



vasudhaiva
kutumbakam

MONTHLY GLOBAL NEWSLETTER



Issue 2

May 2021



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Message from Sadguru Sri Madhusudan Sai



Every century is defined by a certain paradigm shift from the previous one. The beginning of the last century saw brutal wars that turned the whole earth into a battlefield, millions of precious lives were lost, but at the end, that long period of military conflict paved way for a new world. Centuries old imperialism and colonialism made way for several other 'isms' - capitalism, socialism, communism and so on, but none could unite the whole world in peace and happiness. Industrial and technological advancements largely benefited the upper elite leaving the larger part of humanity deprived of even basic needs. The disparities widened between haves and have nots, and we ended up in a far more fragmented world, where few controlled most of the earth's resources while most remained vulnerable and weak. We can always pat our backs for the unprecedented discoveries and inventions, which though originated during wartimes as a necessity, be it telecommunication, aviation or atomic power, and continued all the way up to the internet of things and cryptocurrencies today, we cannot afford to ignore the social evils that came along with it. Now, this is yet another century wherein yet another war is being fought, an unprecedented war with an invisible enemy, and the whole planet and its hospitals have been transformed into war zones, with front line healthcare workers being the foot soldiers. This time of crisis just like the earlier ones, also has something to offer to the world, but what would that be? Would it be more disparities at the cost of discoveries? Would it be more indifference at the cost of inventions?

Would it be more wealth at the cost of the weak? Would it be more technology at the cost of tragedies? Or would it be more compassion for the crying humanity, more sacrifices for the greater good of society, more prosperity for the poor and underprivileged, more opportunity for the subdued and oppressed? Would this war against the virus end in another kind of 'Ism' - 'spiritualism' - way above and beyond the limited 'isms' of the past? Would the ancient Indian dream of the whole world being one happy united family be realised in this century? The answer lies with each one of us. It's our willingness to bring the much needed change and our determination to make it happen, that would define this century as the golden one.

When each does a little, together all achieve more. A unified effort is more than the sum of the individual efforts. And that's the need of the hour. While all the Foundations under Sai Global Federation of Foundations unite together to support the needy during the pandemic times, by providing food, medicines, health care facilities and moral and spiritual support, at Muddenahalli in India, we are building yet another hospital that would go a long way to fight the COVID crisis and any such health emergencies, for years to come. And like always, it would serve at no cost to the needy. This is yet another example of how the whole world has come together to support a cause as noble as this in the spirit of - **Vasudhaiva Kutumbakam.**

May this idea define this century and all centuries to come.

Samastha Loka Sukhino Bhavantu.

Blessings





Sri Sathya Sai Sarla Memorial Hospital, Muddenahalli

Dealing with the unforeseen challenges caused by the COVID-19 pandemic has taken a significant toll on people across the world, which is buzzing with uncertainty and questions: How long will the pandemic last? What will people's lives look like once the pandemic is over? At the moment, many countries have taken measures — some of them stringent — to slow down the spread of SARS-CoV-2, the virus that causes COVID-19.

The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems and the world of work. Millions of people face an existential threat. The pandemic has decimated jobs and nearly half of the world's global workforce - **3.3 billion** - are at risk of losing their livelihoods. The economic and social disruption caused by the pandemic

is devastating: tens of millions of people are at risk of falling into extreme poverty, while the number of undernourished people are increasing day by day. Informal economy workers are particularly vulnerable because the majority lack social protection and access to quality healthcare.

The run on the hospitals has overwhelmed the Indian healthcare systems, and the need of the hour is the addition of more hospitals that can meet the medical needs of the sick. As India grapples with COVID-19, the want for a quality healthcare system that especially caters to the rural poor cannot be overstated. The country is reeling under an exponential increase in the number of COVID - 19 infections, which is around **four lakh cases per day**.



A Divine Gift

In the State of Karnataka alone, the infections have surged to more than **25,000 cases per day**. Studies show that more than 17 per cent of the infected patients require oxygenated beds or HDU care i.e. facility with **oxygen supply and monitoring systems**.

Under the divine guidance of Sadguru Sei Madhusudan Sai, the **Sri Sathya Sai Sarla Memorial Hospital** at Muddenahalli is gearing up to rise to the occasion, and will extend the best COVID care to all those in need absolutely free of cost. The criticality of providing this infrastructure is highlighted by the fact that there are not enough hospitals with ICU facilities in the district of Chikaballapur and some of its neighboring towns.

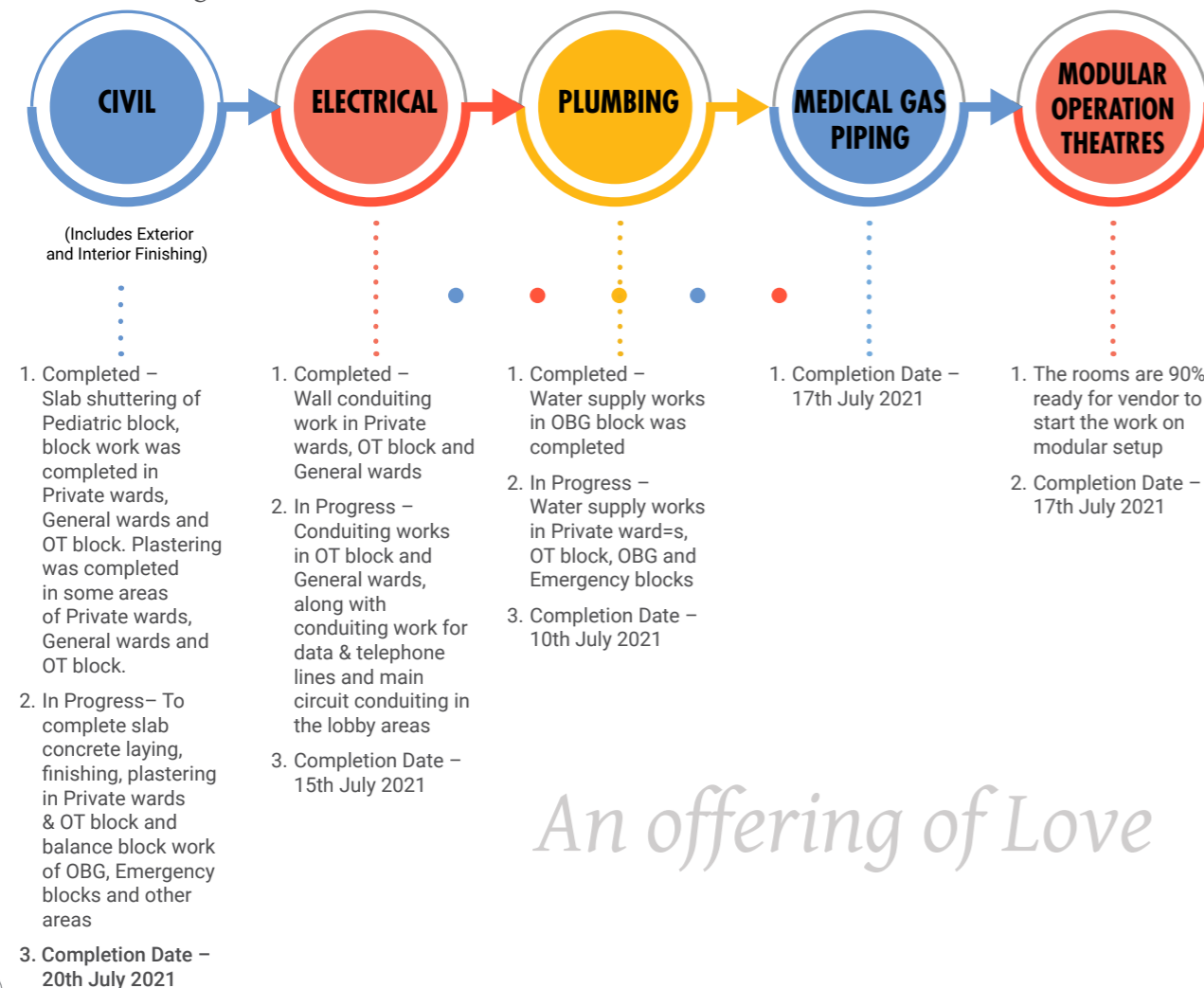
The **63,000 square feet** Hospital, which was inaugurated by Sadguru Sri Madhusudan Sai on the auspicious Makara Sankranti day - 14th of January 2018, as a preliminary outpatient centre, is steadily growing to serve patients in various disciplines of **General Medicine, Pediatrics, Gynecology, Ophthalmology, Dentistry, ENT and Physiotherapy**. Many volunteer doctors extend their love and compassion by visiting the hospital regularly to provide speciality services such as **Orthopedics, Podiatrics, Cardiology and Neurology**.









The Hospital is all set to become a COVID facility in July 2021, and will offer **125 HDU and oxygenated beds, and 25 ICU beds free of cost**, and facility will be made available for the treatment of COVID-19 patients for as long as India and Indians fight the pandemic. That apart, it will cater to the general medical needs of the villagers and will offer a blend of full-time and **external health consultants, telemedicine, operating theatres, and ICU and emergency services**, among others.

Every drop of water makes an ocean, and it is said quantum doesn't matter. It is the offering of love that is manifesting the Hospital into reality. For any milestone to succeed, it takes God's will to be coupled with human effort. The support of every devotee who is participating in this noble effort will bring relief to many lives in the coming months.











An offering of Love

Salient Features of the Hospital

-  Total Built-Up Area
63,000 Square feet, G+1 RCC Structure
-  Number of Beds
150 (125 Oxygenated beds and 25 ICU beds)
-  Equipped with
Medical gas piping as per HTM Standards
-  Operation Theatres
4

Estimated date of construction completion end of July 2021.

-  **Paediatrics**
-  **OT/ICU**
-  **General Wards**
-  **Private Wards**
-  **Obstetrics &Gynaecology**
-  **Emergency**
-  **Radiology**
-  **OPD**

All services are free of cost to everyone



Australia



Heart of Love Foundation, Australia



Nestled among lush low-lying hills in the picturesque northern rivers' region of New South Wales, the site of the **'Heart of Love Centre'** for Human Development is situated on nine acres of land. A two-hour drive from Brisbane and a half an hour drive from the Gold Coast International airports respectively, the Centre is situated about 10 kms from the Murwillumbah town centre. Murwillumbah and its environs offer a spiritually suffused atmosphere and play host to a Sikh Gurudwara and the main ISKON Ashram in Australia. This area is also of great spiritual significance to the native aboriginal community, in particular the Bundjalung tribe, who still live in significant numbers in and around town.

The land was purchased in February 2017 and the Centre was inaugurated in September 2017 by Swami during his visit to Australia. Swami expressed His happiness and joy and said, "You will not know the importance of all these now, but after a hundred years these 17 Ashrams around the world will be the centres of spirituality and spiritual wisdom for everyone, irrespective of caste, creed, race, geography or religion. They will shine forth as beacons of love for the entire humanity. It is not without a reason that this place has been chosen, as it is the most ancient place in Australia, where man worshipped God in nature and in people around, for many centuries. The Centre will become a beacon of hope and peace, harbinger of truth and love in the hearts of humanity. It will become the lighthouse that will guide the ships to the shore, and help them reach their destination. This should become the guiding force for all men and women, children and youth in this country."

Sai Prema Ashram - 'Heart of Love Centre' for Human Development, Murwillumbah, Australia



A magnificent lake forms the frontage of the site and gentle hills slope downwards to the lake from two sides. It hosts a good-sized house and a smaller cottage along with a beautiful contemplation pavilion and a nursery.

Ideal and uplifting at the same time, the peaceful atmosphere is perfect for reflecting, walks or simply spending time with like-minded people. Spiritual aspirants who drive down from places like Brisbane, attest to the peace they feel after a hectic working week, and often report being charged with an uplifting energy post their visit.

The founding vision of the Heart of Love Foundation continues to drive the manifold service activities namely:

- No person in our community is without shelter, food, medical care and education'
- Providing social infrastructure for vocational training, skills development, mental health and well-being for local youth, disadvantaged and indigenous communities
- Long standing and sustainable partnerships with local community organisations and businesses
- Creating a healthy balance of employment, business growth and social development
- Leveraging the value of our sustainable environment and desirable lifestyle enjoyed by local residents

Service activities are held regularly at the location, in particular on the weekends. Some of the regular and past activities held under the aegis of the **Heart of Love Foundation** nationwide include:

Healthcare

- 399 dental checks per annum
- 350 health/nursing checks per annum
- 76 Audiology Checks per annum

Educare

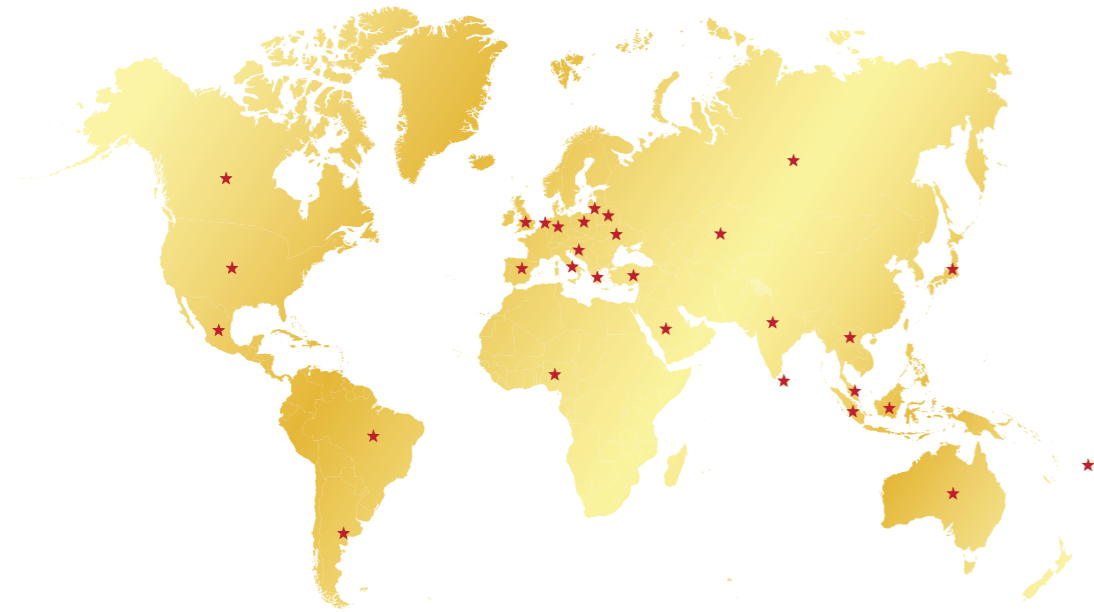
- Weekly Parenting Support Group Classes
- Fortnightly Early Childhood Self-awareness Classes
- Monthly Human Development Classes
- Trained over 1,400 parents, 3,000 teachers and 350 aged care workers

Heart of Love Foundation Australia **matches dollar for dollar** the Indigenous Advancement Strategy contribution for the **Guyahyn Playgroup for indigenous children** (is a group for aboriginal and Torres Strait Islander children below five years of age and for their families. Parents attend the playgroup and learn alongside their children, strengthening cultural identity and their children's development.)

Sociocare

- **Food Hampers:** providing fresh produce and staples catering for 450 meals a week; year to date over 20,000 meals
- **Breakfast for Murwillumbah High School Students:** 40 meals a day, 8,000 meals a year





"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.

"Seva and Sadhana has to go hand in hand", says Sadguru Sri Madhusudan Sai. While *seva* purifies our minds from selfishness, *sadhana* helps us get rid of doership and elevates our consciousness. Hence the Centres of Human Development balanced the *seva* and *sadhana* activities perfectly. The study of 'Master the Mind' series, which is a bouquet of talks given by Sadguru Sri Madhusudan Sai on the step-wise path to transcend the mind and experience the true self, was taken up by the members with utmost earnestness and devotion. Guest speakers were also invited from time to time to expound on various spiritual topics.

*"Service is the ultimate
expression of Love"*

Region 1

Australia



Heart of Love Centre, Murwillumbah



As the days become shorter and the nights colder, and winter sets in the Southern Hemisphere, volunteers, inspired by the adage of selfless service set out to serve those in need despite the epidemic.

The volunteers here in Australia often collaborate inter-state to learn from each other and improve their service projects. Currently, four of the States are actively engaged in regular *seva* activities.

New South Wales

Volunteers in Sydney have initiated the monthly provision of grocery hampers to refugees across three suburbs. Volunteers have been preparing home-cooked meals like pasta, kichadi (polenta), fried rice, soup, yellow rice or sandwiches for the homeless. Volunteers also take time to connect with the beneficiaries and seek feedback on dietary requirements and health conditions.

In Murwillumbah, on the North coast, weekly food hampers are delivered to 40 families in the community. Daily breakfast ingredients are also provided to 80 students of local high school throughout the school term. 420 cooked meals were delivered in the month of April 2021 with grocery hampers equating to 1,425 meals also being distributed.



Western Australia

Our volunteers are involved in service activities with not-for-profit organisations. In Perth, at a local community hub, self-confidence and life skills classes for children and youth are being conducted weekly. Meals are provided after each session for the participants.

Victoria

In the month of April, volunteers were able to resume some activities abiding the safety regulations set by the government where they provided health education and health consultation for refugees. This work is being done in partnership with local not-for-profits and community hubs.

Volunteers were able to commence regular hot meals service to disadvantaged families in a community park. Families were identified and were provided with meal hampers. A total of 240 meals were distributed.

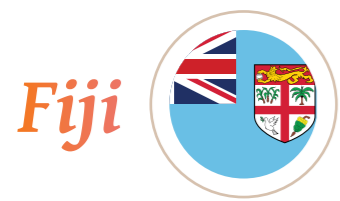
Queensland

Volunteers in Queensland have been focusing its efforts on food distribution, and serve weekly lunch to 100 students and staff of the Toogoolawa School and also provide daily breakfast for another 250 students who study in the nearby schools.

The breakfast programme feeds 30 homeless people who live in city parks. Weekly food hampers are also delivered to over 30 families from four schools which equates to about 450 meals. In addition to this, cooked dinner is also being provided to 35 elderly residents at a Caravan park.



Region 1



Partnerships with National Universities

The Fiji National University (FNU) and the University of the South Pacific (USP) are two of Fiji and the Pacific's largest Universities who are steeped in tradition and established with regional recognition for providing quality education. Both the Fiji National University and University of the South Pacific have signed Memorandum of Agreements (MOA) with Sai Prema Foundation Fiji – an unprecedented and a first for these Universities to do so with an NGO.

Partnership with FNU

The collaborative partnership between Fiji National University (FNU) and Sai Prema Foundation is for the development of a free children's Dental Centre. The Sri Sathya Sai Sanjeevani Children's Dental Centre will provide free dental services to underprivileged and needy children with a particular focus on the oral health & care to children diagnosed with heart disease.



Heart Screening Centre - 2nd Anniversary

Sri Sathya Sai Sanjeevani Children's Heart Screening Centre is the first of its kind in the Pacific.

Since its official inauguration in April 2019 by the Prime Minister of Fiji Hon. Josai Voreqe Bainimarama, the Centre has made a significant impact to ascertain the incidence of Heart Disease in Fiji.

Partnership with USP

University of the South Pacific (USP) and Sai Prema Foundation have signed a long-term collaborative partnership to foster cooperation, understanding, strategic alliance and partnership with the aim of serving people and making a difference in multiple ways including free healthcare for all 15,000 students and staff of the University at the Sri Sathya Sai Sanjeevani Medical Centre.

In addition to free healthcare provisions, both USP and SPF will organise regular blood drives to collect much needed blood for the major Hospitals as well as advocate for good health and well-being, foster ethical and mental health awareness and promote volunteerism by university students.

Region 1

Hong Kong



Memories of Sadguru Sri Madhusudan Sai's visit to Hong Kong in February 2020 which was filled with divine blessings and advice to the devotees, both in personal and group settings, are being treasured by every single individual. At the public satsang, He spoke about needy individuals bereft of even one basic meal. As part of the 'Feed the World' initiative, He encouraged the devotees to open a kitchen where anyone in need could be fed, without any question or discrimination. Sadguru christened the project 'Feed Hong Kong', and initially the devotees in partnership with a local restaurant provided 50 dinner boxes to needy recipients twice a week. On Swami's Birthday in November 2020, a professionally equipped 'Feed Hong Kong Kitchen' was inaugurated right in the heart of the city.

Implemented by a dedicated committee, groups of volunteers and also well supported by the community at large ever since its inception, the kitchen has become a second home for everyone as it has given a meaning and sense of fulfillment to every single individual.

Meals are cooked and served four days a week. From preparing about 40-50 boxes twice every week, it has grown to approximately 3,000 dinner boxes during the month of April. Apart from reaching out to needy individuals, the team also provide meals to support distribution efforts of numerous NGOs, Government District Boards, Hong Kong Police, church groups, organisations who support refugees, and other local charities.



Region 1



Home of Universal Peace

Meals Distribution

Close to 1,200 meals were served to the needy during the month of April, across many locations including Yokohama, Tokyo and Kawasaki. Packed food items are also distributed regularly through a local church to the homeless people every week.

Educare – (Human Excellence Academy of Japan)

Human Excellence Academy of Japan was established in the year 2017 with the divine guidance of Sadguru Sri Madhusudan Sai, and with the support and guidance of psychologists from Australia, Dr Ron and Suwanti Farmer, with a mission to introduce and spread Human Values Education into the Japanese society. The focus is on educators, youth and parents, where opportunities to learn about human values are provided.

The current monthly programme being organised by the Academy is titled '**Journey for the Human Development**', a 12 months programme which is being conducted using online video conferencing tools, and many are being benefitted.



Healthcare – (General Incorporated Association of Sri Sathya Sai Sanjeevani Hospitals Trust – Japan)

During the month of April the Trust served four cases (infants aged between three months and two years), as a paediatric health care support in Tokyo. The Trust coordinated between city-office, immigration and embassy, helped in the various administrative processes by accompanying the parents of the infants to the offices, and facilitated with the required national insurance and others procedures to ensure smooth support and timely help.



Region 1



Sri Sathya Sai Foundation Lao PDR

'Each One Feed One' initiative in Laos

Sri Sathya Sai Baba has lovingly said, "The gift of food to the hungry is the noblest of all gifts." As Swami says that if you can satiate the hunger of one person before going to bed that means that you have done a good seva in your life. As part of the 'Feed the World' programme initiated by Sadguru Sri Madhusudan Sai in the year 2019, the Foundation in Laos has commenced the project "Each One Feed One".

Before the lockdown period, devotees would gather at the Sri Sathya Sai School kitchen and cook for close to 400 needy individuals. During the pandemic lockdown, since gathering is not permitted, 50 kilograms of rice and 100 kilograms of vegetables are delivered twice a week.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur

Sai Ananda Dental Care

The Sai Ananda Dental Care Clinic which was inaugurated by Sadguru Sri Madhusudan Sai on the 11 March 2019 along with the Sai Ananda health care team are engaging in medical outreach programmes to provide oral examinations for the underprivileged patients. Regular dental examination is also carried out on a weekly basis concurrently with the monthly medical camps held at the premises of Sai Ananda medicare building. The primary objectives of the dental clinic are as follows:

1. To provide quality dental care services.
2. To focus on prevention of dental disease with good oral advice for patients.
3. To understand the background of patients and cater to their dental care needs.



With a great emphasis on dental health of children, the clinic which offers all services absolutely free of all charges, embraced little ones for a screening from in and around Sai Ananda in the Batu Caves area and a few other nearby localities. Most of the children were quite resistant to dental caries (cavities) and gingivitis (gum infection) due to poor oral hygiene. Depending upon the need, dental care services such as extractions, dentures, fillings, gum surgery, root canals, oral hygiene talks are also extended free of cost for all needy families.



Region 2

Middle East



OMAD

The holy month of Ramadan is the most awaited month in the whole year, and this year the first day was observed on April 13, 2021. It is a quiet, reflective time of worship, prayer and helping those in need. Prophet Mohammed (PBUH) said, ***“The best of all charities is to feed a hungry person”***. Through the **‘One Meal A Day’** initiative close to 175 meals were served to needy individuals during the auspicious and holy month of Ramadan. The Foundation also engaged in the distribution of clothes to many beneficiaries.



Region 2

Nigeria

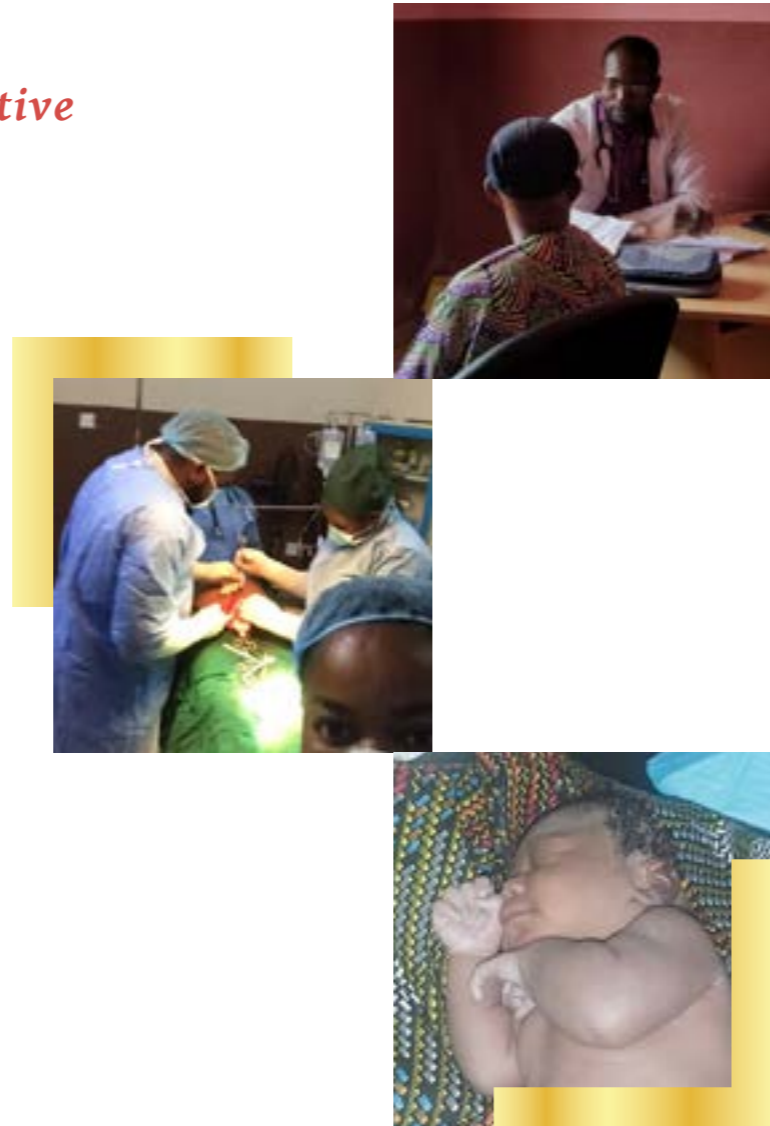


Spiritan Self Awareness Initiative Joy Village Enugu, Nigeria



Aruike Specialty Hospital Ebe, Enugu, Nigeria

Aruike Speciality Hospital (ASH) manages two clinical facilities in remote rural areas in the two States of Enugu and Imo. These hospitals are meant for rural dwellers who cannot access quality healthcare services. Both the hospitals offer mother and child services, while also treating children and adults of all the age groups. The hospitals treat about 91 patients on an average every day. In the month of April, the hospitals treated close to 435 children and almost 1,250 adults. In addition to this, 653 lab tests, 115 eyes treatment and 14 deliveries were conducted during the month.



Aruike Specialty Hospital Ebe, Enugu, Nigeria



The Embodiment Of Love Academy (TELA)

The Embodiment of Love Academy comprises of three sections - Nursery, Primary and Secondary education. It is imparting quality education to 1,185 children, both boys and girls. These children hail from the underprivileged areas with no access to proper education. In addition to this, the breakfast programme feeds an average of 110 students with hot and freshly cooked healthy meals every morning, as these children belong to communities filled with poverty and hence deprived of the most essential nutrition in their growing years. During the months of March and April, a total of 5,060 meals were served.

TELA In-House School Boarding

In preparation for the forthcoming junior and senior national examinations, 70 students are presently living in JOY Village boarding facilities. The aim is to provide these children with a conducive environment to learn and achieve human excellence.



Nneani Farms Enugu

The ripple effect of the COVID-19 pandemic brought about serious inflation and food insecurity all over the world. As a result of this, JOY Village is focusing at the farms to provide food security to those in absolute and dire need. A lot of work has been going on in Nneani Farms, and a significant progress is recorded in the clearing of 112 hectares of the farmland which is being used for planting rice, maize, cassava, plantains, vegetables and other essential crops.

It is projected that the farm will feed thousands of hungry people in the area, while also supporting Joy Village, a divine blessing of Sadguru Sri Madhusudan Sai.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Due to the ongoing severe COVID-19 situation throughout the country, the Sri Sathya Sai Karunalayam Medical Centre at Batticaloa was unable to carry out its core medical activities during the last month. However, the management and the staff were able to tirelessly serve the community in the surrounding area who had a difficult time and needed upkeep for their sustenance.



The Medical Centre continues to distribute at least 1,200 food parcels, door-to-door to needy families, as part of the **'Feed the World'** initiative. On special occasions and festival days, the meals were paired with a dessert and a goodie bag filled with sweets and treats for kids and nutritional supplements for the elderly in the village.

In addition to this seva, on a daily basis since 2015, the students from the Dharmapuram school continue to receive milk and banana as a breakfast supplement.



Region 3

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

Meals Distribution

In the region of Warsaw, unsold food products were received from wholesale markets, supermarkets and various shops. The food was saved from being wasted and were delivered to needy families, refugee centres, centres for single mothers, centres for alzheimer patients, children's hospitals, etc. In the month of April, close to 2,000 kilograms of potatoes were also distributed. On every Sunday, in the region of Wroclaw, various food items such as soup, bread and cakes were cooked and distributed to shelters with homeless individuals. In Bialystok, devotees also took care of feeding animals in need.



Region 3



Karşılıksız Hizmet Vakfı (Selfless Seva Trust of Istanbul)

Selfless Seva Trust of Istanbul, Turkey, has continued to serve the underprivileged people during the pandemic lockdown in the month of April. Twice a week, food was freshly cooked and delivered to several homes in need in the districts of Sisli, Pendik, Ömerli and Uskumruköy. Over 2,660 meals were distributed throughout the month, as per Swami's divine dictum, **'Let no one go to sleep hungry'**, as part of the **'Feed the World'** initiative.

In addition to this, medical and food services are provided to animals in the two districts of Zekeriyaköy and Fenerbahçe.



Region 4



Sai Global Service Foundation of Canada (SGSFC)

Homelessness is a hidden crisis in Edmonton and the scenario has been made worse by COVID-19 pandemic. The lack of affordable housing and hunger in the city is contributing to a wide range of issues in the community.

The Sai Global Service Foundation of Canada (SGSFC) collaborated with a local supermarket in Edmonton, and also with the Food Bank to distribute food hampers to homeless and needy families in the city of Edmonton and Alberta. The food hampers included loaves of bread, cheese slices, fresh fruits such as apples, oranges and bananas, wafers, crackers and water.



Homelessness is a widespread social concern in Canada and many other developed countries. More than 235,000 people in Canada experience homelessness in any given year, and 25,000 to 35,000 people may be experiencing homelessness on any given night. Homelessness can encompass a range of circumstances, including living on the streets or in places not meant for habitation; staying in overnight or emergency shelters; living temporarily as a "hidden" homeless person with friends, family or strangers, or in motels, hostels or rooming houses; and residing in precarious or inadequate housing.

(Source - Statistics Canada <https://www150.statcan.gc.ca/n1/pub/82-003-x/2021001/article/00002-eng.htm>)

Region 4

United States of America



Clarksdale - Sathya Sai Sanjeevani Medical Centre, Mississippi

The Sathya Sai Sanjeevani Medical Centre, in the month of April 2021, continued to provide free primary medical care, mental health counselling, and other specialty care for lung diseases, sleep disturbances, and infections. In addition, the clinic also provided free diagnostic services such as lab work and radiological imaging.

More recently, the Medical Centre has started giving free prescription medications to its patients. A medical van that can transport patients to and from the clinic, and also to specialty referrals or radiology appointments will soon be launched. This will serve as a boon to all individuals in need of quality healthcare services.

COVID-19 Vaccinations

The team at the Medical Centre has commenced the administration of COVID-19 vaccinations to individuals in Clarksdale and nearby towns. Administering COVID-19 vaccinations to workers in the region has helped them to keep their employment and help their community. Also, administering to individuals who do not have easy access to the vaccine, has helped them feel safe.

Preventive Education

The physicians are also planning to create medically relevant educational videos for the citizens of Clarksdale. Once the COVID-19 pandemic resolves, the Medical Centre hopes to provide free school health and education, as well as free medical care for uninsured postnatal women.

Lessons For Life

Swami, you speak about the three floors: going from 'I' to 'We' and then 'we' to 'He'. As spiritual aspirants, how do we know what floor we are on, and do we really have to be vocal about it? Or can we just practice it within our own selves without disclosing it to others?

Empy vessels make the most noise. As the vessel fills up, the noise reduces. 'I' is the emptiest vessel, 'we' is half-full and 'He' is totally full. The more you grow, the less you speak. You tend to be silent. That is what you will experience. The tendency to talk about is what you are, what you do, or what you want to do - all that will reduce and silence will fill your heart. Peace and joy will prevail in your heart. **Jesus first, others next and yourself last - that is 'JOY'.** When you practice that, there will not be any need to tell others because your heart will be full.

All the great sages and saints have spoken in the language of silence. Swami was the only one who spoke so much, because He had all kinds of devotees coming to Him; some needed words, and others needed silence. Once you develop more love in your heart, there can be less words and more action.

Sathya Sai Sanjeevani Medical Centre, Clarksdale, Mississippi



My Inner Journey

Living in Awareness

- Mr Ampelio Velea
Founder and President, Foundation
Casa del Divino – ONLUS, Italy

Mr Ampelio Velea is the Founder and President of the Foundation Casa del Divino – ONLUS, Italy. The Casa del Divino Ashram was inaugurated on April 10, 2018 and is located in the municipality of Assisi, in the locality of Santa Maria di Lignano, civ. 11 not far from the city of Assisi, and is located on an area of 15 hectares of unspoiled nature. Since then, it has been used for the European Youth Meets (EYM) offering them an opportunity to experience a weekend of peace, sharing, serenity and prayer.

It is a great opportunity to share with all fellow devotees the spiritual journey that I've tread in the last few years. To express one's sentiments and feelings of love brings immense joy, since it stimulates values that unites us with that Divine oneness. What could be greater than union with God?

At times, I have wondered about the transformation that I have undergone specially in the last few years and have tried to examine the transformation that has taken place over time too, by dividing them into the three phases:

i) Living with God

ii) Living for God

iii) Living in God



Living With God

I started my spiritual research as an empty container, without any prejudices and with an open mind towards attaining the higher knowledge. I met Sai Baba in 1988 and received a great friendship from Him, which I think is the highest and purest form of relationship that exists on this planet.

He took me by the hand, like a father, walked by my side, encouraged me to open my heart towards spiritual growth and gave me the required courage to face life as it comes. I didn't know God then. On the contrary, I used to deny His existence, especially due to the way He was depicted. I imagined Him as something beyond my capacity of comprehension, and so, I gave up my search for His existence.

The first time when I met Baba, He told me that God is not somewhere high above in the heavens, where I was looking for Him but, He is right inside me. This tickled my curiosity. During the countless interviews He granted me out of His immense mercy and compassion, He always pointed me in the direction to discover my true nature. Slowly and gradually, as time passed, I started to develop an understanding that every single atom is filled with that same God, including this body which He has bestowed me with, so lovingly.

Living in Awareness

Living For God

When He left His mortal frame, I was not matured enough to walk on my own on the path of spirituality. This made me believe that He would come back to complete the Grand Opera that He had put forth on this earth. At the same time, I continued dedicating my life to Him following His dictum of **'Love All and Serve All'**, always trying to be supportive in some way or the other, in the form of help and service to those in need.

Initially, I missed Him a lot as I was still attached to the human form of Baba. Soon, His return in another form filled up that partial void in me. This was done in an unimaginable way by Him. He took us in His arms like how a mother does when she caresses her child. This 'second chance' was like a bonus in all our lives, fully knowing that death was evaded and so life can be lived even more with dedication and determination towards its highest goal.

Living In God

I realised the importance of this second opportunity which was graced upon me, and I had to make the most out of it. There was an instant connect when I met Him again through one of his young students, Sri Madhusudan. An indescribable wave of love hit me, so much so that a usually very 'stoic Ampelio' cried for the remaining day. I had recognised my 'Master and Friend'. My heart right away promised the Master saying, **'I will never abandon You, not even for one second. I will always be Yours'**.

I recognised the extraordinary qualities and values in that young boy. Right off the bat, he was an example for following and inculcating Swami's teachings into practice. I saw his spiritual transformation and the union with the Divine. This gave me solace and assurance that even we all can reach the same goal.

Everyday, images of the Master and the disciple would come right in front of my mind's eye, and smile at me. This happens on daily basis without any of my efforts, so much so that I see them naturally just like seeing any other living form. For me, there is no difference whatsoever between them and all other living beings. Many times, just looking at a sparrow moves me. It reminds me of the experiences from my past.

Thanks to such experiences which keeps my heart smiling, confirming to me that by loving one and all, I love myself, since I represent the expression of multiplicity of the forms of the Divine. I could experience this only through practicing the five human values as taught by Baba.

I can say that in the last few years, I have been experiencing the completion of that transformation that began when living side by side with the Master. Now is the time to go beyond the physical form and to live in the constant awareness of His presence in every moment of my very own life.

My Inner Journey

He is the 'Doer'

- Mrs Penelope Jayewardene
Chairperson, Sri Sathya Sai Karuna
Nilayam Foundation

Mrs Penelope Jayewardene is the chairperson of Sri Sathya Sai Karuna Nilayam Foundation and a Trustee of Poorna Healthcare Trust. The Sri Sathya Sai Karuna Nilayam Foundation is a non-profit organisation that strives to uplift communities by providing healthcare, education and social care facilities completely free of charge. Under the Divine guidance of Sadguru Madhusudhan Sai, the Sri Sathya Sai Karuna Nilayam Foundation has embarked on its service projects in the village of Kirankulam in the Batticaloa district of Sri Lanka from 2016, providing all services free of charge to all recipients.

From my first interview with Sri Sathya Sai Baba in 1987 till today not a day passes when I do not interact with Him, the indweller of my heart. This is a great boon He bestowed on me at our first meeting in the physical form. I was able to sail through civil wars, separations from loved ones, loss of my beloved parents and loss of my beloved husband Ravi as I clung to those Sacred Feet that walked this earth for my sake.

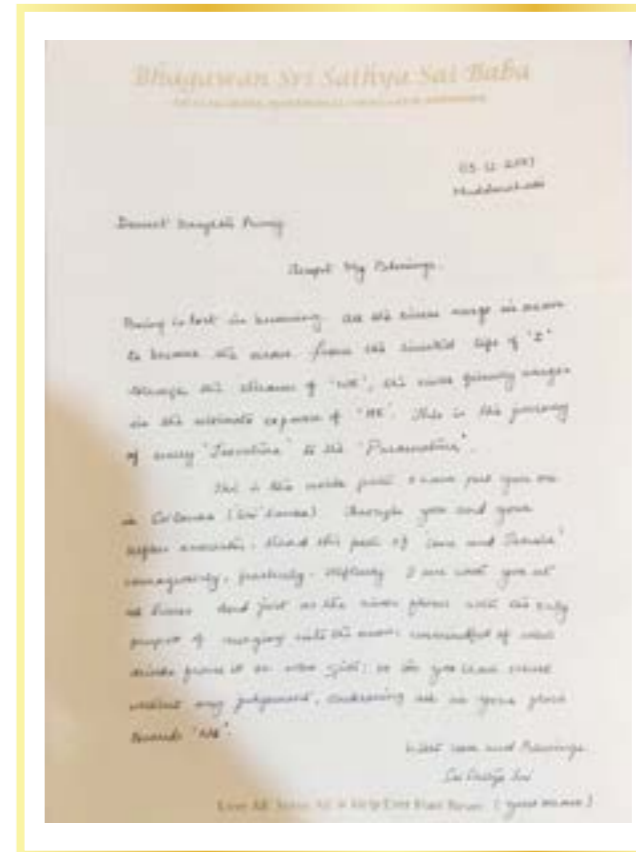
However, losing Swami's physical presence in April 2011 and my beloved mother in December of the same year, followed by the loss of my father a few months after my mother's demise proved challenging, but service activities Ravi and I had begun in the 1990 helped me to accept these challenges.



In 1988, I had carried an invitation from my father-in-law, the late President J R Jayewardene, who was at that time the Head of State, who had formally written to Swami, inviting Him as a Guest of the State to Lanka. I had an interview with Swami on this visit and He assured me that He would visit Lanka and stay with me and my family.

In 2015, on the first visit of Sadguru Sri Madhusudan Sai to Lanka both Ravi and I were called for a personal interview. He reminded us of the promise He had made to us and assured us that on His next visit He would stay with us at our home in Piliyandala. Ravi and I together had this great good fortune in 2015, 2016 and 2017 of hosting the Lord. Even after Ravi's passing in April 2017, Swami continues to reside in our home everytime He visits Sri Lanka. His last visit was on 01 January 2020, as He had promised that every 1st of January, He will grace our Land with His visit. We are so blessed.

Under the divine guidance, the Sri Sathya Sai Karuna Nilayam Foundation was formed in 2016 and the work of our Foundation is focused in the Eastern Province of Sri Lanka. A medical centre was established in August 2017 and thousands of patients have been treated free of charge.



In January 2020, Swami guided us to feed patients who visit the medical centre, with a hot nutritious meal. This began on 14 January 2020 and though the pandemic has impacted on our clinical work, feeding continues. Our staff cook, package and deliver over a 120 meals from door to door twice a week. The big project that is ongoing is the building of the **75 bed Sri Sathya Sai Sanjeevani Super Speciality Hospital**. With Swami's Grace we will complete all structures by the end of 2021.

Working now with Beloved Swami in the Sadguru Madhusudhan Sai form and being at the forefront of the work of the Sri Sathya Sai Karuna Nilayam Foundation has made me realise that Swami alone is the "doer". He offers us opportunities of service which we can either embrace or ignore. I have learned that Swami can make anyone fit to serve if we only feel the burning desire to be of use to our fellow human and animal beings. These may sound like simple words, but Beloved Swami has made us realise and experience these high truths, a reality by His Grace and His deep and abiding love for us His children. It has been a humbling privilege.

Swami constantly reminds us that His Mission is not to build educational institutions and hospitals. Working in Batticaloa for the last five years, I can see the great benefit His Will of service to humanity through us His instruments has made to the lives of very poor people. I have seen changes and transformation of the human spirit inspired by His Love and love alone. I feel blessed to be able to continue on this path of service that Swami has chosen for me as long as I am physically able.

Swami wrote me a letter and I will end this article with the contents of that letter. It has been a privilege to be part of Swami's Sacred Mission.

He is the
'doer'

