue with their secondary schooling years at the new secondary school.

Sri Sathya Sai School in Laos comprising of both primary and secondary sections, is now spread over 12,000 square meters of land. The school also has a Sri Sathya Sai Clinic that not only serves the school students and teachers but also the local communities.

Another 5,000 square meters of land is currently being procured for the planned Sri Sathya Sai University.

#### **Sri Sathya Sai School, Laos**





# Region 1

## Malaysia



### Sai Ananda Foundation, Kuala Lumpur

The mission of Sri Sathya Sai Baba continues to expand under the guidance of Sadguru Sri Madhusudan Sai at Sai Ananda Foundation in Kuala Lumpur. Over the years, Sai Ananda has blossomed into a vibrant non-profit social service centre which provides aid in various forms totally free of cost to the poor and needy population. All the activities are undertaken by the volunteers of the Centre, who have dedicated themselves for this cause. The Sai Ananda Foundation is engaged in two major service activities for the past few years – Running of the Sai Ananda Free Hemodialysis Centre and Construction of Ananda Ashram (Garden of Bliss).

#### Sai Ananda Free Hemodialysis Centre

Sai Ananda Medicare is a three-storey building which was officiated by Sri Sathya Sai Baba on August 11, 2017 to provide for the healthcare needs of the poor and needy. The project provides free hemodialysis treatment and renal care for the patients who are diagnosed with a need during surveys that are conducted by the youth and members of the Foundation. Over the years, the Centre has increased its capacity to treat 33 dialysis patients at a time. Patients are provided with consultation by the in-house Nephrologist. Clinical examination, laboratory investigation and other treatments such as blood test, injections, vitamins etc. are provided to patients by the Centre totally free of cost.

#### Anand Ashram (Garden of Bliss)

Anand Ashram is a spiritual centre in the lap of Mother Nature, meant to remind man to live in tune with his true nature. It is specially privileged to have been identified as the 'Kodaikanal of South East Asia' by Sadguru Sri Madhusudan Sai.

The land for the ashram, which has been specially chosen by the Sadguru, is located about 2,000 feet above the sea level and it takes about a 45-minute drive from the city of Kuala Lumpur. The drive by road is a breath-taking experience as one gets to see the untouched serene beauty of Mother Nature all around. The construction of the ashram commenced in the year 2019 based on the guidance and grace of the Sadguru, and as on date, the construction of Phase 1 of the ashram is complete.

The location of the ashram with its rich flora spreads the fragrance of ethereality and soothes the human soul.



### Divine Will Society, Kuching



Vishwaniketanam Centre for Human Development at Kuching is being embellished further with a restaurant christened as 'Naivedyam – Divine Offering', a communal kitchen, three gazebos in Balinese style, and two teahouses in Japanese style. Twin Dragons temple is also being constructed and is expected to be inaugurated by August 2021.

#### Healthcare

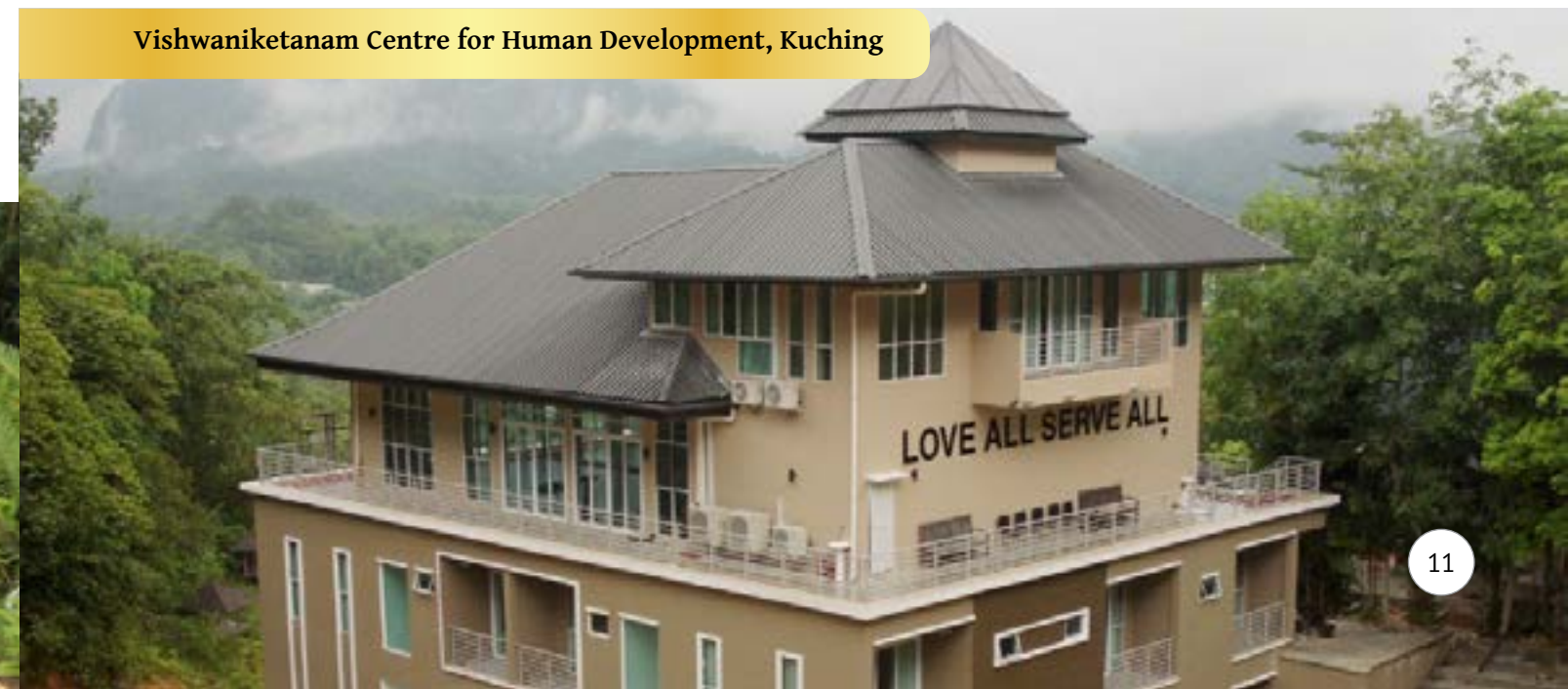
Planning and development of a free dialysis centre and a nursing home for the elderly in Kuching is under way. The plan is to have 20 dialysis machines at the centre.



#### Sociocare

The Society has worked dedicatedly on 'Feed the World' initiative by extending its help to a village called Rayang, which is 32 kms from Kuching. Deprived families are provided with basic necessities such as food, clothing and shelter. Commodities such as chairs, tables, mattresses and beds were also distributed to the needy recently.

### Vishwaniketanam Centre for Human Development, Kuching





## Region 1

### Singapore



Sai Anandam, Singapore

Sai Anandam, the Centre for spiritual and service activities at Singapore began in the year 2014 as the Centre that energises and channelises the youth and elders alike to contribute for a greater cause and live for a purpose that salves their souls. Sri Sathya Sai Baba through the instrumentation of Sri Madhusudan Sai revealed then that, Sai Anandam was the first among the 18 Centres for Human Development that will be established globally.

Treading on the path as envisioned by Sadguru Sri Madhusudan Sai, the intention to live for others took the shape of tangible action that involved sacrifices, only to gain higher and loftier experiences of the taste of selflessness. The Centre currently supports many educational campuses of the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions and also the three paediatric cardiac hospitals of Sri Sathya Sai Sanjeevani Hospitals.

The members of Singapore go to bed every night with a sense of satisfaction that their good intentions blossom the lives of several young children with life and happiness every day, and that these children in turn are spreading their love and gratitude to others. An investment of 'love' returns multiple folds as more 'love'!

Ultimately, as the poet Rumi said, *"Love is what gives joy to giving joy."* And in the flow of love, everything flows effortlessly and seamlessly!

## Region 2

### Middle East



#### Sai Hrudayam

With the guidance of Sadguru Sri Madhusudan Sai the activities of Sai Hrudayam remained undeterred. 'Sai Love Kits' which included the monthly provisions such as rice, lentils, flour, sugar, spices, oil, soap, hygiene items, etc. were provided to the camel caretakers and other underprivileged people living in harsh desert conditions. The Sai Hrudayam members along with many like-minded people made it a point to spend quality time with all the beneficiaries, interacting and sharing personal experiences with each other, during every single visit taking all the necessary COVID precautions. This service has been continued relentlessly from past three years.

Monthly provisions were provided to many who were rendered jobless due to lockdown like cleaning staff with very low income, school non-academic staff/ cleaners with unpaid salaries, fishermen living in pitiable situations, transiting immigrants etc. Warm clothing and blankets were also provided to boatmen and freshly cooked food packets to homeless workers who spent their days and nights in a park braving the scorching heat of above 45 degrees.

A couple of heart warming stories are here: a stranded Sri Lankan woman who expecting a child was helped by not only giving free medical check-ups, but also with nutritious food supplements, comfortable clothing including a ticket to Sri Lanka and on reaching, further care was provided by Sai Youth in Sri Lanka.



A security personnel from Uganda with extremely limited means was provided all the assistance required, by the team. The 'Sai Love Kits' wrapped with love and compassion reached not only his family but also to many such needy individuals in his community. This seva transcended the geographical boundaries and touched the lives of the needy in Uganda.

Assistance through the 'Sai Love Kits' was also extended to women taxi drivers with dwindling incomes with

#### OMAD

One Meal A Day, is an initiative started by Sadguru as part of 'Feed the World' initiative. In this seva, each member or volunteer serves at least one meal every day to a needy person. Till date, more than 6,500 meals have been shared with the needy.

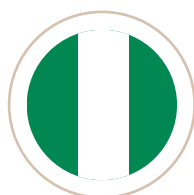
#### Education

The Sai Hrudayam team has also been supporting the education mission in India. From day one, the team has extended their unrelenting support towards the construction of the Hassan Campus - Sri Sathya Sai Sathyaniketanam, and continue to support the various requirements.



## Region 2

**Nigeria**



**Spiritan Self Awareness Initiative**



**A**ruike Speciality Hospital (ASH) is a 34-bedded hospital located at Ebe County, Enugu State, Nigeria. Prior to its inauguration in 2016, the villagers had to travel about nine to fourteen miles to get to the nearest hospital. In most cases they were unable to pay the hospital bills. To address this concern, ASH was established to provide patients with accessibility and treatment completely free of cost. The hospital treats an average of 40 patients on a daily basis. It is fully equipped with two operating theatres, a maternity ward, and a modern laboratory.

The Aruike Speciality Hospital has another branch at Alike, Obowu, Imo state in Nigeria. Since its inauguration in August 2020, even amidst all the cacophony of the COVID, the hospital provides General Medicine and Obstetrics services. ASH treats an average of 20 patients daily at this hospital, totalling to over 5,580 patients as on date. 12 pregnant mothers have been assisted with healthy delivery, all absolutely free of cost!



**Aruike Speciality Hospital Obowu, Imo State, Nigeria**

**Aruike Speciality Hospital Ebe, Enugu, Nigeria**



## Region 2

**Sri Lanka**



**Sri Sathya Sai Karuna Nilayam Foundation**



**Sri Sathya Sai Karunalayam Medical Centre**

**I**naugurated by Swami in the month of July 2017, the Sri Sathya Sai Karunalayam Medical Centre at Kirankulam, Batticaloa is truly a wondrous manifestation of Divine Selfless Love. Batticaloa is an area which was ravaged by two main catastrophes - the 30 year-long civil war, which left behind over 30,000 women as war widows; and the tsunami of the year 2004 which resulted in a devastating loss for both lives and livelihoods. Hence, the establishment of such a medical centre which boasted no cash counter was truly a blessing. The medical centre is a beacon of light for the villagers in and around Kirankulam, who were in desperate need. As on date, over 15,000 patients have been treated, completely free of cost.

During Sadguru Sri Madhusudan Sai's visit to Sri Lanka in January 2020, a special initiative of serving food to all the visitors of the centre - patients, elders, and school-going children, was commenced. This activity is done from 10 a.m. to 2 p.m. during every clinic day. Unfortunately, the pandemic that came with its package of strict restrictions shut down the centre, for the safety and well-being of all. The Foundation wanted to continue feeding the villagers, who needed help now more than ever. The cook and OPD staff prepared and packed food at the Centre and distributed it door to door, by following all the government COVID protocols. In this way, food distribution is being done three times per week and over 11,000 food parcels have been distributed thus far.

**Architect's impression of the upcoming Hospital**



**Hospital under construction**

**Sri Sathya Sai Sanjeevani Super Speciality Hospital**

The construction of a hospital which is christened by Sadguru Sri Madhusudan Sai as 'Sri Sathya Sai Sanjeevani Super Speciality Hospital, is well under-way. Although the lockdowns and curfews imposed due to the pandemic halted most of the activities in the country; yet with the Divine will in action, the construction work of the hospital continued. Currently, the roof of the building is being finalised for the three-storied building which will consist of an operating theatre with other required facilities, three wards each containing 25 beds in-house facility, consultation rooms for Ophthalmology, Dentistry, Gastroenterology, Gynaecology and Paediatrics etc. The hospital will be operating as a general hospital in the early years and will expand to facilitate consultations, treatment and surgeries for infants and children suffering from Congenital Heart Disease (CHD) in the later years. As each day passes, the structure continues to take shape and will soon blossom into a beautiful edifice of healthcare.

**Dry Ration Distribution**

During the lockdown, when incomes dwindled, the Foundation decided to donate essential dry rations to the villagers in Kirankulam. Packages for each family were packed at the Centre in the morning and were then transported to villages where each package was personally handed over to families at their doorsteps. This distribution brought much solace to many families during such a crucial time.



## Region 3

### Germany



With the divine guidance of Sadguru Sri Madhusudan Sai, a non-profit association called Prema-Dhaara e.V. has been established in September 2020. The Association is extending support to Sri Sathya Sai Ananyaniketanam, an educational institution for boys at Udupi in the State of Karnataka.



### Greece



#### Μοιράζομαι - Sharing with Others Foundation

In the month of February, when Greece was strictly locked down, the Μοιράζομαι - (Sharing with Others Foundation) collaborated with other organisations/ institutions with similar values and goals of providing social relief for all. This was done in an earnest effort to reach out to the needy, despite the lockdown situation.

#### Computers

Μοιράζομαι donated 10 fully operational personal computers along with electrical installation to an organisation which provides free computer training to children from underprivileged background between the age group of six and eighteen years.

#### Meals Distribution

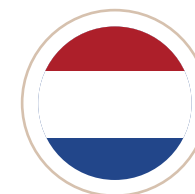
The Foundation has collaborated with 'Social Kitchen' to supply food ingredients. Recently, 530 kgs of rice, beans, lentils, pasta; 100 litres of olive oil; 70 kgs of tomato puree were supplied to the kitchen and this helped in providing 4,000 meals for hungry stomachs. From time to time, breakfast service is also undertaken. In the month of March 2021, 320 breakfasts were served to the homeless and needy individuals and families. 400 litres of milk and 200 kgs of sugar were provided to the Social Municipal Service. On a monthly basis, 100 sizeable food boxes containing monthly supplies are distributed to the poor and needy families. About 240 pizzas were given in the month of March 2021 to a home that shelters children with special needs. 150 kgs of Greek feta cheese were sent to an elderly home in Athens.

#### Healthcare

The Foundation also supports the 'Gift of Life' programme undertaken by the Sri Sathya Sai Sanjeevani Hospitals in India.

## Region 3

### Netherlands

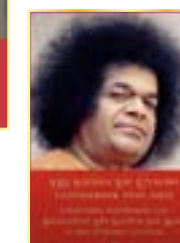


#### Sri Sathya Sai Anandam Stichting Nederland (Sri Sathya Sai Anandam Foundation Netherlands)



#### Sai Anandam Library

The Sai Anandam Library is a multi-faith spiritual library that was inaugurated by Sri Sathya Sai Baba through the instrumentation of Sri Madhusudan Sai during His maiden visit to Netherlands in the year 2016. Today, the library has grown in its collection, and currently houses over 4,400 books and records from various religions and by several spiritual masters. A few books have also been sent to the libraries of the educational campuses of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions.



#### Sai Prakashna

The Dutch translation team incessantly works on the various books of the Sri Sathya Sai Premamrutha Prakashna Society. So far, the team has translated over six volumes of Sri Sathya Sai Uvacha series, have compiled audiobooks for the first three volumes of Sri Sathya Sai Uvacha series, and also the first part of The Story Divine series. The new Sai Prakashna website (<https://www.saiprakashana.com/nl/>) was launched in the month of November 2020.

#### Service Activities

To end loneliness, and extend a healthy companionship for the destitute elderly people, the members of the Foundation spend time at various elderly homes, sharing experiences and inspiring them over a cup of coffee.



## Region 3



### Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



#### Prema Yoga Human Development Centre and International Humanitarian Health Village

The construction of the second phase of the Human Development Centre with an amphitheatre is progressing steadily.

#### Meals Distribution

Inspite of the pandemic restrictions, the Trust has served about 52,216 meals to the needy in several districts of Istanbul, by delivering food door to door, all the while ensuring that the protocols of COVID regulations are being strictly adhered. 2,540 tons of firewood and coal have been distributed to needy families across several districts of Istanbul. Animal and bird care are also being done passionately by feeding food and fresh water for cats, dogs, and birds.



## Region 3



### Anugraham Charitable Trust

Anugraham Charitable Trust, United Kingdom is registered with the UK Charities Commission and is the representative Trust in the UK for charitable works globally. It holds good standing with the Charities Commission and continues to lead initiatives for the people of UK and beyond.

#### Educare

The flagship project that is currently carried out by the Trust is the establishment and development of the educational campus for boys, Sri Sathya Sai Sharadaniketanam located at Mandya district in Karnataka, India. Development of the school building, and various in-campus infrastructures like staff quarters and a separate residential hostel to accommodate the students, have been accomplished so far.

The Trust also continues to support the Each One Educate One programme of the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions.

'Growing to be God' is an initiative guided by Sadguru Sri Madhusudan Sai. This has been extremely successful in the conducting of human values based classes for children. It also involves training of teachers and the framing of basic curriculum/lesson plans which are being adopted by various countries to roll out the same programme.

#### Healthcare

The Trust is supporting the establishment of Sri Sathya Sai Sanjeevani Hospital in Sri Lanka. It also supports the establishment of well-equipped dental clinics in the various campuses of Sri Sathya Sai Loka Seva Gurukulam for the dental treatment of students.

The Trust extends its support to the Aruike Speciality Hospital at Enugu State, Nigeria and its outpost at Obowu, Nigeria.

#### The new hostel under construction





## Region 4

### Argentina



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



**L**ove and Peace' - The Centre for Human Development and Service serves as the beacon of light and love, of service and spirituality in Argentina. The Centre is currently building an auditorium with the best acoustics of Argentina, the construction of which is already 50% complete.

#### Educare

The Latin American Institute of Human Values (ILAVH) conducted five training courses in Human Values for about 200 teachers from all around the South American continent. 120 audio stories, five stories for children, four books on human values, nine digital magazines on human values and 33 songs from a children's songbook were distributed to all the teachers who attended the courses.

Sadguru Sri Madhusudan Sai often refers to Argentina as 'Urgentina', highlighting the urgency of delivering service to the needy. Inspired by this idea, the Foundation carried out a three-month activity called 'Urgenlatina', to explore the needs and possibilities of service in the region and also to investigate the changes that have taken place in the society in these times of a global COVID crisis. Workshops were held to emphasise the need for physical, mental, and spiritual health. The activities of 'Urgenlatina' were also posted as Weekly Instagram Lives by highlighting topics such as; yoga, meditation, food, health, the Japanese 'Ikebana', caring for the environment etc., which drew the attention of youth in large numbers.



## Region 4

### Canada



*Sai Global Service Foundation of Canada (SGSFC)*

#### Sociocare

**S**GSFC extends support to the Women's Emergency Accommodation Centre (WEAC), a shelter for the homeless women which operates 24/7. These women often arrive without any possessions, income or supportive relationships.

#### Meals Distribution

As a pilot project, SGSFC has collaborated with Calgary Food Bank, Edmonton's Food Bank, Food Bank Alberta and Food Bank Canada to secure increased amounts of fresh, nutritious food for food bank recipients. Currently, the Foundation contributes towards 400 food packets to Food Bank Alberta. The Foundation has also associated itself with Hope Mission Edmonton to provide for 800 meals on a monthly basis to the homeless.

#### Educare

The Foundation supports the Institute of Human Development Canada to train homeless and unemployed youth with the requisite skillsets to secure employment.



Love and Peace Centre for Human Development and Service, Escobar, Buenos Aires Province, Argentina





## Region 4

Mexico



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



### Project 1 x 1 x 365 - Share one meal a day with one person for 365 days

**Sampa Sai Supplement** is a part of Project 1 x 1 x 365. Sampa Sai is based on a traditional food supplement of the ethnic groups of Tibet. It consists of a mixture of toasted cereals and legumes which are ground finely and mixed with honey. The wisdom of diverse ethnic groups throughout the planet has offered a wide variety of food mixtures for centuries that not only nourishes and improves the overall health, but also avoids food spoilage, and thus prolongs the shelf life of stored food.

The supplement consists of eight grains (three cereals and five legumes), honey, banana flour, yeast powder, and micro nutrients. The purpose of Sampa Sai supplement is to improve the protein and caloric deficiencies of the lower socio-economic groups of Mexico, mainly targeting school-going children. The Sampa Sai team's expert on Food Processing and Nutrition has confirmed that this supplement will be equivalent to the SaiSure for Children supplement which is being distributed for school-going children in India. The supplement is being carefully prepared, so that it is wholesome in its nutritional content, flavour, taste and texture.

It is also taken care that it abides by the norms of Food Regulations and New Labelling requirements of the Mexican Government. The Government of Mexico has extended its full support towards launching the product soon and distributing it to children in the public schools of Mexico as a breakfast supplement on a daily basis.

### Meals Distribution

Monthly distribution of 100 Basic Food Bags for the community of Tarahumara Indians is being carried out consistently.

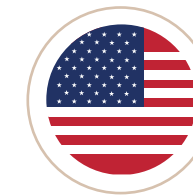
### Educare

In February 2021, a two-day 'Self-Help' workshop consisting of about 96 attendees was organised with Dr Ron and Mrs Suwanti Farmer via zoom. Effective April 10, 2021, monthly workshops on 'The Journey of Self Development' is being conducted via zoom with over 100 attendees, and these monthly workshops will be conducted throughout one whole year.



## Region 4

United States of America



*Prashanthi Center of Human Development, Boston, Massachusetts*



Online workshops were held by the US Academy for Human Excellence and Hope Collaborative, amidst the COVID situation. The workshops primarily focussed on leadership and values-based education that ought to support inquiry into spirituality, psychology and social dimensions of human development. Some of the most recent workshops were conducted on topics like - Conflict Resolution, Building Leadership Skills for the Youth, and Journey of Human Development - Blossoming of our Hearts and Living Human Values in our Everyday Life.

### Meals Distribution

The Centre is working with the local community and serving those who are struggling to make the two ends meet. Lunch bags with sandwiches, snacks and drinks are delivered to a homeless shelter called 'Transitional Living Center' in the city of Lowell. Hand Warmers are also provided to the shelter to protect its inmates from the extremely cold weather conditions.



### Prashanthi Center for Human Development in Boston





## Region 4

### United States of America



#### Clarksdale - Sathya Sai Sanjeevani Medical Center, Mississippi

In order to provide no-cost medical care to the uninsured women and children of Clarksdale and the surroundings, Sathya Sai Sanjeevani Medical Center was opened in December 2019 under the guidance of Sadguru Sri Madhusudan Sai. The Centre initially started by providing primary health care to women of all ages and children up to 18 years of age, every Saturday.

Currently, the Centre is open all the weekdays (Monday to Friday) from 9 a.m. to 4 p.m., and on Saturdays from 9 a.m. to 12 p.m. It provides primary medical care, mental health counselling and free laboratory studies for all of its patients. A visiting gynaecologist provides free gynec health care every six weeks. A visiting pulmonologist provides studies to test and treat for sleep apnea.

The Centre has partnered with many local organisations, including a Farmer's Union, the Black Caucus for senior citizens and with another primary care centre in a nearby town to provide free medical services to their uninsured employees and families. The Centre is in the process of developing a partnership with a nearby hospital to provide free radiological services including mammography, CT scans, and MRIs. The Centre is also in the midst of associating with a Senior Citizen Home to provide primary medical care for its inmates. Because of the above efforts, footfall of indigent patients who need medical care has increased.

Upcoming plans include a medical transport bus that can bring patients to the medical centre without them having to spend for it themselves. The clinic is also organising the ability to provide Covid-19 vaccines. Public outreach and education is imperative in the area, so educational videos are being created to help fill the knowledge gap.

### United States of America



#### Education for All

'Education for All' is an initiative started in the year 2018 by devotees from USA. Under this initiative the devotees support the construction of two campuses of the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions. The campuses are - Sri Sathya Sai Karunyaniketanam for boys in Tumkur district and the upcoming campus for girls at Doddaballapur (about 25 Kms from Muddenahalli) which has been named as 'Sri Sathya Sai Gayathriniketanam'.

The residential campus for boys at Tumkur started in the year 2018 with two sections for Grade Six. Over the years, the school has developed well and offers complete education from Grade Six to Grade Eight. Initially, the school commenced in a temporary structure, and now a full-fledged hostel is under construction.

Under the guidance of Sadguru Sri Madhusudan Sai, the overall development of these two residential educational campuses are being looked after by the devotees with much love. As ordained by the Divine, the projects are progressing very smoothly and more devotees are embracing this opportunity of participating in a noble task.

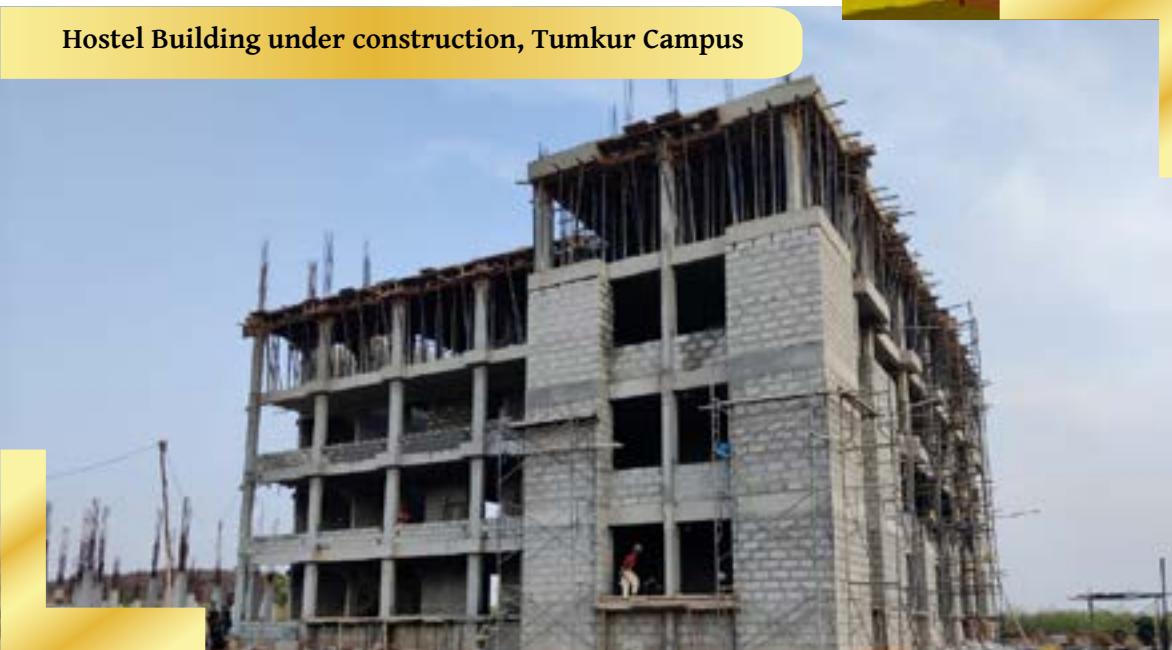
Architect's impression of the hostel under construction



Sathya Sai Sanjeevani Medical Center, Clarksdale, Mississippi



Hostel Building under construction, Tumkur Campus







## SAI Global Mission

**S**AI (Societal Advancement Initiatives) Global Mission has been set up as a non-profit in the USA which works towards improving disadvantaged societies through nutrition, education and healthcare since the year 2006. The team at SAI Global Mission (SGM) supports the various initiatives in India in these three verticals and since 2006, SGM has served over 1 million people across 200 villages in India.

SGM also hosts several awareness events, and creates visibility through various concerts, talks, and other such programmes. From organising virtual hospital tours (recently for the upcoming hospital in Fiji) to hosting virtual 'Gift of Life' ceremonies (to young patients who have undergone cardiac surgeries) at the Sri Sathya Sai Sanjeevani Hospitals; from hosting music concerts (Ustad Amjad Ali Khan Ji, Aman Ayan Ali Bangash; Unnikrishnan and Uthara Unnikrishnan amongst others) to publishing the quarterly newsletters of the initiative 'Heart to Heart', the team at SGM is constantly and continuously thinking of proactive platforms and ideas to talk about the various service activities.

One such ideation which resulted from the 'Science for Society' conference which was held in San Diego in June 2015 is the 'SAI WHEELS'. This mobile bus is fabricated to provide free healthcare, education, energy and clean drinking water to poor rural and remote village communities in India, Africa and elsewhere, using a specially designed bus and qualified staff, to solve the basic lack of access to such services, in areas with limited or no power from the grid. 'SAI WHEELS' is the acronym for 'Societal Advancement Initiative by Water, Healthcare, Education, Energy through Love and Service'. Jointly conceptualised by a team in the US and India, one bus is stationed at Muddenahalli and serves the surrounding villages.



## My Inner Journey

**I**t is said, 'cittasya suddhaye karma'. This means that actions are to be performed only for the purification of the mind. Thus every outer activity must lead to an inner churning and pruning that tears away bit by bit all the unwanted qualities in man and leaves him as he is truly meant to be – the pure and unsullied Divinity. Life is a journey that takes us through several outer circumstances of living, only to help us find our inner spheres of existence.

This section brings before you, stories of people who have submitted themselves for a noble external cause and allowed themselves to go through a process of fine refinement and subtly slip into the sublime zones of inner joy. The accounts are sure to inspire us and help us think beyond 'I' and 'Mine' and invite thoughts of 'We' and 'Ours', and finally to find oneness in all.

In this first edition of the newsletter, we present two stories of inner journey.

## Spiritual Transformation through Selfless Service

**- Mr Mahendra Tappoo  
Chairman, Sai Prema  
Foundation, Fiji**

*Mr Mahendra Tappoo is the Executive Director and Member of Board of Directors of Tappoo Group of Companies (a Multi-faceted Business Group in Fiji). He is also the Founding Trustee and Chairman of Sai Prema Foundation Fiji. Sai Prema Foundation Fiji was established in August 2016 under the guidance of Sadguru Sri Madhusudan Sai to serve the poor and underprivileged and indeed all the people of Fiji regardless of race, ethnicity, or religious background.*

**T**he Tappoo family is blessed to have been followers of Sri Sathya Sai Baba since the 1960's. Four generations of our family have been under the umbrella of His love and guidance for the last six decades. My journey began in the year 1978 when my wife Maya and I went



to Puttaparthi to have His Darshan. He granted us an interview. Since then, our lives have been focussed on serving Him and His mission of Love and Service. Whether it was in Puttaparthi then or at Sathya Sai Grama in Muddenahalli now, His message, His love and His mission are one and the same. The intensity of Baba's current mission through the instrumentation of Sadguru Sri Madhusudan Sai is indeed unprecedented. And the readers will know that this is no exaggeration by reading the below account.

It all started in the year 2015. Sadguru Sri Madhusudan Sai visited Fiji and gave us a very clear and precise blueprint of His plans for Fiji. The only intention was to serve the underprivileged and needy people of Fiji through a number of projects and initiatives revolving primarily around healthcare, education and social service.

Healthcare was on the top of the list as per Sadguru Sri Madhusudan Sai's guidance to us. He highlighted the issue of children suffering from Congenital Heart Diseases not only in Fiji but the entire developing island nations in the region. Fiji is a developing country in the South Pacific with a population of less than a million, with more than a third of the people living in rural and remote areas including some not-so-easy-to-access small islands.



A number of public sectors in Fiji like the education sector, for instance, does very well with a large number of Government funded free education model schools that are relatively easily accessible to children, from wherever they reside. However, the healthcare sector is one of the most complex and under-resourced sector in Fiji, and hence is in need of critical support from all those who can lend a helping hand to the Government's sincere efforts in trying to deliver quality and free healthcare to all Fijians. There is a general lack of medical specialists and support facilities for healthcare in Fiji. There are no cardiac surgeons or support specialist personnel. The country depends on a handful of visiting cardiac teams from overseas, who volunteer their services for cardiology and related ailments, but still there is hardly any focus on paediatric cardiac care.

According to World Health Organisation statistics, an average of 1% of children born anywhere in the world, is born with a heart defect, technically termed the Congenital Heart Disease (CHD). In the case of Fiji, this translates to approximately 200 born each year with CHD. In the case of the other developing islands in the Pacific, approximately 2,500 children are born each year with CHD. Of these, only a handful is able to afford overseas treatment, while the rest struggle to survive.

Knowing the dire need, Sadguru's command to us was to proceed with the execution of the healthcare mission with utmost urgency. Infact, He immediately acted on the project by sending visiting surgical teams from the Sri Sathya Sai Sanjeevani Hospitals in India to save the lives of children in Fiji and set the tone for a sustainable paediatric cardiac programme in Fiji. The healthcare mission had to fulfill itself in two steps. The first step was the establishment of bricks-and-mortar to house and provide general healthcare and paediatric cardiac care, and second was the commencement and execution of projects and initiatives that will turn to be outreach services for the benefit of people in the tiny Pacific Island Nation of Fiji.

The establishment of the unprecedented and monumental bricks-and-mortar for the healthcare project was a three-phased approach as directed by Sadguru. The first phase of the

planning was a building for the General Medical Centre that can offer treatment and medication absolutely free of cost for all general ailments. Phase two was to establish South Pacific's first Children's Heart Screening Centre. And finally, phase three of the plan was the development of South Pacific's first Paediatric Cardiac Super-Speciality Hospital to save the lives of thousands of children suffering from Congenital Heart Diseases in Fiji and the Pacific region, totally free of cost.

In 2016, baby steps were taken when the then Acting Prime Minister of Fiji, Hon. Aiyaz Sayed-Khaiyum launched the Foundation's 'Health on Wheels' rural outreach programme. In 2018, the Prime Minister of Fiji Hon. Josia Voreqe Bainimarama inaugurated the Sri Sathya Sai Sanjeevani Medical Centre. In 2019, once again, the Prime Minister of Fiji Hon. Josia Voreqe Bainimarama inaugurated the Sri Sathya Sai Sanjeevani Children's Heart Screening Centre. In 2019, Sadguru officially opened the Sai Prema Ashram, a Centre for Love and Peace and Centre for Human Development in Pacific Harbour.

The surgeries and interventional procedures conducted thus far have saved 71 lives which would have collectively cost the families millions of dollars. The impact that this has created in the nation of Fiji has been immense. We made ourselves available and we took the leap of faith, in every single instance, to follow the Sadguru's wish and command. If one were to analyse the Divine commands from a worldly perspective, it simply would not make sense to commence projects of such magnitude without adequate resources, especially in the nation of Fiji. It had to be done with a spiritual mindset that 'Divinity knows best'.

*"A ticking time bomb in a sick child's heart"* is how Dr Ashish Katewa, a leading paediatric cardiac surgeon, described it in a function to mark the launch of Sai Prema Foundation Fiji. Dr Katewa holds a world record for the number of children's heart surgeries that he has successfully performed at a young age. Today, he proudly serves in the Divine mission of Sadguru Sri Madhusudan Sai as the Senior Consultant, Department of Pediatric Cardiac Surgery, Sri Sathya Sai Sanjeevani Centre for Child Heart Care in India.

Alongside paediatric cardiac services, a multitude of other projects also commenced, and these have made a significant impact on Fiji and its people. These include 'Sai Annapoorna', which has become one of the largest nutrition and feeding programmes in Fiji; 'Be A Hero' is a national award-winning project for being the highest collector of blood for the past three years; 'Children of God' looks after the needs of orphaned and institutionalised children; 'Help in Kind' is a disaster response programme accredited by the Government; 'Heart Beat' is a Child Heart Screening initiative in the rural villages of Fiji; 'Medical Scholarship Programme' provides free medical scholarship and trains Fijian surgeons and doctors in the discipline of Paediatric Cardiology.

Sai Prema Foundation has signed a collaborative partnership with the United Nations Development Programme (UNDP) with the aim of working towards the Global Sustainable Development Goals (SDGs). Another collaborative partnership has been signed with the Fiji National University (FNU) to provide paediatric and dental treatments, free of cost.

Currently, the Foundation is working to the very best of its ability to complete the massive Children's Heart Hospital. This is the largest project ever undertaken by any Non-Governmental Organisation in the history of Fiji. Apart from the enormous need of funding and facing the challenges of resource deficit, a super speciality hospital is many times more complex than a commercial building, and this is compounded in the Fiji context, due to the lack of locally available professional, technical and trade experts, not to mention the absence of qualified heart surgeons and support medical personnel to run the heart hospital. Nevertheless, the work is progressing at an inexorable pace.

In January this year, Sai Prema Foundation was bestowed with the prestigious 'Pravasi Bharatiya Samman' award, the highest award given by the President of India to an organisation outside of India. The award was given for Sai Prema Foundation's 'Outstanding Community Service.'

One may ask - what is the driving force that keeps the Foundation enthused and motivated, regardless of insurmountable obstacles and challenges shouldered by just a small group of like-minded individuals? The answer lies in the spiritual transformation that takes place when service is done without expectation of any reward.

It happened to me and to all my colleagues in the Foundation. We are clearly driven and motivated by faith in Divinity and the Divine will. It is simply inconceivable that all these projects, developments and achievements could happen in such a short time of five to six years, without the Divine grace and blessings. Please allow me to reiterate the power of Divinity when I say that, given the enormous resource constraints, not even a hole would have been dug in the ground, had it not been for the divinity that is working behind the scenes.

The learning for all of us has been that 'If we surrender to Him with absolute faith and obey His command implicitly, He makes it all happen, despite the gigantic obstacles and seemingly insurmountable challenges.' This unique journey, especially over the last five years has made me stronger from within and it has undoubtedly contributed to my inner peace, transformation and spiritual growth.

The first step was to make myself available as an instrument, and then He took over and has made it all happen. Sadguru through His constant direction and motivation has enabled all of us here at Fiji to make service the centrepiece of our lives. Seeing the plight of these children has touched us deeply, and we are for ever indebted to Him for showing us the direction where there is a great need and where we can be of some little help for those in need.

The journey of self-transformation is a continuous process where we learn to refine ourselves daily. Sadguru Sri Madhusudan Sai has inspired on us, the goal of our lives, which is to become one with the Divine. The path towards self-realisation through selfless service is laid out for all to walk upon. It is a tough road that requires tremendous faith and confidence in the Divine. However, it is truly satisfying!



## My Inner Journey

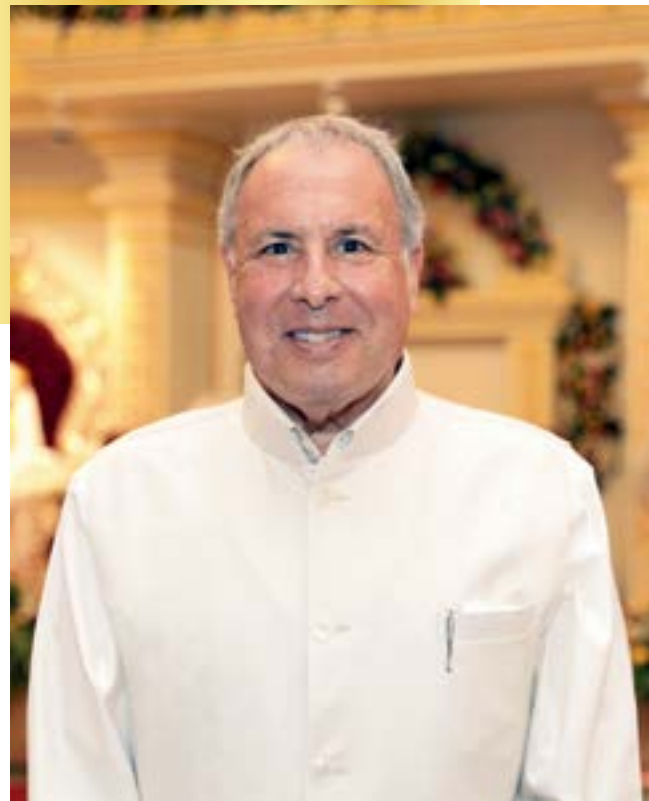
### Losing Myself to Reach The Self

- Dr David Cornsweet  
Co-ordinator of Sai Global  
Federation of Foundations

**D**r David Cornsweet is the Trustee of Gumpert Foundation, the President of Divine Will Foundation USA, and the Co-ordinator of Sai Global Federation of Foundations. The Gumpert Foundation is a 501c3 charitable Trust that supports a wide range of programmes and organisations in the United States. It provides both financial support and innovative training, and aims at developing the abilities of the recipients to deliver enhanced levels of service to those in need. Divine Will Foundation is a registered non-profit charitable organisation which supports projects in the United States and throughout the world, based on the concept that by loving and serving all beings and the environment, both the benefactors and the beneficiaries, benefit.

I have been reflecting on my personal transformation and wanted to share some of my thoughts with you. Since the early days in Puttaparthi, Baba had been teaching the path of self-transformation. However, many times those teachings were lost in the emotions of Bhakti and in the process of seva. The pure bliss of seeing His Divine form gliding through the crowd transported one to another level. The sense of serving Him in the various projects and 'losing' oneself in His works also left one in a different state. Honestly, I often forgot the real purpose of my coming to Baba and the real message that Baba came to teach us.

The same thing continued in the early days of Baba's mission in His subtle form through the instrumentation of Sri Madhusudan Sai. Hearing His voice; being able to sit with Him; travelling throughout the world with Him; and meeting the members of His current



mission that He brought together as one divine family; was totally enchanting. And what can I say about His ongoing service projects that are beyond one's imagination? The hospitals saving thousands of lives of precious little children, the nutrition projects feeding hundreds of thousands of hungry school children daily, and the educational institutions providing free high-quality education to thousands...it's simply amazing! The mention of these in fact does not include the wonderful projects that are executed globally. While important and impactful these were, I had again somewhat forgotten what His real Mission was and what originally brought me to Him.

In an incredible moment, during Gurupurnima 2019 onwards, things began to change. Baba blended fully with the form of Sadguru Sri Madhusudan Sai. We directly witnessed the transformation from human into Divine. Baba's real mission of self-transformation was clearly revealed and became crystal clear. All the wonderful seva projects going on throughout the world continue and are growing in number and scope. My personal devotion, love, and dedication to Baba have continued to deepen. Additionally, something else was emerging and being powerfully reinforced.

## My Inner Journey

Time and time again, Baba would directly remind me what His real mission was; the personal transformation of us all from man to God. He would tell me that I was simply wrong in thinking that the hospitals, schools, feeding projects, and yagnas were the mission. He would very clearly say, "That is not My Mission, YOU are My Mission!" Slowly, some understanding began to dawn. Could this really be true? Had God come down simply to raise me up? While I did take this personally, I always knew the "you" He referred to included us all. He had come to lead us along the path of self-realisation towards becoming our true divine self.

Most recently, Sadguru Sri Madhusudan Sai began teaching *parā vidya* beginning with Master the Mind, then to *kaṭhopaniṣad* and other powerful Advaitic teachings. While I had been 'studying' Vedanta for over 50 years, never had the teachings been communicated so clearly and practically. While I had been fairly regular with my 'sadhana' since my teenage years and had some 'experiences', never had I encountered anything like this.

While I still experience the depth of love and dedication to dear Baba as in the past, and still 'thrill' to the wonderful *seva* being done globally, I am getting more and more of a glimpse into what Baba is really doing with each and every one of us. These profound teachings conveyed by Him in such simple ways are truly transformational on the deepest level. Following what He suggested, my perceptions and perspectives regarding the world are changing. More and more, I can feel the true depth of unity that Baba says, is our reality. He is showing the way to not only understand but also to directly experience the deepest truths of Advaita Vedanta.

While this by itself would be more than I could have ever hoped for, there is another part of this that makes it even more wonderful. Those who choose to follow Him are on the path together. We are becoming who we truly are, Brahman. It is a delight and honour to be with you on this transformational adventure during this unique and amazing time in history.



## Lessons For Life

न गुरोरेधिकं तत्त्वं न गुरोरेधिकं तपः ।

तत्त्वज्ञानात् परं नास्ति तस्मै श्रीगुरुवे नमः ॥११॥

The above 11th verse of the Guru Stotram says that there is neither any reality beyond the Guru, nor is there any austerity higher than the Guru. There is no knowledge of Truth beyond what comes from the Guru; to that Guru, we offer our salutations.

The gems of wisdom that comes forth from the speech of the Guru redeems those disciples who are sincere, faithful and devoted to their Guru. In order to be benefitted by these gems of wisdom, the *br̥hadāraṇyaka upaniṣad* professes three steps of learning that are to be followed by every disciple. They are - *śravaṇa* (listening), *manana* (contemplation), and *nididhyāsana* (meditation or consistent practice). Listening to the enlightening truths from the Guru with one-pointed attention and interest; reflecting

on the truths taught by the Guru and clarifying any doubts that may arise; and then making the truth the goal of one's life and practising it till one attains it; is the path that we must all tread.

This section has been aptly called 'Lessons of Life', since this will bring to you excerpts from the several, almost classroom like 'Questions and Answers' sessions with Sri Sathya Sai Baba as the Divine Teacher through the instrumentation of Sadguru Sri Madhusudan Sai, during His globe-trotting mission to various countries. Let us listen, clarify and practice His teachings by imbibing them as lessons for our life.

The current edition brings to you an excerpt from His divine visit to Rome, Italy on April 20, 2015.

### Can You give us the correct definition for the word 'Love'?

All that is selfless is love. Selfless thought is love, selfless speech is love and selfless acts constitute love. Another name for love is selflessness. In fact, there is no other name for love. True love is always selfless and always seeks for others, not for itself. It finds joy in the joy of others and peace in the peace of others. Love is the fundamental basis of all values. It is that fertile ground in which all other values grow.

**Love as thought is Truth**

**Love as action is Righteousness**

**Love as understanding is Peace**

**Love as feeling is Non-Violence**

Everything is love; it contains everything within itself and is in everything. It is absolutely selfless. Everything else that is selfish is not love. Just as water is pure when there is no other contamination, love should be free from desire or expectation. Love itself is its own reward. Love lives by giving and forgiving. Love is complete by itself. The very act to love should be considered a blessing.

Follow what I say you, follow until you achieve, follow until you are perfect and truly reflect Me in yourself, until your presence feels like My presence. That is what I expect from My devotees, and it is for your own good. If you take care of your present, your future will also be taken care of.



# Love



