



vasudhaiva
kutumbakam

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Message from Sadguru Sri Madhusudan Sai

‘I-m-possible’ Guru Purnima

They say life with God is endless hope, and life without God is a hopeless end. Can we, who live, breath, think, speak and work only for God, ever lose hope?

While the experts said with a sigh, “Impossible!” the servants of the Lord replied, “I-m-possible!”—with not just hope, but complete conviction that with God by our side everything is possible. And the hospital—Sri Sathya Sai Sarla Memorial—was made possible by the ceaseless flow of divine grace and unbroken commitment of dedicated devotees. It was a war zone, but a war to save lives! Work happened all through the days and nights, despite manpower and material issues during the COVID times, and the labour of pure love was offered at the Lotus Feet on Guru Purnima, as committed by humans and commanded by the Divine.

Guru Purnima is marked as the most important festival for every seeker, for it is the day dedicated to offering gratitude to the spiritual teacher who opens our ignorant eyes to the greater possibilities of the precious human life leading to God

Realisation. Sri Ādi Śaṅkarā said in his highest treatise on spiritual discrimination, ‘Vivekacūḍāmaṇi’—“*These three are rare and can be attained only by the Grace of God—human birth, the desire for liberation, and the company of a great master.*” To us, all the three have happened and we are therefore blessed beyond comprehension. The only way to utilise this rarest blessing is to follow the path shown by the *guru* and reach the goal of Self-realisation, for anything lesser would not be commensurate with the immense grace and endless efforts of the *guru*.

Guru Purnima was thus celebrated worldwide with a renewed commitment to the *guru* of all *gurus*, Bhagawan Sri Sathya Sai Baba, to walk in His footsteps of Love and Service, and reach the goal of divinisation of human existence.

The truth is that we are not human beings trying to have a divine experience, but we are divine beings going through a human experience. It’s time to discard the delusion and reclaim our reality as Divinity. And we know now without doubt that it’s not impossible!



Guru Purnima Celebrations 2021

The *Vivekacūḍāmaṇi*, a famous literary work in Sanskrit by Sri Ādi Śaṅkarā says,

स्वामिन्मस्ते नतलोकबन्धो
कारुण्यसिन्धो पतितं भवाब्धौ ।
मामुद्धरात्मीयकटाक्षदृष्ट्या
ऋज्यातिकारुण्यसुधाभिवृष्ट्या ।।

*svāminnamaste natalokabandho
kāruṇyasindho patitaṁ bhavābdhau
māmuddharātmīyakaṭākṣadr̥ṣṭyā
ṛjvyātikāruṇyasudhābhivṛṣṭyā*

O Master, O friend of those that bow to thee, thou ocean of mercy, I bow to thee; save me, fallen as I am into this sea of birth and death, with a straightforward glance of thine eye, which sheds nectar-like grace supreme.

To the *Guru* of *gurus*—Bhagawan Sri Sathya Sai, and to Sadguru Sri Madhusudan Sai who is Sri Sathya Sai's abundant grace manifested in a personal form to guide us, ever-loving and ever so compassionate—the above prayer is offered with love and humility.



An illusion that we consider real, is taking us all through the journey of life, which we sometimes relish, and sometimes detest. A *guru* who lives with us and hand holds us in this journey, shows us the truth, by disclosing the falsity of life, thus helping us live through life with neither joy nor sorrow, but ever-peaceful and equanimous. To that supreme consciousness in the form of Sadguru Sri Madhusudan Sai, the students, staff, and devotees paid their obeisance on the July 24, 2021—the purnima day of the holy Ashada month. Keeping in conformity with the COVID protocols, about 150 hearts represented the love, gratitude and respect of all the thousands of devotees globally at the sacred space of Sri Sathya Sai Premamrutham on that holy morning.

The ever-dynamic mission of love and service, under the mentorship of Sadguru Sri Madhusudan Sai, commenced the ground floor of the Sri Sathya Sai Sarla Memorial Hospital with the Obstetrics and Gynaecology Department (OBG), Out Patient Department (OPD) and Emergency departments—as extensions of the currently existing Sri Sathya Sai Sarla Memorial Hospital—successfully completed and ready for operations, on the Guru Purnima Day. Within a span of just

two and a half months, the Sri Sathya Sai Sarla Memorial Hospital's extension was possible due to the untiring efforts of the team who were fully determined to manifest their *guru's* command. The Neo-natal Intensive Care Unit (NICU) has been furnished battle-ready in case there is a third wave of the Corona virus transmutation, which is presaged to infect children. Sadguru Sri Madhusudan Sai visited the Hospital, toured around the various departments and blessed the staff members for their untiring efforts. Thereafter, He proceeded to the Premamrutham auditorium for a short session.

Sri Sathya Sai Sarla Memorial Hospital in conjunction with the Divine Mother and Child Health Program and Sri Sathya Sai Sanjeevani Centres for Child Heart Care together bestowed the 'Gift of Life' certificates to three children from the Chikballapur district of Karnataka, who underwent corrective procedures just a couple of weeks ago, for their heart anomalies at the Sri Sathya Sai Sanjeevani Centre for Child Heart Care and Training in Pediatric Cardiac Skills at Navi Mumbai, completely FREE OF COST.

32 staff members of the Divine Mother and Child Health Program were appreciated for their efficient participation in the programme and were given Certificate of Completion for the eight-week training that they took on the topic—Primary Health Care and Maternal Nutrition, that was conducted by the Sri Sathya Sai Sanjeevani Centres for Child Heart Care in conjunction with the Sri Sathya Sai University for Human Excellence.

Book launches of the Sri Sathya Sai Premamrutha Prakashana Publications took place like every year, and the highlight was the launch of '**Spirituality 101**' - a book which will truly serve to be a crash course on spirituality!

After talks by Sri C Sreenivas and Sri B N Narasimha Murthy, Sadguru Sri Madhusudan Sai blessed the audience with His nectarine wisdom by stating thus:



Guru Purnima 2021 Divine Discourse

In the first avatar or incarnation, God came as a strict father — the Shirdi Sai swaroopa. In the second avatar God came as a loving mother — Sathya Sai Swaroopa, and in the third avatar the same *caitanya* is in the form of a *guru* or teacher to teach mankind how to go back to their true origins of being Divine. In one sentence, this is what the Sai mission is all about.

guru is *guṇa rahita* and *rūpa varjita*. Gu – ‘*guṇa rahita*’; Ru – *rūpa varjita*. *guṇa rahita* is the one without attributes whatsoever—good or bad, happy or sad, kind or cruel. No such dualities, no such ideas exist in that pure existence, as the vedas say—‘*prajñānam brahma*’—Consciousness is Divinity. In that Consciousness, nobody is male or female, good or bad, kind or cruel, compassionate or harsh; everything becomes one, and that is *guṇa rahita*.

The *taittirīya upaniṣad* states that the ones born from the earth, womb, egg, air, water, trees, or mountains, are all the same Consciousness. All the forms are the superimpositions on the Consciousness which has no form, and that is why it is called *rūpa varjita*. Therefore, the true definition of a *guru* is the one who has neither any attributes nor any form. Those who have forms and attributes can understand only those with attributes and form too. A baby elephant can understand a bigger elephant as God. A lion cub or a smaller animal can understand the mightier animal in the forest or the lion as God because it is more powerful. Similarly, humans are able to think of God as another human with certain special powers, special abilities, which is not available to all. But the true essence has no form whatsoever or attributes.

What is ‘That’? It’s Love. Love is what love does. Somebody asked, ‘How do You do all these things?’ And I tell them, ‘We don’t do anything, Love does. We only love and that love does everything, thereafter.’

That Love, which is beyond all the attributes of ‘I’, ‘mine’, and ‘thine’ — that Love, is Consciousness – ‘*prajñānam brahma*’. That is *Brahman*; that is Divinity. That Divinity—when it pours itself into a Shirdi form, it is called Shirdi Baba. The same Consciousness, when it pours itself into the Sathya Sai form, it is called as Sathya Sai Baba. If that same Consciousness pours into you, me and everybody else, we will be called as whatever we are called. That is the essence of all truth. Anything below than this is untruth; it’s an illusion. As I said, since you have been endowed with a form, a name and attributes, it’s very difficult to imagine something which has no name and no form.

Man is bound by *deśa*, *kālā*, *pariṣṭhiti*, and can appreciate things only within the restricted circumference of these three aspects. If I tell you, ‘Imagine that there is nothing called time’, it’s impossible to imagine there is nothing called time, but this is experienced in deep sleep, as you do not realise the time. In the dream state, you experience time in a distorted way. You may travel hundreds of kilometres in no time in the dream. Whereas, in wakeful state or *jāgrat avasthā*, there is ‘time’, which is bound to a clock. Therefore, timelessness is the truth which is incomprehensible; not everybody can understand that. Even though you may experience it, yet you don’t realise it. In the same way, everyone experiences the same Consciousness at all times.

What did they chant? (Referring to the students who chanted verses from the *aitareya upaniṣad*) They said that—everything is Consciousness only, be it—thinking, speaking, eating, digesting, talking or walking. So, are you not speaking?—You are. Are you not listening?—You are. Are you not eating?—You are, and also seeing, tasting, smelling, touching?—You are. All this is powered by the same Consciousness—*prajñānam*. So, in essence all are one and the same. Drop all the names and the attributes, what remains is that Consciousness; in that Consciousness, everybody is one.

If you want to have the whole view of this place, then you have to climb the mountain—Nandi Hills. Only after climbing, will you be able to see all the area around it. Standing at the bottom of the hill, you will not get to see the entire view. Climbing has to be done by you. So, what does the *guru* do? He climbs up first, like your trekking trainer. He goes, clears up the bushes, clears up the stones and makes way, where there was no way initially. And what does He tell you, ‘Come after me, come behind me, follow me. I will make it easy for you. I will climb and then you climb behind me. Let us both go and reach the peak, that’s where we realise that everything is one.’ Until then, there are two. When the students chanted from *aitareya upaniṣad*, my heart was filled with so much of joy, as this is the lesson I am here to teach.

Hospitals will happen, schools will happen, nutrition will happen, mother and child programmes will happen, everything will happen—it’s all secondary. The primary thing is to feel that ‘oneness’ and therefore feel love for all. And when you feel love for all, you just can’t sit quiet. When you see somebody in pain, you cannot sit quiet. That is the nature of love. It doesn’t need to be told to do this and that. It will, on its own go and do, what is needed to be done. It will be guided by its own intelligence, that super-Consciousness which is residing within. Should you build a hospital now or after three years?—Consciousness will tell you. Consciousness will take care of who should build the hospital or how the hospital should be built. If you are abiding in that Consciousness, questions like—‘Who should come and work?’, or ‘Who should take care of what?’ etc., will be taken care of. Consciousness is love, and that love takes care of itself.

You don’t need anybody or need anything. Love is everything and in that love rests everything. That is why all these things happen. So, nothing is done; you just love and love does it all. That is the secret of whatever happens here. And that secret is the secret of life. The one who has learnt to love has learnt everything.



ढाई अक्षर प्रेम का, पढ़े सो पंडित होए || *Dhai akshar prem ka padhe so pandit hoye*—Who is that realised being?—The one who loves, loves unconditionally is the realised being. Why should one love? Because, everything is one! I can’t conditionally love my one hand or one leg or an eye or a nose. I love it all because it’s all me. The same is the lesson to be learnt.

Shirdi Baba came and taught ‘God is’, ‘God is there’ and ‘God is one’—सबका मालिक एक है – *Sabka malik ek hai*—this is what He taught when India was broken down into narrow minded divisions of castes and religions. There were wars, strife and struggles at that point in time. He came and taught that everybody is one; God is one but called by many names—the same scriptural truth. What did Sathya Sai Baba do? He said—God is and God is one, what do we do about it? How do we know it? See God in all—Love all, Serve All. Love Him in all. Love God, Serve God—that is the best way to be. And what do I teach? You are none other than God.

Guru Purnima 2021 Divine Discourse

You are God. First—God is, second—God is in all, and third—you are God. There is no other way. If you think you are God, you feel you are God, you will love everybody. You can't be any other way. Even if you try not to love, once you know you are God; it is not possible to not love. God's very nature is love. That's exactly what I am trying to tell. But to develop yourself and reach there, you have to trek up the hill. These service projects are very important—Loving all, Serving all is important, because when we do that, our mind gets purified. It is cleared of all the desires, distractions and that 'clarity' is Consciousness. In that moment we become Divine.

Yamadharma Raja said to Nachiketa:

यदा सर्वे प्रमुच्यन्ते कामा येऽस्य हृदि श्रिताः ।

अथ मर्त्यो'मृतो भवत्यत्र ब्रह्म समश्नुते ॥

yadā sarve pramucyante kāmā ye'sya hṛdi śritāḥ |

atha martyo'mṛto bhavatyatra brahma samaśnute ||

The moment your heart is cleared of all desires, you become pure and desireless, and then and there you become Divine, there is no delay. This is all I want to teach. Therefore, don't restrict that Divinity to a name, a form, attributes, and do's and don'ts. It is not true. Enjoy the sip of the water, don't worry about the tumblers. When you drink, you know this is water and it quenches thirst. The essence of all existence is what we need to try to experience; don't worry about the vessel in which it comes. Look beyond, that's all I want to say during this Guru Purnima.

I had wished that Sarla Memorial hospital should be ready for children, just in case there is a COVID third wave. Extremely hard working, intelligent, absolutely committed team of people—right from medical professionals to the management, construction, designers, and the workers—have worked so hard, just to make my word come true. I know that they have done a fantastic job.

When I love my people and they love me, in that love everything gets done. That's how it's all been done! The three little children from Chikkaballapur went all the way to Mumbai to get operated. I hope that the Sarla facility will grow in such a way that, nobody has to travel that far; they can get operated and treated here only. This is my wish and desire. I am sure this will happen because, as I said, it's the 'Consciousness' that guides everything, not me, not you, not anybody here. The same 'caitanya' or 'prajñāna' guides every move of ours. Call it Shirdi Sai, call it Sathya Sai, call it Madhusudan Sai, call it whatever the name you want, it is the same Consciousness that propels each one of us.

The moment we become selfless, we are 'that'. There is nothing else. The superimposition of the mind and identity, disappear at that moment. That's when we know we are Divine, and let me tell you—you are already that! Believe me, you are God, you are Divine, you are *prajñāna*, you are *Brahman* and hence work accordingly. If I am Divine, then what should be my way of thinking, speaking and acting? Think about this and you will naturally modify yourself. If you know you are a woman, you walk in a certain way, sit in a certain way, wear in a certain way. If you know you are a man, you know how to walk, talk, and do things. If you know you are God, then how should you think, walk, and talk—is all that you need to think about. Once you keep thinking this way—यद्भावं तद्भवति । *yad bhāvam tad bhavati*—whatever you think you become, dust you think, dust you are. God you think God you are, whatever you think, so you become. This is the essence of all my effort and endeavour.

“If you know that Divinity is the secret behind everything, you will love and serve more.”

I am very happy that the Sarla Memorial Hospital extension and renovation has happened today. Many more things will happen, and I am sure in times to come, all those will happen. We also will be formerly starting the Veda Gurukulam soon. The buildings are under way, they are getting constructed. On the one side, there is *Veda*, and the other side is *Vaidya*. One for the spirit, one for the body and the mind—everything is coming together in this wonderful place. This is really heaven on earth. It is not the name, it is not the form that the Guru has come to get you entangled into. He has come to disentangle you from all the ideas of names and forms, and release you and emancipate you, from this stickiness that wants to belong to a name or form. He wants to teach that every form and name is one and the same. Learn that and liberate yourself from all narrow minded ideas and that's when the world becomes one. It can happen only when you realise oneness with all. Let the Consciousness be your experience—every moment—waking, sleeping, and dreaming, and let everything else be secondary. This is my blessing! This is my wish! This is my earnest appeal to all the devotees!

I must not forget to thank all the devotees who have worked behind the publication of the books that were launched today. Mr Tigrett is not here, but he is the one instrumental in starting the Prakashana Publications, and all the books that have been published and translated into so many languages. Hundreds of volunteers work round-the-clock, our team of publications has worked hard—to all of them, many blessings! You are spreading the word of God; there cannot be a greater service. You are bringing hope and solace! You are bringing clarity, a purpose in the lives of so many people across the world, and hence this is the greatest service. Be blessed; feel blessed all the time that you are part of such a beautiful mission.

The young team of boys and girls of the Divine Mother and Child Health Program have taken healthcare to the door step of villagers, when they could not come to healthcare set-ups. When somebody knocks our door and we help them—that is one way. Here, we go and knock on their door, and ask them if they need any help—that is our health care system. That is what the DMCHP team have done. This is our way of serving. So, let us continue to live in accordance with our true nature which is Divinity.

It is only when you do God's work; your life finds its purpose. Collective gratitude from the heart of the mother whose child will be healed here; from the heart of the father that aches when he cannot provide his child with good healthcare; from the hearts of all the doctors who feel fulfilled that they have got an opportunity to serve the sick; from the hearts of all the trustees and the management who feel proud and inspired to do God's work every day. Collective gratitude to everyone who is a part of this great mission of love, which translates itself as service to all! Love all, Serve all is the way to realise your oneness with Divinity and once you realise, you will love all and serve all, more and more. If you know that Divinity is the secret behind everything, you will love and serve more.

There is no greater rocket science to spirituality, it is quite simple. You believe it, you live it, you realise it, you experience it at all times. May all the beings in all the words be happy—समस्त लोकाः सुखिनो भवन्तु – *samasta lokah sukhino bhavantu*. Lot of blessings to everyone!

Sadguru Sri Madhusudan Sai's Birthday - July 26, 2021

Let us offer ourselves with complete faith and surrender to the one who is a 'dheerah', who is a 'jivanmukta', the one who has traversed the path of truth and attained the truth, no matter what, only to propel the less determined to take 'The Path' through ups and downs of the dark tunnel, until they see the eternal light of self-knowledge. At the feet of such a Sadguru—Sri Madhusudan Sai, let us submit ourselves with love and humility.

It is the immense grace of God, which allows one to be able to live with a guru, love Him, work with Him, and understand the true purpose of life through Him. July 26, 2021 was yet another opportunity to remind ourselves of one man's steely determination to selflessly surrender to the Divine Will and traverse on a journey within, to reach the realms of the ultimate truth—to become God—whereby the purpose of His birth has truly been sanctified.

Happy Birthday!—Cheered, the children and elders alike, with joy and love, on the gracious grounds of Sri Sathya Sai Premamrutham Auditorium. Yet again, COVID restrictions permitted only a few to gather and prostrate at His feet on behalf of every yearning soul from around the world who wished to be present at Sathya Sai Grama to rejoice and revel in His Presence, on the day He was born.

Two speakers who spoke what they practised inspired the staff and students, that evening. Brother Nikethan, currently pursuing his Masters in Sanskrit at the Sri Sathya Sai University for Human Excellence spoke about his relationship with his guru, which is beyond rules and conditions, but based only on love and gratitude. His words resonated from the deep recesses of his heart with a child-like love for his guru and a saint-like wisdom inspired by his guru, Sri Madhusudan Sai.

Brother Bharath Kumar, an alumnus of the Prasanthi Nilayam Campus, and currently leading the Projects team of Prashanthi Balamandira Trust, spoke with utmost clarity that came forth from his personal experience and learning, while working for his guru. He drove home the point to every staff seated there about the need to simply have faith in the guru, and execute His command with complete involvement and nil doership. Brother Bharath said, "A Sadguru teaches the truth but a 'Samarth' Sadguru ensures that the lessons taught are learnt by the disciples, as He creates situations, to ensure that the disciples, not only learn, but also enjoy the process of learning. Sadguru Sri Madhusudan Sai is a Samarth Sadguru!" He cited examples from his recent experiences of execution of the Sri Sathya Sai Sarla Memorial Hospital extension and renovation, and drew the attention of all the staff and students, in such a way that each one could relate with his experience as their own, and thus his learning, as their own too.

Sadguru Sri Madhusudan Sai, in His message reiterated the most important aspect of selfless surrender which is the epitome of all devotion and spirituality.

"The sweetest sound to my ears is — Yes Swami! Doesn't Swami know what you should do or not do at what time? Doesn't He know whether or not you are in a position to do it? If I have asked you something, I know that you are very much in a position to do it, if you decide to. If you get rid of the whole 'I' business, you can do all the 'SAI' business. Unless and until one gets rid of all the attachments, individualities, ideas, notions of loss and gain, success and failure, pleasure and pain, good and bad, difficult and easy—unless all these dualities are overcome—'Yes Swami' will not come from the depth of their hearts. śraddhāvān labhate jñānam - the one who has

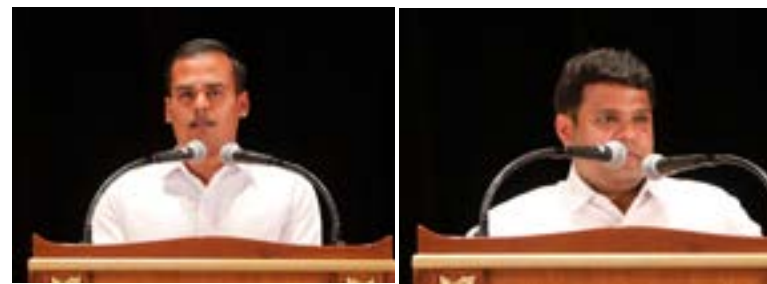
"When you are completely selfless, your potential becomes infinite. You are God."

shraddha or sincerity—will be led by the Guru. I know what your potential is. So, why should you underperform? When you are completely selfless, your potential becomes infinite. You are God. It means your potential, possibility and abilities are infinite. There is no limit to it. Anything you think, you will achieve. You are infinite. You must believe it. If you do it and then speak, it carries more weightage. Each word becomes a mantra. Each of us is truly Divine. We are Divine beings caught in human experience.

Like Lord Krishna says in the Bhagavad Gita, 'I have no duty what so ever in the three worlds. Nothing can glorify me or nothing can be removed from me. I am beyond all of that.' But, whatever is being done is for the ones who need it—like the teacher who teaches in spite of knowing the subject and repeats himself until the student understands. I am that kind of Guru who will not leave the person, until he/ she understands and elevates himself/ herself. We are here only to do good. If you are God, you have to be good. There is no other way. In goodness, we find God. By being God, we do only good.

We are here to create individuals rather than institutions. Each one of us has been sent for a purpose. My purpose is to ensure each one of you learn the lesson, which is to realise your true Selves. Understand the opportunity that has come your way. Transforming yourself is your most important responsibility now. The moment you transform yourself, everything will start happening. Become selfless. Everything will happen. Desire only for the good of everyone. Transformation starts when you follow the Master. Do it fearlessly."

Having faith in the words of the guru is paramount. This is a clarion call for each one of us who are busy feathering our own nests, or just remaining mere bumps on the log, to abandon our indolence and surrender our minds at the feet of our guru and live by our hearts, selflessly and fearlessly!



Turkey

Prema Yoga Human Development Centre and International Humanitarian Health Village

In the early 1980s, Mr Kaya Günata, the founder of the Selfless Seva Trust, Istanbul, Turkey, asked Swami if he could work in India. Swami declined his request and commanded him to work in Turkey. Following Swami's command, Mr Günata, who used to live in the city of London at that point in time and worked as a spiritual healer, left everything behind and moved to Turkey. Soon after he moved, he had a calling from within to establish an ashram just like Prasanthi Nilayam in Turkey. He gathered a team, and together they came up with a plan of ashram that had the following infrastructure:

- 1) Spiritual Centre
- 2) Hospital
- 3) Alternative Medicine
- 4) Educational Institutions
- 5) Old People's Home and Geriatric Centre
- 6) Rehabilitation Centre for Handicapped Children
- 7) Care Centre for Homeless Children
- 8) Recreation and Sports Facilities

Once the drawings were completed, a scale model of the ashram was made. Mr Günata flew to Puttaparthi to present it to Swami. Mr Indulal Shah presented the scale model to Swami on

behalf of Mr Günata, and Swami blessed the project and asked him not to start the project but to wait till He commands.

With the help of a dear friend of his, they bought a land at Sayalar, Silivri, and for more than 20 years, Mr Günata tried everything in his power to make this project happen, but every time he tried, he would just hit a dead end and nothing would move. From 2012 to 2014, he tried to sell the land, thinking that maybe he should be doing this project somewhere else, but that too did not happen.

Later in 2016, in his visit to Muddenahalli, he was blessed with an interview with lord in His subtle form. During that interview, Swami told Mr Günata, "That was not the right time. Now is the right time. Swami keeps his promises. The ashram will happen." Swami also revealed to him that a well-known doctor would come forward for this project.

In 2017, Swami visited Turkey for the first time as part of His continuing mission. During the Divine discourse at the ground breaking ceremony, Swami said, "The purpose of this ashram is two-fold: First, it is to light the lamp of wisdom within oneself and see the truth of one's own existence. Second, it is to help others light their own lamps of wisdom, so that they may see the truth of their own existence.



Therefore, this Centre should become like a lamp that not only illumines people here, but also helps others borrow the flame in order to light up their own lamps. It should become a spiritual beacon for all the people in the surrounding areas, who will come here and benefit from their association with the Centre, helping them realise their true Self. There is no greater sevā than this."

Swami also guided the team with a plan for the ashram structure which will be done in three phases:

1) The Spiritual Centre – consisting of Swami's House, the Amphitheatre, the Meditation Hall, and the Welcome Centre.

2) Health Centre – consisting of Paediatric Cardiac Hospital; Medical Institute of Paediatric Cardiac Surgery; Cardiac, Diabetes and Cancer Research Centre; and Centre for Alternative Medicine.

3) Educational Institutions – Swami, on various occasions during interviews and satsangs revealed that this ashram would last for centuries to come and that anyone and everyone who would come to this Spiritual Centre would be healed physically, mentally and spiritually. He said that the land of this ashram has been undergoing penance for over 20 years and now that the Lord has come, the ashram will have a positive effect over an area of 3,000 kilometres around it. Swami also said that this ashram was for 'All', and therefore, whether it be an animal, a bird, a child, an elderly or a sick person, it should never turn anyone down, finding always a way to help, and to always say, "Yes."

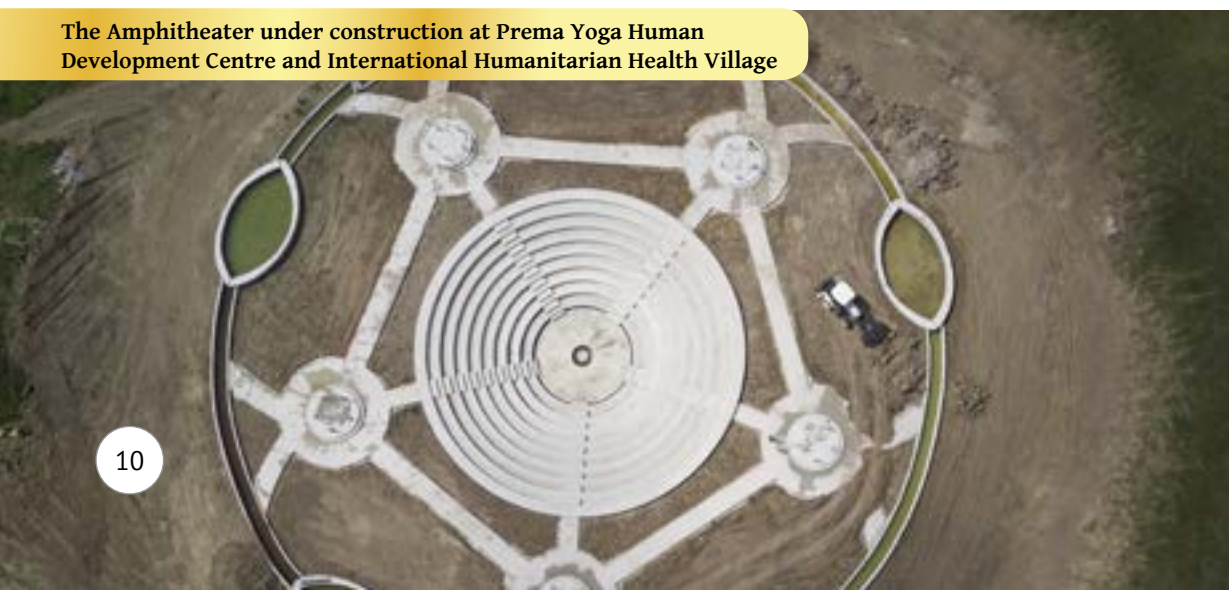
Right after the last Divine visit in 2019, a globally acclaimed Cardiac Professor has come forward, and is helping in every possible way. In the future, the Paediatric Cardiac Hospital at the ashram will serve the entire Europe and North Africa, offering healthcare services absolutely free of any cost.

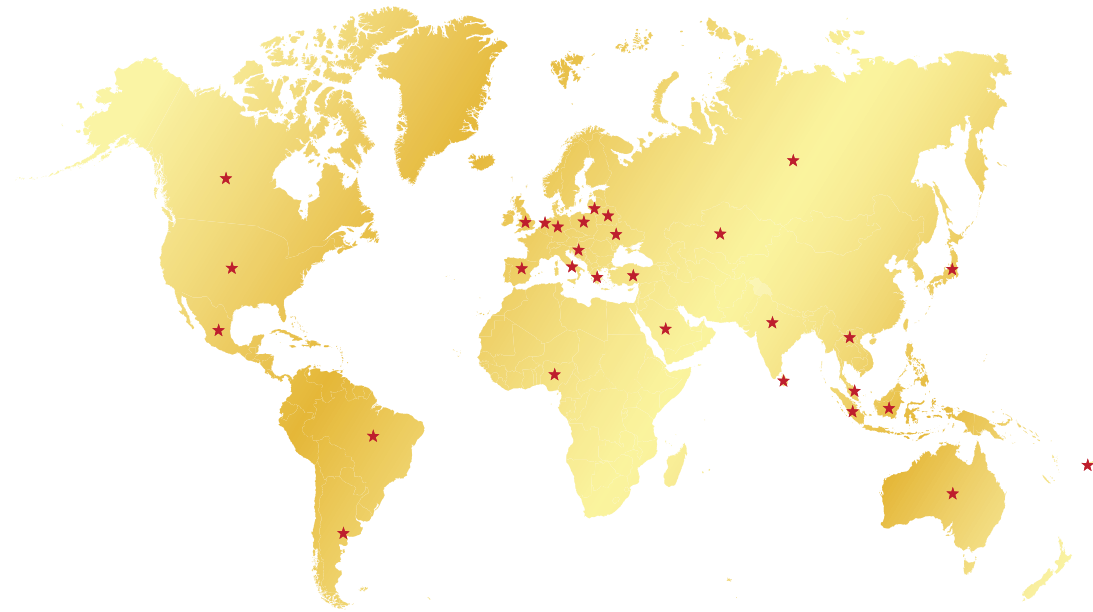
In 2018, Swami guided to begin the construction of the Spiritual Centre, which commenced with Swami's house; it was completed in a short span of just eight months. Presently, the construction of the Amphitheatre is in progress. Though there are difficulties which surface from time to time, the only thing which has kept the motivation sky-high is the purpose behind Swami's mammoth and magnanimous projects—complete selflessness.

The following are the current activities undertaken by the Selfless Seva Trust:

- 1) Food Distribution to needy individuals, and animals
- 2) Coal and firewood distribution during winter
- 3) Weekly online satsangs
- 4) Weekly online pranayama practices
- 5) Weekly online veda classes
- 6) Uvacha translations and publishing
- 7) Translation of other divine discourses
- 8) Weekly online 'Growing to be God' classes

The Amphitheater under construction at Prema Yoga Human Development Centre and International Humanitarian Health Village





"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.

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



Queensland

A total of 1,923 hot, home cooked meals were prepared and distributed to the homeless and underprivileged individuals in Brisbane, including meals for elderly and mentally challenged residents of a caravan park in the north side of Brisbane. A new informal partnership is in the offing in Queensland, with an individual connected to a service organisation who offered more than 40 heavy duty jackets for distribution. These were brand new, heavy duty jackets, which were then distributed by volunteers to those who were sleeping rough on the streets of Brisbane, which is in the throes of an unusually cold winter currently.

Victoria

A new initiative of working with a local not-for-profit group provided an opportunity to provide breakfast items and other pantry items. Provision items equivalent to 150 meals were handed over for needy individuals.

New South Wales

Food, which included coconut rice/tamarind rice/sandwiches/bananas/soups and hot chocolate, were distributed to the needy families. A little more than 25 meals in Chatswood, Sydney CBD and Blacktown.

Western Australia

Heart of Love Foundation also conducted a food distribution service in collaboration with three NGOs in Australia. Around 60 home cooked meals were delivered to HD Streetwise, an organisation which attends to the needs of the homeless, along with six hampers of non-perishable food items, two cartons of juice packets, two boxes of soup packets and 24 cans of tinned soups which were further distributed to the homeless. In addition to this, 55 kilograms of rice, 40 kilograms of sugar, 40 kilograms of flour, nine litres of oil and three kilograms of honey were supplied to CARAD, a centre for asylum seekers, refugees and detainees, which is equivalent to 275 meals. The Passages, an youth engagement hub was supplied with tote bags, beanies for winter, shampoos, conditioners, etc as per what was required at their end.

Region 1

Fiji



Sai Prema Foundation



Sanjeevani Vaccination Drive

The COVID-19 pandemic has created a havoc throughout the world and the tiny Pacific Island - Fiji has not been spared. After being contained with COVID for a whole year, Fiji, now has been battling the second wave with the highly transmissible delta variant. The national COVID-19 vaccination campaign commenced in March with the frontline workers and has been rolled out to the rest of the population who are over 18 years of age with the vaccine. To support the efforts of the government, the Sai Sanjeevani Medical Centre collaborated with the Ministry of Health and Medical Services Fiji, the Royal Fiji Military Forces and the Fiji Police Force and organised a super successful vaccination drive at the Sanjeevani Medical Centre. In a span of three days a total of 2,715 people were successfully vaccinated and this was one of the largest turnouts of people anywhere in the country.

Annapoorna Serves 500 struggling families

Sai Prema Foundation Fiji and Asco Foundation joined hands to assist 500 families with monthly food ration packs in Western Fiji, which has been the most affected due to the closure of the tourism industry due to the pandemic.

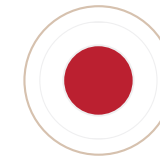
As Fiji continues to battle the second wave of COVID-19, the nation's health and the economy have been severely affected, with wide spread community transmission resulting in restricted movement and massive job losses. Each food ration pack contained four kilograms of rice, four kilograms of flour, four kilograms of lentil soup mix, 450 grams of milk powder, 200 grams of Tea, 100 grams of curry powder, two kilograms of raw sugar, 500 grams of salt, 374 grams of breakfast crackers, 750 milliliters of oil and three packs of soap.

Sai Prema Foundation Fiji has assisted over 5,500 families since the beginning of this year and will continue its efforts to assist families who are struggling to make the two ends meet.



Region 1

Japan



Home of Universal Peace

Meals Distribution

In the Kanto area of Japan, close to 200 meals were served to the destitute and needy, in the month of June. The reason behind the decrease in the number of meals is due to the temporary lodgings and meals which are being provided by the government, due to the upcoming Tokyo Olympics.

In the Northern part of Japan, where there are no homeless on the streets due to the extreme climate conditions, a group of volunteers provided food materials such as rice and vegetables to the local food bank which in turn distributed them to low-income families.

Educare – (Human Excellence Academy of Japan)

The Academy conducted a monthly online session titled 'Journey of Human Development' by Dr Ron Farmer and Mrs Suwanti Farmer. In June, the fourth session was held and the focus was on the topic, 'Living Human Values in our Everyday Life.' Those who attended the session were asked to contemplate on the topics such as 'embracing vulnerability by trusting others and ourselves', 'expressing gratitude for every moment, both the apparent good and the apparent bad', and they were also encouraged to practise them in their daily life, to enable them to cross the narrow boundaries of the mind and dive deep into their hearts.

The monthly session on 'Mindful Parenting' was also conducted with single-mother participants, on the theme, 'What is mindfulness' by introducing them to the eight pillars of mindfulness.

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

In June, the Trust stepped forward to serve children suffering from neurodevelopmental and other mental health conditions such as intellectual disability, mental retardation, severe destructive behavioural disorders, autism spectrum disorder, down syndrome, obsessive-compulsive disorder and pervasive developmental disorder, etc, by providing them with disability support services such as accompanying the child to school and back whenever needed. Consultation, mental care support and respite care for the mothers are also being provided.

Consultation on the development of the baby, along with necessary administrative procedure support for nursery was also arranged for an expat family.



Region 1

Laos



Sri Sathya Sai Foundation Lao PDR

In Lao PDR, the Sri Sathya Sai Foundation has commenced construction of a High School for girls. Besides the High School infrastructure, the construction will include the expansion of the current prayer hall and canteen for the existing school. The construction of the High School building is expected to be completed by early 2022, thereby the final year secondary school girls will have a seamless transition to High School. With the completion of the Girls' High School, in Lao PDR, the Sri Sathya Sai educational institutions in Laos will consist of Primary, Secondary, and High Schools for girls and boys. As per the Divine guidance, the Sri Sathya Sai Foundation is acquiring land for the construction of a University in Laos.



With Sadguru Sri Madhusudan Sai's blessings and guidance, a spiritual ceremony was organised to commence the construction on July 03, 2021. Buddhist monks chanted holy prayers and a number of teachers and devotees were present at the occasion.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



Sai Ananda Monthly Ration Distribution

For more than 25 years now, Sai Ananda Foundation has been supporting and serving the underprivileged families around the vicinity of Batu Caves and its surrounding villages. Mother Teresa said, "Not all of us can do great things. But we can do small things with great love."

The ration camp which was held in June, provided 80-90 dry rations bags to pre-identified elderly, single mothers with many children, and deserving families. Volunteers and devotees gathered and prepared the ration bags which consisted of rice, oil, biscuits, spices, sugar and other household items. One group of volunteers worked together to ensure that each recipient received their provisions without anyone being left out, and also following all the COVID appropriate behaviour.

At the same time, another group of volunteers gathered at the kitchen as early as 6.00 a.m. to prepare 250 to 300 sumptuous vegetarian lunch packs to be handed over along with the provision bags.



Divine Will Society, Kuching



One World Café

The COVID-19 pandemic has proved to be detrimental to the whole of humanity, making it difficult to even satiate the basic necessities of life, especially that of food. Under the 'Feed the World' initiative which was instituted by Sadguru Sri Madhusudan Sai, the One World Café started distributing food to rural underprivileged individuals in Kuching. With further guidance from Sadguru, the Café is going to be converted into a not-for-profit café with multiple objectives—promoting healthy food to boost overall immunity; food to be provided at affordable prices; and to serve free food to needy individuals and families.

Free Dialysis Centre

The application for approval of zoning license is under process. The services will begin shortly, rendering the entire dialysis treatment absolutely FREE OF COST to the underprivileged individuals, especially those from rural background.

Temporary Shelter Project

The renovation of one apartment unit for the temporary shelter project is completed and ready to be used. The main objective of this project is to provide temporary shelter to those who lose their homes due to fire, floods etc. Envisaging future needs, two more units are being prepared which will serve as shelters.

Participation in COVID Vaccination Programme

The Foundation also took part in COVID-19 vaccination programmes in the month of June by offering 20 wheelchairs for those in need.

Region 2

Middle East



Sai Love Kit - Lady Taxi Drivers

The ongoing pandemic has drastically impacted the lives of so many individuals in the Middle East, and lady taxi drivers being one of them. Earning a paltry amount as their monthly income, they are burdened with the responsibility of running their entire household and taking care of their children. Some of them are widows with children, and some are not married but have the responsibility of taking care of their families.

Looking at the plight of these drivers, the volunteers from Middle East helped them during the month of June as well, by providing monthly groceries in the form of 'Sai Love Kit' to 25 ladies. Each kit consisted of essential groceries like rice, flour, sugar, salt, lentils, tea powder, spices, cooking oil. In addition to this, essential items like toothbrush, toothpaste, soaps, detergents, shampoos, sanitary pads, sanitizers and dish washing liquid were also provided.

One of the beneficiaries shared, "God heard my prayers and sent you to us." With a lot of humility and gratitude, they accepted the items.

OMAD (One Meal A Day) sevā

Volunteers with the resolution to feed 'One Meal A Day' to needy individuals have been relentless in their efforts. Buttermilk, biscuits, fruits, juice, tea/coffee and cooked meals were shared. Around 12 volunteers collectively served 462 meals this month.

Other sevā activities

- This month, the team of transcription from Sai Hrudayam have been actively involved with transcription of Divine discourses for the Sri Sathya Sai Uvacha series
- Members also extended their support towards E1E1 (Each One Educate One) programme keeping their commitment to gifting education to underprivileged children of the Sri Sathya Sai Loka Seva Gurukulam
- Several members also supported the setting up of upcoming COVID care facility—Sri Sathya Sai Sarla Memorial Hospital, Chikkaballapur, Karnataka in South India



Region 2

Nigeria



Spiritan Self Awareness Initiative Joy Village Enugu, Nigeria



Aruike Specialty Hospital Ebe, Enugu, Nigeria

Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These hospitals are meant for rural dwellers who do not have access to quality healthcare services at an affordable price. Both the Hospitals offer paediatric and maternity services, while also treating children and adults from all age groups. The Hospitals treat an average of 72 patients every single day.

During the month of June, the Hospital served 683 children, 1,329 adults and 135 eye patients; 15 deliveries were also conducted. Surgeries and several other procedures were also done successfully, which helped the rural population in both the States immensely.

Gift of Limbs Camp in Collaboration with Ishk Tolaram Foundation

'Gift of Limbs' is a collaboration between Spiritan Self Awareness Initiative (Joy Village) and Ishk Tolaram Foundation to provide free custom-made prosthetic limbs to amputees across Nigeria. The Gift of Limbs Camp 2021 began and finished with the first stage—measurement. This stage entails the customisation of the limbs to meet each patient's requirement. A total of 107 patients were measured. The second phase—fixing, will take place within next three months, and this is when the patients will take delivery of their customised prosthetic limbs.



JOY Village Breakfast Programme

The programme, Biarienu, feeds an average of 130 students with hot healthy meals. These children are mostly from very poor homes and most of the times come to school on an empty stomach. A total of 3,120 meals were served during the month of June.

Sociocare

The Heart of Love Children's Home (HOLCH) rescued young Emmanuel Ugwu from the streets, where he has been living all alone. He was abandoned by his parents at a tender age and left to fend for himself. He endured hunger and cruel treatment from the society prior to his adoption in JOY village (HOLCH). He is very happy to live in JOY village where he gets all the love and care he never experienced in his life.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Kirankulam is a small and blessed village in the Eastern region of Sri Lanka where the Divine will has manifested as the Sri Sathya Sai Karunalayam Medical Centre, and the upcoming general hospital. In the near future, the 75-bed general hospital will expand into the Sri Sathya Sai Sanjeevani Super Specialty Hospital which will be a wing of the worldwide umbrella of Sanjeevani Hospitals, where cash counters are removed and replaced with the counters of love and service.

When such a huge project is underway, the Divine love engulfs not only the nearby villages but Sri Lanka as a whole, in terms of service and employment opportunities. An act of service this month, unfolded during the eve of the blessed 'Poson'—full moon day, which signifies the arrival of Buddhism in Sri Lanka in the third century BC.



126 families in Kirankulam village who have dried up their income generation abilities due to aging or sick breadwinners and due to the lockdowns, received one month's dry ration. This time, however, the dry ration package consisted not only the usual 15 kilograms of rice with one month's supply of lentils, sugar, tea powder, soya and pressed rice, but also had additional herbs such as coriander seeds, ginger and lime, as well as first-aid medical packs and masks in consideration of the common cold and fever, which is common during the unfolding of summer.



Region 3

Netherlands



Sai Anandam Foundation



Educare, Medicare and Sociocare

Actively participating in the Educare, Medicare and Sociocare mission in India and around the world, the team from Netherlands contributed the 'Gift of Education' to seven more students as a part of E1E1 (Each One Educate One) programme.

Awareness Programme for Sri Sathya Sai Sanjeevani Children's Heart Hospital, Fiji

A special European awareness drive was kicked-off by the Sai Anandam Foundation in close collaboration with countries from Region-03. The focus was on the upcoming Sri Sathya Sai Sanjeevani Children's Heart Hospital in Fiji, and over 80 participants across Europe participated to learn more about the 'Gift of Life' project. It included an exclusive live virtual tour of the upcoming paediatric heart hospital, followed by a very engaging and inspiring question and answer session, and ended with Brother Sumeet's melodious voice, singing for all participants. Many devotees have come forward to 'adopt a bed' in this magnificent Divine project and extend their support in various capacities.

Sai Prakashana

The Dutch translation team continue to incessantly work on the Sri Sathya Sai Uvacha series. Volume seven and eight, along with audiobooks for Volume four and five were completed.

Poland



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

The Association has continued its activity of food recovery and distribution. Food is regularly saved from being wasted and delivered to ten different centres in Warsaw mainly to refugees, single mothers, Alzheimer's patients, young people with difficulties, to shelters for the homeless in Warsaw and Wroclaw, and to shelters for animals in Bialystok. In June, the Association was able to provide 1,300 hot and fresh home cooked meals to the needy in Poland.

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



During the month of June, individuals and animals in need across several districts in Istanbul were provided with food, water, and in some cases, with necessary medical care. Once a week, food is cooked and served alongside with milk/yoghurt, and bread. Close to 2,000 meals were distributed door-to-door in the districts of Şişli, Pendik and Ömerli.

In Uskumruköy district, grocery boxes with a month's supply were handed over to 10 rural families in need. The supplies consisted of various food and hygiene items. The volunteers also helped those with meagre income by clearing their house rents, bills for utilities such as electricity, water and gas in the district of Şişli.

Region 4

Argentina



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



Prema Shanti Ashram

The construction of the auditorium at the Prema Shanti ashram premises is at its final stage of completion and is expected to be ready soon.

Food Distribution

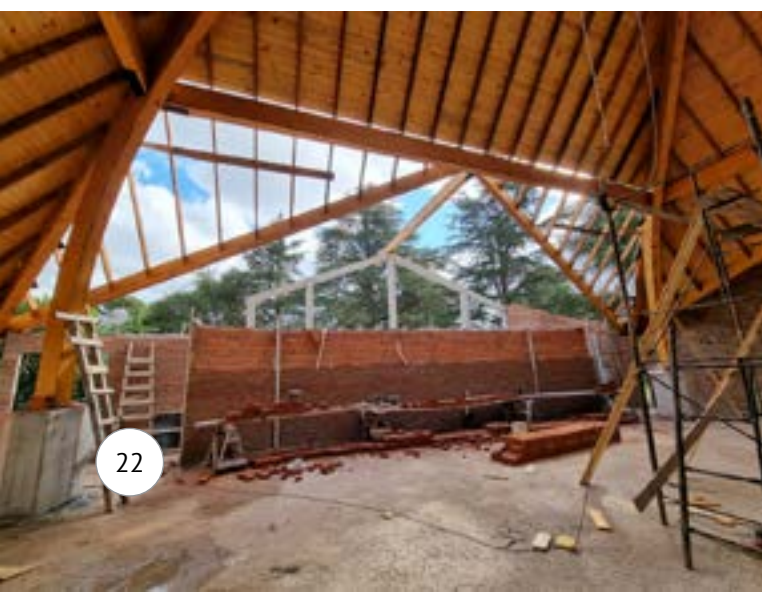
The ashram is carrying out a new service by helping 10 soup kitchens in the area of Escobar, where the ashram is located. For this purpose, the ashram has joined hands with a group of parents belonging to the community of Rudolf Steiner's Waldorf schools.



The collaboration is made to provide freshly cooked food along with warm clothing to the needy, so that they can protect themselves from the upcoming harsh winter. A knitting group has started working to prepare warm woollen clothes for the most vulnerable families.

Other sevā

'Values', a bimonthly magazine, which is put together by the members of the Latin American Institute of Human Values, continues to publish new issues. The primary audience of the magazine are teachers who impart values education to the students who are interested in these courses. The contents include various aspects such as education, environment, health, spirituality, biographies of inspiring personalities etc. which impart the essence of human values to the readers.



Region 4

Mexico



*Fundacion para el Desarrollo de la Excelencia Humana
(Foundation For The Development of Human Excellence)*



Food Distribution

Basic staple food packages were distributed to over 100 Tarahumara Indian families and indigenous people living in the Cerro Grande community; as well as bags with tortas (Mexican sandwiches), juice, fruit and snacks were distributed. Each food package included the basic food items required for a family of four members to prepare one meal a day for one week, totalling to 2,800 meals.

Values workshop

The third monthly session of the online workshop, **'The Journey of Human Development'**, imparted by Dr Ron Farmer and Mrs Suwanti Farmer, took place on June 12, 2021. The theme of the session was **'Living Human Values in our Everyday Life - Part One'** which was attended by close to 80 participants from different countries of Latin América.

The book written by them called, 'Mindful Parenting for a Meaningful Life' based on the education philosophy of Sri Sathya Sai Baba is being translated to Spanish language, which will prove to be of great help to Spanish speaking parents and educators.



'Teacher's Manual for Adolescents' was written in response to Sadguru's instruction in one of His trips to Argentina, where He indicated to write books on the five universal human values and the five elements for all age groups. The Latin American Institute of Human Values was given the task of directing this endeavour. Mexico chose the age group from 13 to 18 and 18 to 24 years.

The education committee of the Foundation discussed thoroughly as to, what would be the best means to accomplish the task and decided on teacher's manuals with lesson plans for students.

The objectives of the manual are:

- Become aware of their spiritual reality which manifests as the five universal human values
- To strengthen the character through Self-Knowledge, Self-Confidence, Self-Evaluation and Self-Control
- Be vigilant of the words, action, thoughts, character and heart (WATCH)
- Discover harmony and unity prevalent in creation



Region 4

United States of America



Divine Will Foundation



New Bus marks Clinic's Commitment to Mississippi

The arrival of a new shuttle bus to serve patients was the highlight of June 2021, commemorating the second anniversary of the Sri Sathya Sai Sanjeevani Medical Centre in Clarksdale, Mississippi, USA.

The new passenger bus which can transport up to 20 people at a time, equipped with a wheel-chair lift and decorated with handsome signage, was provided by generous supporters from Atlanta, Georgia. The bus is certain to be well-appreciated, serving the surrounding rural communities where prospective patients often do not have a reliable transportation to routine medical appointments or specialised treatment. It will provide a broad menu of free-of-charge services for uninsured women and children of the Mississippi Delta region.

The bus will help further the mission of the clinic to, 'Love all, Serve All'.

Oceanside, California

Every Saturday, a group of volunteers who call themselves '**All About Love**' sets up many tables on the sidewalk in front of a soup kitchen. This outreach started about five years ago by a Sai devotee. What started out as serving a few sandwiches, bananas and a bottle of water to the needy, by one person, has today embraced many more like-minded individuals from multi-faith backgrounds, who were inspired by the service. Many others graciously support with items like cans of beans, Ramen soup, dried beans, rice packages, granola bars, chips, peanut butter sandwiches, burritos, bananas, juice, oatmeal, cookies and water. During the month of June, the volunteers were able to support 160 meals through this soup kitchen.

Lessons For Life

How Can We Become Divine?

What is Divine? Man, minus desires is divine. Is it possible to give up all the desires? It is not. However, you have to give up the feeling of 'I' and 'Mine'. You should learn and enjoy what God has given you without the feeling of 'I' and 'Mine'. From 'I', you should move to 'We', and from 'Mine' to 'Ours'. Only then can you rise from 'We' to 'He', or God.

You have to progress from 'individual' to 'society' and from 'society' to 'God'—that is the way to become Divine. To think that only 'I' should be happy and healthy is wrong; the right attitude should be 'all must be happy and healthy'. If you pray and work for others, you will also become Divine. This is how Madiyala Narayan Bhat (Founder of Loka Seva Vrinda and two educational institutions at Muddenahalli and Alike in Karnataka, South India) enunciated the goal of human life as '*ātma kalyāṇa*' (Self-realisation) and '*loka kalyāṇa*' (welfare of the world).

'I' to 'We' to 'He'



My Inner Journey

The Elixir

By Father Charles Ogada
Founder of Spiritan Awareness
Initiative and a Catholic priest



Father Charles Ogada is the Founder of Spiritan Self Awareness Initiative, Founder of JOY village and a Catholic Priest. When he was seventeen, he had a profound spiritual transformation which changed the course of his life. Consequently, he joined the Spiritan order of the Catholic Church and after completing his seminarian training, he served as a parish priest in Nigeria. Later, he took an enormous leap of faith and founded the Spiritan Self Awareness Initiative (SSAI) in Enugu, Nigeria to help the rural population by providing educare, healthcare and sociocare.

“Seek the Truth of your existence”
- Sadguru Sri Madhusudan Sai

Few months ago, all of a sudden, I fell terribly sick and felt as though I was going to die soon. I was confined to seclusion in my sister's house. Slowly and gradually, my breathing started becoming faint and weak. Everybody, especially my children in the orphanage home, were so afraid with the thought that I was going to die. A cloud of heaviness hovered above the entire JOY Village, as the news spread rapidly. A wave of fear and question aroused in all the minds, ‘Did he contract the COVID-19 virus?’ Our doctors here were unable to diagnose and conclude, since there were no COVID testing kits available in the Village or in its vicinity.

The night was cold and could not cover me with her veil of sleep. Around 2.00 a.m. at night, I stared into the emptiness and an inspiration was born within to seek help from Sadguru Sri Madhusudan Sai. I woke up somehow in great difficulty and sent a message to Sadguru saying, “I have been very sick lately and I have suffered for the last three weeks consecutively.” The Master replied almost at once. His words were the ‘elixir of life’ for me. “Keep meditating in your mind on the truth of your existence”, he wrote.

Immediately, I sat still on my sick bed consumed with the passion to know the Truth of who I truly am. I thought to myself:

I am not this body – sick and feeble.
I am not this mind – worried about the body.
I am not these emotions – hovering around me like a cloud of dark energy.
I am not my children either – with the deep bonds of relationship built on the platform of oneness.
I am not JOY Village – and all the edifice of love and service standing tall and strong.
I am not my failures – and they are many.
Neither am I my successes – which I know are numerous too.
I am not a priest – and the habits and costumes which makes a monk



I am not God – and all the religious concepts and ideas which formed the substance of its very existence.

I am not anything;

I am not nothing;

I am not even I – projected as a reflection of its own Self!

And I am not this thinking process which says – ‘I am not this’ and ‘I am not that’.

I am not;

Yet I am.

Abiding in that stillness, beyond the movement of thought, I woke up smiling at what had made me cry a moment before. This smile, unaffected by anything that is, has never left me ever since. Needless to say, that my body regained its strength and flexibility again. My mind became healthy and whole, and my emotions glided gently like a wave in the ocean of my inner stillness. My children were very happy and JOY Village became truly a heaven filled with joy, yet again. Everything that I lost was given back to me in hundred folds, simply by seeking the Truth of my very existence. I realised the secret of the elixir of life – when I am not, then I am!

“Seek ye first the Kingdom of God. And everything will be added unto you.”

- Jesus Christ

*“I am not;
Yet I am.”*



My Inner Journey

sevā – A Journey of Self-Transformation

By Mrs Frances Seaton

Mrs Frances Seaton is a long standing devotee of Sri Sathya Sai Baba. Mrs Seaton and her husband, Mr Gary Seaton have been devoted to Baba, and had plunged their lives in to His service by becoming His instruments. In the year 2014, Mrs Seaton was drawn by the Divine love of her Master in His subtle form in Muddenahalli, Karnataka, South India. Baba then blessed the couple with the responsibility of establishing an ashram in Murwillumbah, Australia. Currently, Mrs Seaton is assisting her husband, who is the Chairperson of the 'Heart of Love Foundation', Australia. She takes care of the management of the ashram with undying enthusiasm and unflinching faith in Her Master.

An important phase of my spiritual journey with Swami in His subtle form involves, working towards the upliftment of women.

In July 2014, I happened to hear about the continuing mission of Sai and was drawn towards Him. In a personal interview, Swami asked Gary, my husband, "There are a few girls students for whom I want to build a hostel as they won't be able to complete their education otherwise." This was the beginning of my spiritual journey by becoming an instrument in the Divine hands. The words which came from the Divine mouth still echoes in my heart, "All that I need is your availability."



It kindled something in our hearts and at that very moment Gary and I made a pledge that we would do whatever we could to help Swami and further His mission. Since Swami had instructed that a girl's campus should be built in India, both Gary and I have been overwhelmed by this opportunity to be part of His Mission in this very special way. I call it as opportunity as I've watched this small seed grow into a sapling over a period of time.

It has been an absolute privilege to a part of this Divine play which requires tremendous amount of faith, courage, sacrifice and endurance. As the days passed and Swami's extraordinary mission kept unfolding itself, I was able to notice few positive differences in me.

As I understand, educating a girl child is the only remedy to end all the miseries which young girls face, especially those born in the third world countries and those from impoverished rural backgrounds, who are often treated harshly, as they are made to work from a tender age or by getting them married to elderly folks. Only a holistic education can help them come out of this vicious cycle including that of poverty.

"Human efforts and God's grace together can make impossible, possible".

Swami was and is working so passionately to uplift the lives of all the helpless girls, as He wants them to lead a better life, reach their highest potential and in return help others girls in need. It was a historic moment when the girls' brass band from Sri Sathya Sai Prashantiniketanam Girls Pre-University College at Chikkaballapur in South India, played 'Chariots of Fire' at the inaugural function of the Sri Sathya Sai University for Human Excellence at Kalaburagi, Karnataka in South India, which was the perfect example of women empowerment and upliftment of girl children who come from destitute backgrounds. The very sight was so fulfilling that it aroused a new zeal and ignited a new passion to serve more and more girls.

It is only because of Swami's love, His compassion, and His extraordinary blessings that He has bestowed on us with such a wonderful opportunity to transform ourselves by serving others selflessly. What a blessing! I now realise that all of us have been handpicked by Him

and it is not by accident that we are here. I personally have realised the truth that – 'Human efforts and God's grace together can make impossible, possible'. What was asked of me? Just to be available at all times for God, which I tried to be and rest was taken care by Him. Things happened through me as He willed it. And I say this with much conviction.

What is the main purpose of the mission and all these service activities? His mission and the only motive behind everything that He does is to transform us into God—our true nature—to spread goodness throughout the world in the form of selfless sevā. Now my only aspiration is to work relentlessly for the cause of His mission and thereby attain oneness with Him!

This journey of my life is a culmination of all the lives that I have lived. This gift is now in our hands. I wish and pray that the footprints of love and service be etched forever in our hearts.



