



vasudhaiva  
kutumbakam

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## Message from Sadguru Sri Madhusudan Sai

### *Loving All - Serving All in Pandemic Times*

Every adversity is an opportunity in disguise. This saying found its meaning in the current pandemic situation that left the most vulnerable sections of the societies around the globe in distress and despair. And even as the first wave subsided in most countries, the second wave arrived bringing more infectious strains of the virus, undoing all that was done. But that is when with even greater resolve, the devotees across the world rose to the occasion to transform this adversity into an opportunity to love and serve, and they did their very best to bring relief and respite to those who needed it the most. The members of the Centres for Human Development around the world, provided hot meals, medicines, ration kits, immunity boosters, shelter, clothing and above all moral and emotional support to the helpless and the forsaken.

In India, in particular, a full-fledged 150 bed Sri Sathya Sai Sarla Memorial Hospital, made great strides towards its final stages of preparations, to offer itself to serve the needy in and around Muddenahaalli, Chikkaballpur. The 'cascade of love' to support this hospital that flowed spontaneously from devotees around the world was nothing short of inspirational.

Many scholarships were granted to those orphaned or economically disadvantaged during the pandemic, and ration reached to corners of the country, to feed the needy. Hospitals continued their service unabated during the pandemic and saved several precious little lives. Thousands of frontline COVID warriors who served others relentlessly, but had no time to look after themselves, were provided hot nutritious meals twice a day at their doorstep. 'Ubuntu' - an old African saying - 'I am there because you are', was at the heart of every volunteer who served those who in turn served the sick.

Help has no eyes, it has only heart and hands. It only knows to serve the needy, known or unknown, seen or unseen. This June edition of 'Vasudhaiva Kutumbakam' is again a testimony to the ideals of love and service that inspired all the devotees around the world as they went out of their way to help the ones in need. The legacy of Sri Sathya Sai, that of 'Love all - Serve All' is the 'be all and end all' of all that can ever be said for the welfare of the world. This timeless message shall inspire us till the end of eternity.

**samastāh lokāh sukhino bhavantu**





## Sai Anandam, Singapore

In 2011, post mahasamadhi of Bhagawan Sri Sathya Sai Baba, Dr Ravi Pillay heard about the divine school projects for rural children in Karnataka. He did not know Mr Narasimha Murthy personally, but one day, in 2011, as he was driving back from work he sincerely prayed to Swami to guide him, as he wanted to be a part of Swami's Mission. He then felt a deep inner urge to call Mr Narasimha Murthy immediately. He introduced himself to him and told him that a group of devotees from Singapore were ready to support the new school which would be constructed at Gulbarga.

In November 2012, Dr Pillay along with a few other devotees from Singapore attended the inauguration of the new school at Gulbarga and flew back. The very next day Mr C Sreenivas called asking Dr Pillay and asked him to return to India to Raipur for the inauguration of the new paediatric cardiac hospital at Raipur, and more importantly as 'Swami wanted to see him'. That inner-view at Raipur was a divine revelation.

It was in June 2014, that Swami bonded 14 families with His divine Love and brought them together as the Singapore family.

Swami told the Singapore group that they must run this divine race and together reach the finishing line of moksha as one. Nobody should be left behind. He wants the whole 'school' to have a good name. He has been constantly teaching them how to grow spiritually from I to We to He.

Swami's visits to Singapore cemented the family's ties to the Lord forever; the Lord made the Pillay home, His Home and named it 'Sai Anubandham'. Not by coincidence, but rather, Sai-incidence, the house next to the Pillay home that had been occupied for the past twenty years, suddenly fell vacant. On Swami's command, the house was purchased. Christened 'Sai Anandam' by Swami, He revealed that it was the first Ashram being established, as part of the other 18 Ashrams which would come up around the world. Ever since, 'Sai Anandam' is serving as the centrepiece of all seva activities, and it also serves as the divine residence when Swami visits Singapore.

The core group of 14 families along with youth organise and conduct many service activities at 'Sai Anandam', and conduct meetings regularly to plan out various activities to be conducted in Singapore and beyond its shores.



- Organising 'Health Days' for underprivileged children as well as children with disabilities, in order to conduct health screenings that focus on medical, dental, psychological and emotional health of children
- Health carnivals for children by involving them in games, arts and crafts, and physical exercises
- Home visits and meal deliveries to the elderly is done every Sunday morning. Outings for the elderly are also arranged in partnership with Sunshine Welfare Action Mission Inc. (SWAMI Elder Care Home at Singapore), to give them a refreshing change
- Youth gather twice a month to create art pieces as their contribution towards the 'Art for Heart' initiative by Sri the Sathya Sai Sanjeevani Centre for Child Heart Care at Nava Raipur Atal Nagar, Chhattisgarh, India
- Pertapis Children's Home houses 60 young children between the age of four and sixteen. Most of these children are either orphans, or their parents are serving sentences in prison, and do not often get to enjoy the warmth of familial love. Visits to the homes are done on a quarterly basis to conduct games, outings, celebrations and medical camps for the children
- Support for Aruike Speciality Hospital (Nigeria), Sri Sathya Sai Sanjeevani Hospitals in India and Sri Sathya Sai Educational Institutions in Karnataka (India)
- Participating in overseas medical camps in the neighbouring countries of Malaysia and Indonesia

Sai Anandam, Singapore







**"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 sādhanā has to go hand in hand",* says Sadguru Sri Madhusudan Sai. While *seva* purifies our minds from selfishness, *sādhanā* helps us get rid of doership and elevates our consciousness. Hence the Centres of Human Development balanced the *seva* and *sādhanā* 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 Foundation, Australia



**S**ervice activities are carried out across three states in the mainland of Australia - Queensland, New South Wales and Victoria.

#### Queensland

Almost 120 freshly home cooked meals were prepared and delivered to elderly and destitute residents of a caravan park during the month of May. Close to 850 hot home cooked meals were delivered to the homeless sleeping rough in parks in the centre of the city. Recently, two needy families were identified in Brisbane, one of whom reached out on the community Facebook page to request lunches for their two school-going children. An equivalent of 90 meals were supplied to these two families.

Food hampers which can provide upto 420 meals monthly were also served to seven needy indigenous families, identified by staff of an early childhood learning centre catering to disadvantaged aboriginal children.



#### New South Wales

Freshly cooked food dreams are served once a week to vulnerable families in the Chatswood area. The food includes pasta, fried rice, kichadi (a South Asian cuisine made of lentils and rice), bananas and soup to. This is an ongoing programme that happens every Monday and in the month of May, close to meals were distributed to such families in need.

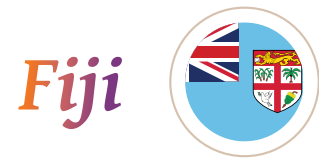
#### Victoria

In Melbourne, members of the Foundation focus on delivering providing hot and fresh cooked food to a local caravan park community. These meals are delivered once a week on every Friday, and a total of 80 meals were served in the month of May.





# Region 1



**Sai Prema Foundation**



## Sai Annapoorna Fiji Distributes One Million Meals

In the year 2016, Sai Prema Foundation Fiji commenced the ‘Sai Annapoorna’ programme in Fiji. Over these past five years, Sai Annapoorna Fiji has become one of the largest national food programmes in the country and in May of this year, the Foundation has achieved an important milestone by delivering one million meals.

Sai Prema Foundation delivers standard one-month grocery packs to underprivileged and needy families across the entire nation including the main island Viti Levu, the second largest island Vanua Levu, as well as in the maritime regions and outer islands.

Underprivileged families are identified with the help of the Government and ground-based civil society organisations. Grocery packs are distributed which include essential items such as rice, flour, yellow split peas, sugar, salt, milk powder, curry leaves, tea leaves, oil, soap, breakfast crackers and cookies. In addition to this, depending on the need, the Foundation also distributes mosquito coil packs, savoury snacks, drinking water, washing powder, juice sachets, batteries of various sizes, antibacterial soap, hand sanitisers, adult diapers, baby diapers and sanitary pads.



Since the advent of COVID-19, Sai Prema Foundation has significantly increased its efforts of distributing food to the poor, particularly in Western Fiji where employment is heavily reliant upon the tourism industry. Due to a total border closure, the tourism industry has fallen to its knees and the sheer loss of employment of a family’s breadwinner has put tremendous pressure on them due to which many are struggling to feed their children and elders in the family. Sai Prema Foundation has committed itself to helping as many families as possible.

The relevant Ministries within the Government of Fiji, Government agencies, Fiji National Disaster Management Office, New Zealand High Commission as well as the United Nations have all recognised the efforts and achievements of Sai Prema Foundation’s project ‘Sai Annapoorna’ and all have partnered and collaborated with the Foundation in various efforts over the past 12 months.

Grocery pack distributions have totalled to over a million meals since 2016, however, the target is to distribute between 650,000 to 750,000 meals per annum.



# Region 1



**Home of Universal Peace**

## Meals Distribution

In the Kanto area of Japan, close to 600 meals have been served to the destitute, during the month of May.

Around 60 meals were cooked, packed and served by devotees of Baba and volunteers, every Saturday in the city of Yokohama to many homeless and needy individuals.

Rice balls are also served every Thursday in the heart of Tokyo those in need of food.

With the support of a local food bank and with co-operation with a local Church, 80 meals were distributed fortnightly at Kawasaki during the month of May.

## Educare – (Human Excellence Academy of Japan)

The third session of the monthly Human Values programme was held on the topic – ‘Living Human Values in our Everyday Life’. The session was conducted online by Dr Ron Farmer and his wife Mrs Suwanti Farmer from Australia. Around 16 individuals from various parts of Japan attended the session and were exposed to various strategies on how to experience the divinity inherent within, though practising the Human Values in daily life.



Another monthly programme focussed on ‘Mindful Parenting’ is being conducted with four single mothers as a pilot phase. The third session was conducted during the month of May with the theme – ‘The Power of Mindfulness in Parenting’ which introduced the participants to understand what is mindfulness, how to cultivate it and how it impacts while parenting a child.

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

The Trust served two cases of an overseas mother and child care support which included consultation for the child in need. The Trust is now preparing to initiate a hotline for expat mother and children in Japan, to serve unmet needs with medical and administrative support.





## Region 1

**Laos**



**Sri Sathya Sai Foundation  
Lao PDR**

**S**ri Sathya Sai Foundation Lao PDR is working with the local authorities to help fight the COVID-19 pandemic. The Sri Sathya Sai School provided the school premises for setting up the camps for COVID-19 testing. The Foundation assisted the village authorities to provide food items for 100 families including those affected by COVID. Support was extended to those who were assisting in the village administration and management as well. The Foundation also has reached out to four Buddhist pagodas and provided food supplies. The volunteers from the Foundation send food items regularly to 'Vagrant Home' twice a week which provides meals to 370 people.



Moreover, on request of the National Blood Bank, Laos, the Foundation has mobilised volunteers to donate blood at the 'Lao Red Cross', a social organisation in Lao PDR. During these challenging times, the Foundation is extending as much help to the communities and local authorities, thereby earning their appreciation.



## Region 1

**Malaysia**



**Sai Ananda Foundation,  
Kuala Lumpur**



**T**he unpredictable COVID-19 pandemic has shaken the entire world. Many daily wage workers around the vicinity of Batu Caves, Kuala Lumpur have either lost their jobs or are unable to work due to the restriction order by the government.

Thousands of people face challenges to meet their daily needs and are unable to even have proper meals due to the financial crisis. The Sai Ananda Foundation Malaysia has been providing free meals to more than 500 needy individuals on a weekly basis since the COVID lockdown took place in March last year.

Currently, after the third wave in Malaysia, 80 packs of fresh food are being prepared and sent to individual homes on a daily basis where elderly, dialysis patients, grannies with children and single mothers are served. The food packs which consist of rice, gravy and vegetables are served to the doorstep of the beneficiaries with much love and joy. Close to 2,550 meals was served during the month of May.





## Region 2

### Middle East



#### Desert seva

**A**s Sadguru Sri Madhusudan Sai says, “*The reward for good work is more good work*”, the good work of desert seva which started three years ago is continuing with as more good work until today serving more individuals in need!

‘Sai Love kits’ comprising of groceries, toiletries, hygiene items, fruits and vegetables were to over 25 needy individuals and families. Special home cooked food which equated to 30 food boxes were also served with much love to them. Many volunteers participated in this seva, right from packing the items into a kit, labelling, loading into the cars and finally distributing to beneficiaries, who accepted the offerings with a loving smile and with words of heartfelt gratitude. A total of 1,560 meals were distributed during the month of May.



#### OMAD

Envisioning the day when no one will be left with hunger and thirst, the group members continue to share meals with full zest! This initiative of feeding ‘One Meal A Day’, has continued without any halt, even during the holy month of Ramadan. Close to 220 meals in the form of cooked meals, biscuits, laban, juice, fruits, vegetables, tea/coffee were provided to needy individuals.



## Region 2

### Nigeria



#### Spiritan Self Awareness Initiative Joy Village Enugu, Nigeria



#### Genesis Of Nneani Farms

**I**t was sometime in 2017, when Swami spoke to Father Charles and a few others about starting a farm in Enugu. 240 hectares of virgin fertile farm land, with a running river stretching to almost 3.5 kilometres within the farm, was purchased with the help and assistance of Sai devotees from Australia. Swami christened it as ‘Nneani Farms’ which means Motherland. Like a mother, the vision and mission of Nneani Farms is to provide abundant food to hungry children, while providing food security and economic sustainability for the running of charity activities of the JOY Village.

About 120 hectares of land has been cleared; almost 65% barbed wire fencing of the 8 km perimeter of the farm has also been completed. A 50 x 100 feet warehouse, a small administrative and living house have also been constructed in the farm.

This year 40 hectares of rice, 30 hectares of cassava and 10 hectares of maize are being planted.

An agricultural volunteer force is the need-of-the-hour that would help Father Charles and his team to build the foundation of this beautiful mission of joy and love in Nigeria.



#### Joy Village Hospital Rescue Team

A ‘Joy Village Hospital Rescue Team’ was initiated a few months ago in Enugu by the Foundation to help destitute patients who were unable to pay medical bills. Some hospitals in the State have partnered with the Foundation which is ensuring that a new hope and full life are given to people who are detained in hospitals for over a month due to their inability to pay their hospital bills.

#### Partnership With Japanese Embassy

The Foundation has made an official partnership with the Japanese Embassy in Nigeria to boost rice production in the Nneani farm in Ogurugu and Adani communities, both in Uzo-Uwani LGA of Enugu State. The contract with the Japanese Embassy GGP (Grassroots projects for humanity) grant was signed by Father Charles Ogada at Abuja for Nneani farm (Rice farm) in the State of Enugu. This GGP Grant will provide the Nneani farm (NF) with two power tillers and one combined harvester.

#### Prison Visit

Members of the Foundation through their Prison Visitation initiative, visited prisons in Enugu where food and sanitary materials were distributed to the inmates. Members also engaged in loving conversation with the inmates on living a purposeful life when they get back to society. The inmates expressed their heartfelt gratitude with a promise to be of good conduct in all their doings.





## Region 2

### Sri Lanka



#### Sri Sathya Sai Karuna Nilayam Foundation



##### Dry Ration Support Initiative During COVID Lockdown

The month of vaisakha (April/May) is considered a very special month for Sri Lankans. It is in this month that the most important festival of all Buddhist Festivals; Vesak, is celebrated on the full moon day by the Buddhists and some Hindu communities around the world honouring the triple events in the life of Lord Buddha - the birth, the enlightenment and his physical departure. However, due to the steady increase in the number of new COVID variant infections and related mortalities, an Island-wide lockdown for 14 days including the festive season became inevitable.

The Sri Sathya Sai Karunalayam Medical Centre, which is situated in the village of Kirankulam, Batticaloa in the Eastern Region of Sri Lanka has been temporarily closed to abide by the restrictions put into place through-out the country since last year.

However, the Annapoorna seva Initiative carried on without any stopping with much vigour and enthusiasm by the staff of the Medical Centre. Food prepared in the Centre's Kitchen is delivered to the homes of the villagers twice a week. As of date, over 17,500 food parcels have been distributed.



Unfortunately, due to the sudden increase in the infection numbers, parts of the village had been closed off even before the island-wide lockdown. Recently, because of the restrictions put in place with the current lockdown, distribution of the food parcels to the villagers was also temporarily halted. However, it is correctly said, "If there is a will, there is a way" and thus with the divine guidance of Sadguru Sri Madhusudan Sai, the Foundation distributed dry ration packs to the Annapoorna beneficiaries, which will help sustain the families for a period of one month. The packets contain 15 kilograms of rice, 1.5 kilograms of lentils, 300 grams of soya, 200 grams of tea powder, 1 kilogram of rice flakes, 2 small biscuit packets, 1 kilogram of sugar and 400 grams of nutritional supplement pack. These were prepared and distributed to 100 needy households during the month of May.

The pandemic has greatly affected the meagre income of villagers severely and thus, receiving these dry ration packages have been of great solace to the families who do not need to worry about making ends meet during the ongoing lockdown.

##### Construction Of The Hospital

The construction of the 75-bed general hospital, which in later years will expand into the Sri Sathya Sai Sanjeevani Super Speciality Hospital is currently well-under way as well. Though there have been unforeseeable setbacks due to the pandemic, country-wide lockdowns and restrictions as well as spells of bad weather, the construction continues steadily to date. The hospital is being constructed adjoining the Sri Sathya Sai Karunalayam Medical Centre and it is rapidly evolving every day and will soon blossom into a beautiful edifice, ready to serve the destitute.



## Region 3

### Greece



#### 'Ιδρυμα Μοιράζομαι' (Foundation of Sharing)

Greece has been suffering from the effects of a financial crisis for more than ten years, which has led to many people to lose their jobs and even their homes. In addition, the flow of refugees has increased dramatically. Even though the majority of refugees have moved on to other countries, there are still about 2,000 homeless people in Greece, and about 70% of them are in Athens. As if life wasn't hard enough for these people, the COVID-19 pandemic brought new implications, as many organisations couldn't go on with providing them with food during the lockdown. However, members of the Foundation did their best to alleviate the suffering of these people. Now, as the lockdown has been lifted, and life is slowly returning to normal, more seva opportunities are embraced every month.

The month of May began with the holy Orthodox Easter Holiday, on the occasion of which, the members of the newly established 'Mirazome Foundation' (Foundation of Sharing) prepared 170 boxes of supplies which included pasta, sauce, lentils, beans, rice, olive oil, sugar, flour, milk. The supplies were then distributed to two organisations: The 'Other Human' which served 100 families, and the 'Support Center for Children and Family' which served 80 families.

Additionally, the devotees packed cookies, sweets and other Easter delicacies and gifts for the children of the following institutions - 'Saint Anna' Girls Orphanage serving 25 children, 'O Kalos Samaritis' (The Good Samaritan)



Association of parents of children with disabilities where 35 children were benefitted and 'EGNYA' (Parents Association of Mentally Disabled where 35 children were benefitted.

Also, 200 kilograms of Easter breads and 25 kg of cookies were distributed to the elderly of two elderly homes - 'Athens Nursery Home' and 'Palea Fokea Nursery Home'.

Apart from this special occasion, the members of the 'Foundation of Sharing' continued their monthly seva activities, as part of the 'Feed the World' initiative. Every Saturday, about 100 portions of food, sweets and bread, are provided to organisations who feed the needy. Apart from this, every month large quantities of food items such as rice, lentils, tomato sauce, oil, beans, etc which are used for cooking thousands of meals are also handed over by the Foundation.

On a monthly basis, the Foundation provides 1,200 portions of yogurt, 720 litres of milk and 40 kilograms of feta cheese to two Nursery Homes of Athens. Furthermore, boxes full of supplies and necessities are provided to 80 families at the area of Anavyssos, every month. Twice a month, every member of the 35 disabled children of 'EGNYA' Association is happy to receive fresh and warm pizza.

During the month of May, members of the Foundation commenced an initiative to assist Greek-Orthodox Churches who serve the needy. Boxes with supplies for 50 families were given to the St. Panteleimon Church in Alimos, and for another 70 families to the St. Theodori Church in Anavyssos. The goal of the team is to increase their support towards the Churches, as they carry out a huge task of feeding the underprivileged every day.



## Region 3

### Italy



#### Foundation Casa Del Divino – ONLUS



**G**race Kitchens continues to distribute about 450 dinners a thrice a week in the Piazza Venezia area in Rome. About 20 volunteers take part in the preparation and distribution.

Distribution of clothes, blankets and shoes twice a month. at the same venue, is also held.

The 'Feed the World' initiative is also steadily moving forward in multiple cities across the country. Food is served to the needy in cities like Milan, Padova, Rome, Genoa, Imperia and Torino.



### Netherlands



#### Sai Anandam Foundation



##### Sai Anandam Library

**D**uring the month of May, about 200 books were registered and added to the library's database, adding up to a growing collection of over 4,600 individual records from various religions and spiritual masters. Furthermore, the library has recently been supporting many avid readers from Suriname, South America with 300-400 books.

##### Sai Prakashna

The Dutch translation team continue to work incessantly on the translation of various books including - the Sri Sathya Sai Uvacha series, The Story Divine and others. The team has recently completed the translations of Sri Sathya Sai Uvacha Volume seven and eight which will be published during Guru Poornima 2021. The team has also compiled audiobooks for the fourth and fifth volumes of Sri Sathya Sai Uvacha series. Furthermore, the team is also transcribing the kaṭhopaniṣad and translating the texts in preparation for the weekly study circles.

##### Educare, Medicare, Sociocare

Members of the Foundation continue to actively participate in the Educare, Medicare and Sociocare mission of Baba in India and around the world. Support is extended to the Annapoorna breakfast initiative, the E1E1 (Each One Educate One) programme, and the upcoming Sai Sanjeevani Children's Heart Hospital in Fiji.

## Region 3

### Poland



#### Stowarzyszenie Misja Prema (Prema Mission Association), Poland

**D**uring the month of May, the Foundation continued its activities of food recovery and distribution. The food was delivered individually to the needy families and to different centres. The Foundation was able to reach ten different centers in Warsaw (for refugees, single mothers and Alzheimer's patients, amongst others). Two homeless individuals are also being served, and support is also extended to a center for young people (age 15 to 30) with different kinds of difficulties who develop their talents with the help of professional instructors. As in the previous months, most of the activities took place almost daily in Warsaw, where 1,250 individuals were benefitted with freshly cooked food. Once a week, in the city of Wroclaw, soup, bread and cakes are cooked and distributed in shelters for homeless individuals. In Bialystok, devotees also take care of feeding animals in need.



### United Kingdom



#### Anugraham Charitable Trust

**W**ithin the United Kingdom, most of the activities have come to a standstill due to the restrictions imposed by the government. 'Grace Kitchen' started with the guidance of Sadguru Sri Madhusudan Sai is also unable to function as earlier due to the lockdown restrictions. In order to continue the food service to the needy, 'Grace Kitchen' supplied food to various organisations who in turn serve to the needy in UK.

Beyond the shores of United Kingdom, Anugraham Charitable Trust is supporting various ongoing projects based in India and Sri Lanka. The Trust continues to extend its support towards the construction of the hostel building for Sri Sathya Sai Sharadaniketanam, Mandya district in South India; the Sri Sathya Sai Sarla Memorial Hospital and Shivoham projects at Sathya Sai Grama. The Trust also extends support to the 'Each One Educate One' programme where destitute children are provided the gift of education.

The Trust also continues to extend its support towards the construction of the Sri Sathya Sai Karunalayam Hospital at Batticaloa in Sri Lanka.

##### 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)



##### Prema Shanti Ashram in Argentina - Bringing together Latin America

The Prema Shanti Ashram was established by Sadguru Sri Madhusudan Sai during His third trip to Argentina in 2018. This Center for Human Development (CHD) is a point of union for those who feel the need to serve with the underlying philosophy of 'Love all, Serve all'. During His visit in 2019, He guided the members of the Foundation to build an auditorium for future activities to be held at the CHD.

Sadguru has been a source of guidance right from the beginning of the whole process and continues to do so. He gave His clear and detailed directions with regard to the project. Despite the ongoing COVID pandemic, with a strict seven-month quarantine ordered by the authorities, when possible, work has continued abiding all the

health precautions put forth by the government. It is sheerly due to the Divine grace that till date, no worker has contracted the virus.

With the context of a severe economic crisis in the country, with a devaluation of more than 150% in one year, the careful use of resources has allowed to meet more than 50% of the construction so far. Despite the sanitary blockade of the roads and highways, the delivery of top-quality materials was also ensured.

##### Translation seva

Digital communications united all members and volunteers to work in a continuous and systematic way. Support has poured in from South America - Mexico, El Salvador, Guatemala, Venezuela, Colombia, Brazil, Bolivia, Chile and Uruguay. All episodes of 'Master the Mind' series delivered by Sadguru were translated into Spanish.

Currently, study circles on *kaṭhopaniṣad* are also conducted on a regular basis.



## Region 4

### Canada



#### Sai Global Service Foundation of Canada (SGSFC)

The Sai Global Service Foundation of Canada (SGSFC) and the Institute of Human Development Canada collaborated with the following three organisations:

1. **Community Service Centre** in Edmonton Canada – is an organisation which runs volunteer programmes in parenting. Children of the homeless are given a strong foundation for their future growth and development here. SGSFC provided a total of 300 food packets this month.
2. **Bisell Centre** - is an organisation that provides a wide range of intervention and support for the homeless, needy families and others. This Organisation offers an integrated approach to assist the homeless who enter or reenter workforce. SGSFC volunteered to provide assessments, referrals and life management workshops in human values.

The Foundation also provided support to those who required assistance with resume development, job searches and placement opportunities. Their unique motto is moving up and strengthening the spirit. In consultation with the local business partners, a transitional labour programme was initiated where participants determined the job readiness expectations and how they might fit employer needs. Currently, over 40 homeless individuals work directly with chosen employers. With this model, the Institute of Human Development Canada and SGSFC works collaboratively with various organisations to understand their hiring needs and company culture, so that referrals are done in a responsible manner.

3. The **'Community Closet Programme'**, is a volunteer-run programme that provides all kinds of support such as new or gently used clothing, accessories, and household goods at three locations in Edmonton to needy and destitute individuals. With an increasing need for sanitary personal hygiene items, SGSFC provided sanitary and daily medical needs for 30 homeless women.





## Region 4

### United States of America



#### Divine Will Foundation



##### Prashanti Centre for Human Development in Carlisle, Massachusetts

In the beautiful season of spring, the outdoors spaces of the Prashanti Centre for Human Development in Carlisle, Massachusetts was filled with Rhododendron, Azalea bushes, and different kinds of flora adding to its beauty and grandeur. Online workshops continued as 'Divine Will Foundation' and 'Hope Collaborative' conducted workshops where Dr David Cornsweet and Mrs Jennie Cornsweet presented 'Mastering the Mind: The Beginning of Para Vidya' which was attended by people from around the world. The US Academy continued its exciting series 'Journey to Human Development' with an interactive workshop titled 'Seeing Through the Eyes of Gratitude' which was conducted by Dr Ron Farmer and Mrs Suwanti Farmer from Australia.

The CHD also extended support to the local community for service projects, especially those with under-resourced settings.

#### SAI Global Mission



The ongoing pandemic has drastically impacted the lives of many individuals. During these times, extending a helping hand to selflessly serve has become even more relevant. To serve the unserved with love, the SAI Global Mission supported migrant construction workers in Chennai. These individuals ended up walking several thousand miles during the lockdown period without any resources or basic supplies. Through the rural care initiatives, SAI Global Mission partnered with CREDAI Association to mobilise hampers with essential groceries and sanitisation packages to more than 1,000 migrant workers.

##### Healthcare

Several awareness events and discussions have been initiated to extend support to the upcoming Sri Sathya Sai Sarla Memorial Hospital in Chikkaballapur, which will also serve as a COVID Care facility.



## Lessons For Life

*Swami You have been saying that we should work as God and not for God. Why should we make this transition, when working for You gives us unparalleled joy?*

Someone who knows God will become God and lose the feeling that God is a separate entity from him or herself. You constantly think that you are a man or a woman; that is how you feel and so that is how it is for you. I am telling you that you and I are one. This is something you have to experience, not just talk about.

How can you experience it? First and foremost, you have to develop selfless love and selfless service. Whose nature is selfless love? It is God's nature. If you want God's nature, God will grant you. You should become dear to God, then God's nature will become yours. If you want to become dear to God, you have to serve everyone. If you want to serve God through every being, then you must also transform into God. You should yourself develop the love and joy of Sai, express and share it with others.

A magnet has the power of magnetism. Take an iron bar – it is not magnetic but, when placed near a magnet, because of the proximity, it too becomes a magnet and loses the memory of itself as a just a piece of iron. When it is transformed into a magnet, it can transform another iron bar into a magnet.

Your form should become My form. In a magnet, all the atoms are aligned – all of them constantly looking at God. In an iron bar, the atoms are facing different directions and that's why there is confusion; there is no power. When all the atoms align in one direction, the iron also becomes magnet. Only when you become a magnet, can you render selfless service. For that reason, you should always be in the company of a magnet. When you move away from a magnet, you will gather rust and dust, and will lose your magnetism. The 'magnetism' of divinity is already there within you, it is not outside.

When you think that you are doing service to others, it is not real service. It will develop more ego and attachment; it will not reduce it. When you understand the true principle of love and engage in service activities, then it is true seva. Only when you are transformed into God, can you render true service!





# My Inner Journey

## The Journey Within

By Ayavoo Arumugam

Founder - Sai Ananda Foundation  
Malaysia (SAFM)

**M**r Ayavoo Arumugam is the Founder and a Trustee of Sai Ananda Foundation Malaysia (SAFM) and is a Senior Architect at the Central Bank of Malaysia. It all started in the year 1992 as a weekly once class on Education in Human Values, which gradually took shape of the Foundation with a vision to serve large number of people especially the children and youth. The objective of the Foundation is to provide free educare, healthcare and sociocare. Under the Divine guidance of Sadguru Sri Madhusudan Sai, the Foundation is extending support to the under privileged in Malaysia by taking care of their basic necessities.

**M**y journey with Sai started during the fourth quarter of 1978, when I was just 16 years old. It was a period full of energy, enthusiasm, and divine bliss that led me to *namasmarana* and *seva*. It was an amazing journey with Him, as He guided and prompted me to drive myself to know Him, to be with Him consistently on the right path, and not get distracted or enticed by the temptations alongside. In an extremely intense and profound manner Swami established my life's journey with Him, and it was all His master plan. In 1984, in the interview room he told my mother that he has arranged everything for me. There were numerous manifestations of Swami's physical form and His constant amazing miracles in those early days developed a strong everlasting faith and surrender towards Him completely.



Initially, throughout my younger days it would be prayers, *puja*, temple worship and voluntary work at the temple. Then came *bhajans* and *seva* at sixteen, when Swami entered my life. It was a total transition from idol worship to *seva* of the needy. As Swami Vivekananda puts it, "It is good to be born in a temple but not good to die in a temple". All temple activities and *puja* dissolved completely then and there.

I accepted Swami as my Master and my journey began. Fully submerged in Sai, everything started becoming Sai *mayam*, where *bhajans* and *seva* became my lifeline, though I must add that it wasn't a straight forward journey with Swami! Like any other spiritual masters and gurus there were numerous tests, which were continuous, and until I had learnt the lessons I could never move on!

At a very young age I understood that I had to work hard and beat the odds to know God. Determination and sacrifice were the need of the hour to perceive and understand the ultimate truth. To understand the world as temporary and impermanent was a struggle all along. I worked day and night, promoting and establishing Swami's teachings of loving and serving everyone equally. Working without expecting anything in return was my motto. There was a sense of security and complete feeling within me that Swami would guide and take me across the ocean of *samsara* as long as I held on to His lotus feet.

In the year 2015, I was drawn to Sadguru Sri Madhusudan Sai, similar to what had happened at the age of 16 when I first met Sri Sathya Sai. The same feeling resurrected within me and then



and there I knew without even a second's pause that Sri Sathya Sai was behind the scene with Sri Madhusudan at the forefront. My entire life changed again with a delight that my Master was back. My Lord was back and He had embraced me yet again! Tremendous peace and happiness kindled and encouraged me from within me.

I must say that this time too Swami showed me His omniscience and omnipotent through Sri Madhusudan. Swami revealed numerous incidences in my past that no one else could, which confirmed that it was the same divinity.

During one of His visits to Malaysia, in a discourse at Sai Ananda in 2017, Swami, through the form of Sadguru Sri Madhusudan Sai mentioned; "I only went and picked Ayavoo when he was young. He did not come by himself. At that time, he was in bliss all the time."

Now, I believe this to be my next transition in the spiritual path. Being ignorant of our divine nature, unwanted desires, unnecessary actions undertaken to fulfill unwanted desires, are all distractions which confuse oneself from the goal of life, and thus render a person incapable of realising one's true divinity. This is the path I am drawn to now.

I am certain that the guidance and the company of our Master, Sadguru Sri Madhusudan Sai will help me overcome the influence of illusory world and forge ahead on the path of self-realisation. Through His grace and blessings alone I have learnt the qualities of a true seeker. This will lead one to the highest human potential. Many a times, through His love and grace I have had glimpses and tasted the nectar of supreme bliss during my younger days which continues even today.

Oneness of the whole creation, experiencing the same divinity in everything and everyone keeps me engaged in the welfare of all. It has become the new moto of my life. It is time to go beyond the name and form - to be in constant awareness enjoying *sat-chit-ānanda* (truth, consciousness and bliss), being aware of His presence in every moment of our life.

My heartfelt gratitude to our beloved Sadguru for being, guiding and encouraging us, for showing us the way and giving us hope. No words are enough to express my love and gratitude.

# Oneness of the whole creation



# My Inner Journey

## Journey to Our True Home

By Mrs Rosana Molho de Berra  
Trustee - Fundación Sai Prema de Salud

**M**rs Rosana Molho de Berra is a Trustee of the Fundación Sai Prema de Salud. She is also the Director of Fundación de Salud Ayurveda Prema, Argentina. Director Postgraduate Courses on Ayurveda and Psychology at Argentine Medical Association and Great Rosario University and Magister in Psycho-Neuro-Endocrine-Immunology (P.N.E.I.), Mrs Rosana has guided numerous students under her tutelage. Since her reconnection with Sri Sathya Sai Baba in His subtle form, she and her husband Dr Jorge Luis Berra started participating in various service activities. Under the Divine guidance 'Love and Peace Ashram' was established and inaugurated by Sri Sathya Sai in 2018. She is also coordinating the Latin American Institute of Human Values and 'Seeds of Love' a Spanish radio programme for the wide-spread of the message of love and service.

**"**It is good to be born in a church, but it is not good to die in it. Grow and rescue yourselves from the limits and regulations, the doctrines that fence your freedom of thought, the ceremonials and rites that restrict and re-direct. Reach the point where churches do not matter, where all roads end, from where all roads run."

Guru Poornima 1969, July 29, Prasanthi Nilayam (Sathya Sai Speaks – Volume 9, Chapter XIV)



I grew up in a family of Jewish tradition. My father, of French origin, was freed from a Nazi concentration camp at the end of World War II, and my grandmother and an aunt came out with him. My grandfather died inside that camp; he did not survive it.

My mother was born in Argentina, my maternal grandparents emigrated before World War II — thanks to that emigration they protected their lives. All my grandparents' relatives, who remained in their place of origin in Europe, more precisely in Rhodes Island, today Greece, were also deported to the concentration camps and killed there.

My maternal grandmother always kept a light burning in her home, an oil lamp always alive, which attracted me in my childhood, and also made me feel uneasy. Many times, I asked my grandmother the reason for that light, and she used to tell me that it was to keep the ancestors present.

As a little girl I could not imagine at that time what the ancestors were, who they were, nor could I find a link between that beautiful light and my unknown ancestors. In that house, the whole family celebrated all the festivities of Judaism, which are many in number. These were indelible moments in my memory that forged within me the joy and the importance of the auspicious times of the year. Those times which

allows us to rise above the day to day mundane and monotonous activities, the break from routines, the playtime, the joy, the table served with the most delicate and delicious dishes, of course that allows us to open up ourselves to the mystery. And if there is mystery in all stages of human life, it is in childhood and adolescence where it abounds and overflows.

My secular education was complemented with another school of Jewish formation, where I studied a lot about its culture and religion, through the Bible and other sacred books that captivated me. That is how my initial years passed on, also hoping that one day, through the window of my small room would appear the God about whom my grandmother had told me and of whom the scriptures talked about, which fed my thirst for the transcendent.

But that didn't happen at that point in time.

Then as a teenager, a deep love for cultural diversity and traditions from all over the world awakened inside me. Love for a world where coexistence would prevail and the richness of difference would be appreciated. A world which would erase the borders and intolerance that led to senseless wars of hatred. I wished for a World of Love and Peace so deeply, I dreamt and imagined it with so much realism and strength

that today I know this very strength led me to find my destiny.

Good friends, the best of the best — the books, brought me closer to the distant and unsuspected worlds: Latin American traditions, the worlds of the Middle East with the Sufis and shamans, the Far East with the Tao, the Zen philosophy, and of course India. And along with India, its most beautiful heritage, the Vedas, the *upaniṣad*, the Bhagavad Gita, immeasurable treasures in its sacred and portentous scenario. A whisper opened in my heart which told me that those lands would be very near in time to come.

In 1987, I first learned of Sai Baba's existence. I was already married and had a daughter. We quickly organised a trip to go and meet Him. What to say — a defining encounter in my spiritual (inner) path, finally arriving at the right place, at the lotus feet of the great Master, the Avatar, calling us and receiving us, simple and tiny beings from a place far away, from the Southernmost part of the planet. The dream for which I had longed so much was just getting fulfilled right on front of me. The God I was waiting for, the one from my Tanach, the biblical scriptures of my childhood, appeared at the threshold of a great hall, as if it were the lintel of my small childhood room.





## My Inner Journey

Then there came years full of learning, of service, of working on myself in order to disclose and come closer to my true identity.

With Sai, many pieces began to find their place in the process of transmutation that He was performing like a meticulous and tenacious alchemist, on each one of us. One of the things that impacted me the most in the encounter with Sai was to see the light as an essence, and to be able to understand and rethink my grandmother's old oil lamp. Sai taught us to meditate on the Light, to meditate on the Self, to summon the best in each of us to reveal our true identity. My grandmother, faced with the enormity of her losses, rescued the immortal in each being, and thus she carried on, passing this tradition on to her children and grandchildren, knowing deep down that there is a light that never goes out, no matter what happens in the world.

I am so grateful for this teaching because that is how I learned the value of surviving, what it means to take a torch and expand, to take a legacy to become a legacy, and to recreate it, enrich it and arrive in time to hand it over and continue our path with serenity and fulfilment. I also understood that the stay on this planet was short regardless of the number of years, and above all, uncertain.

Then came the period of Sai in His subtle presence, something absolutely unprecedented in my repertoire of possibilities, dreamt or imagined. During the first meeting with Him in a private interview with my husband, I got perhaps the greatest impact — it was a very powerful experience. I literally felt transported to another dimension, talking to Him through Sri Madhusudan, in front of an empty armchair, and knowing deeply, without any doubt, that He was there, perceiving His presence, although I could not see it. It was the continuation of our dialogues with Sai in His physical form, both in private matters and in relation to our service. This was a turning point in my path.

I appreciated in a real way the multiple dimensions in which we live, and I also learned or validated something I already knew: that I still had a long way to go. This was not something from my daily reality, it was He who led me to be able to undergo that experience. The previous years had been of much purification, of improvement, perhaps of preparation, and now we were facing something unknown that attracted me enormously. But again, I did not imagine where this new path that our Master was proposing would take us to.

Very quickly He gave us the indication to establish an Ashram in our country, and His wish was and is today a reality. Great was my surprise when at the inauguration He gave a name to His Ashram, and what was that name? — Love and Peace Ashram.

An apparent dream, in fact again an old desire becoming real, a wink, a sign on the road showing again that nothing is lost, that time does not belong to us, that life has surprising twists and turns and that our intentions and dreams always have platforms to reveal themselves and take shape. The possibility of collaborating, although in a very small way, with the living and current ideal of my youth.

Again, I will never be able to thank enough for being a part of the collective miracle of bringing a little piece of Heaven to this blessed land where we happened to be born this time.

To have a Master is to accept the process of transformation and improvement with all its sinuosities and straight lines, it is not knowing where we will be tomorrow, but is having always the conviction that it will be for the better.

So here I am at this point of learning, where like all my siblings, I am striving to learn from the greatest of the teachings that Sai came to teach. In the concert of life, we are destined to be God, to be Sai, to be the fullness of the flower that was a bud in the childhood of spirituality.

I pray to Sadguru Sri Madhusudan Sai to continue taking us by His hand, together with all my brothers and sisters, into the immeasurable nectarine ocean of the Self. I firmly believe that through our *sāadhanā*, our study and service, we are building an Ark that will take us back to the heavenly Home. We will be a bouquet of fulfilled flowers, traveling through the immensity. This is my dream.

Is it a dream?

