



वसुधैवकुतुम्बकम्

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Contents

Message from Sadguru Sri Madhusudan Sai	01
At The Forefront	
1. Dedication to the Nation - Sri Sathya Sai Sarla Memorial Hospital	02
2. Argentina - Love and Peace Ashram, Escobar, Buenos Aires, Argentina	06
In Focus - Sri Sathya Sai Premamrutha Prakashana	09
News from the Centres for Human Development	11
Region 1	
• Australia	12
• Fiji	13
• Japan	14
• Laos	15
Region 2	
• Middle East	16
• Nigeria	17
Region 3	
• Poland	18
• Turkey	19
Region 4	
• Argentina	20
• Mexico	21
• United States of America	22
Lessons for Life	23
My Inner Journey	
• Follow Before You Preach	24
• Swami is the Doer	26



Message from *Sadguru Sri Madhusudan Sai*

“Yes Swami”

The sweetest two words to my ears are **“Yes Swami”**, for they carry the essence of all that can ever be said to a *guru* by a disciple and to God by a devotee. These two words carry the entirety of devotion, commitment and surrender. However, it is never about speaking these from one’s lips but it must come out of the depths of one’s heart and that won’t happen unless one has prepared oneself over many years; nay...over several reincarnations to surrender and submit completely to the Divine Will.

In the nine kinds of devotion mentioned in the *Bhāgavatam*, the highest kind of devotion is *ātma nivedanam* or surrender, which is like a river merging into the ocean submitting itself spontaneously and entirely to the ocean, thus becoming one with it.

These two magical words can be spoken truly only by a devotee when he or she has reached the epitome of devotion, and that means there is no sense of individual-will left in the devotee, for he or she is simply existing now to express only Divine Will.

In the last ten years, the only thing that has made so many things happens around the world at such a scale and speed, is these two sweet words spoken by every individual, every family and every country I visited. The resulting accomplishments which are much beyond their human capacities, socially and spiritually, are testified by every edition of this global newsletter.

In the last few months, many devotees from India and abroad said these two words of surrender when they were asked to build the Sri Sathya Sai Sarla Memorial Hospital at Muddenahalli, and in less than six months the Hospital was made ready and dedicated to the service of the Nation by the honourable Chief Minister of the State of Karnataka on 27 August, who came to the *ashram* for the first time but acknowledged that his heart was full and words were few for he experienced the presence of the Divine here.

Today, this Hospital joins the ranks of the many existing Sathya Sai Free Healthcare centres, where we always say ‘Yes’ to those in need of health, irrespective of their economic status, or otherwise. And in this new Hospital, when we would be saying ‘Yes’ to every suffering patient who would walk in, we would be saying ‘Yes’ to God, ‘Yes’ to His Will.

But we are not done yet, for here we have already said ‘Yes Swami’ to the development of the second hospital and academic block to upgrade it to a medical college. The new block, **‘Sri Sathya Sai Rajeswari Memorial Block’** in loving memory of revered mother of Sri C Sreenivas - Dr C Rajeswari - who started the healthcare mission of Sri Sathya Sai Baba at Bangalore in 1976, is already underway.

And we have a short, steep, but sweet target to complete it within eight months at Sai speed!

So for this too, do I hear a ‘Yes Swami’ from all of us out there?

Dedication to the Nation - Sri Sathya Sai Sarla Memorial Hospital



**SRI SATHYA SAI SARLA
MEMORIAL HOSPITAL**

सर्वे सन्तु निरामयाः

Against the background of 70% of Indians living in rural areas without access to high-end speciality care, and on an average 60% of healthcare expenses being out of pocket, thus pushing 6 million people below poverty line every year, the **Sri Sathya Sai Sarla Memorial Hospital** stands tall as a beacon of hope by offering free of cost speciality care to the rural and underprivileged sections of the society.

The Hospital was dedicated to the service of the nation by Honourable Chief Minister of Karnataka, Sri Basavaraj Bommai, along with Dr K Sudhakar – Minister of Health and Family Welfare and Medical Education - Government of Karnataka on 27 August 2021.

The Sri Sathya Sai Sarla Memorial Hospital will be a 300-bedded medical facility and will grow in phases. In the first phase, the Hospital is being upgraded to a 150-bedded high dependency in-patient facility consisting of 125 HDU and oxygenated beds, and 25 ICU beds, with specially equipped paediatric and neonatal ICU facilities to be battle-ready, should there be a third wave of the COVID pandemic.

Construction of the Hospital commenced in 2015 under the guidance of Sadguru Sri Madhusudan Sai. On 14 January 2018, medical services commenced at the Sri Sathya Sai Sarla Memorial Hospital in memory of late Mrs Sarla Indulal Shah, an ardent devotee of Sri Sathya Sai Baba who dedicated her life for the service and upliftment of women and children.



Sri Sathya Sai Sarla Memorial Hospital, Sathya Sai Grama, Muddenahalli, India

The Hospital serves patients in various disciplines of General Medicine, Paediatrics, Obstetrics and Gynaecology, Dentistry, ENT and Physiotherapy. Many voluntary caregivers extend their love and compassion by visiting the Hospital regularly to provide specialty services such as Orthopaedics, Podiatrics, Cardiology, Neurology, Dermatology, Plastic Surgery, Endocrinology, Radiology, and Community Medicine.

Through the Divine Mother and Child Health Program, the Community Medicine initiative, **over 85,000 children** from 600 Govt schools have been screened. As of August 2021, lives of about **16,000 expecting mothers** have been touched and enhanced by improving vital parameters such as haemoglobin and calcium levels, controlling gestational diabetes and blood pressure, etc.

Dedicating the Hospital to the service of the nation by Honourable Chief Minister of Karnataka, Sri Basavaraj Bommai, along with Dr K Sudhakar – Minister of Health and Family Welfare and Medical Education - Government of Karnataka on 27 August 2021



At the Forefront

Dedication to the Nation - Sri Sathya Sai Sarla Memorial Hospital



To reach out to a wider patient base, the Centre also conducts monthly medical camps, and takes healthcare to the villagers' doorsteps and pays periodic visits to government schools in the vicinity. Since September 2020, the hospital has served over **17,000 children** in the age group of 0 to 6 years for congenital heart disease screenings, from over **700 anganwadis** across all the **6 taluks** of Chikkaballapur district. During the pandemic lockdown, when patients were unable to come to the hospital for their regular check-up, medicines were systematically packed and delivered to their homes.

Soon, the Sri Sathya Sai Sarla Memorial Hospital will grow into a **teaching and training** hospital, which will produce paramedics, nurses, doctors and other healthcare professionals, who are willing to dedicate their lives in the service of the sick and impoverished citizens of the nation.

Expansion plans are already underway, and the ground-breaking ceremony for a new block - Sri Sathya Sai Rajeswari Memorial Block - adjoining the current hospital building was performed by the Honourable Chief Minister of Karnataka, Sri Basavaraj Bommai, along with Dr K Sudhakar - Minister of Health and Family Welfare and Medical Education - Government of Karnataka on 27 August 2021.

' vaidya sethu ' - tele-health services offers free consultations and prescriptions through a phone call. An Advanced Foetal Medicine Centre with integrated fellowship programme will also commence in the last quarter of 2021.

<https://www.ssssmh.org/>



“It is my firm conviction that without a divine intervention, such service-oriented minds cannot come together.

Sri Sathya Sai Sarla Memorial Hospital—Sathya Sai means 'Truthful', 'Omnipresent Spiritual Power'. Sarla means 'Simplicity.' Wherever there is spiritual power, simplicity simply follows. There will be no flamboyance. Simplicity with Divinity is *sevā*. What kind of *sevā*? It should be a *sevā* that is rendered to the ones who are suffering and who are in pain. Healing can be done only by the Divine. Only God can heal the pain. Doctors are blessed because theirs is a noble profession. God has bestowed the power of healing on the doctors.

Here, the Divinity has commanded the doctors to perform the noble action of healing; and therefore, I feel that the name of the Hospital is very appropriate.**”**

Basavaraj Bommai
Honourable Chief Minister
State of Karnataka



Argentina



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

It all began in September 2016, when Sri Sathya Sai Baba in His subtle form visited Argentina. During the interview, which He graciously granted to the group of devotees at Dr Jorge Berra's house in Argentina, He revealed about the coming future to them. He said, "Prema is going to be walking around here." While the devotees gathered there were caught by surprise, for that sounded like an augury of the Divine Descending, they were still trying to comprehend the significance of what Swami meant. Swami with His utmost compassion and mercy continued, by revealing His Divine plan, when He said that an ashram will come up there. Dr Berra and Mrs Rosana Berra were stupefied to hear this, and they clarified with Swami whether He meant 'their house.'

To take the readers through a flashback here—it so happened that Mrs Berra came across a beautiful and big residence that was empty and her intuition prompted her to utter the words—"This house looks good for an ashram." At the interview, Mrs Berra's daughter reminded her parents about the big residence they had seen near their home, and Swami immediately remarked, "Yes, that is the one." Swami immediately identified His instruments for the task and handed over the responsibility to them, for the purchase of the house for His ashram.



Just to be double sure of what Swami revealed, Dr Berra drove Swami up till the gate of the house, on their way to the Satsang venue. Dr Berra once again enquired with Swami about the house and Swami reconfirmed His plans by even disclosing the interiors of the house, which no one had ever visited before. Later, the Argentinian team found Swami's description of the house, correct to the T. This was the proof of His omniscience!

The challenge to procure the house was huge and beyond the capacity of the Argentinian team. However, Swami's guidance and support made it all happen, phase by phase, stage by stage, and today after five years the team knows—'while the human possibilities are limited, the Divine potential is unlimited.'

The first step that was taken in the direction of buying the house was to set up a Foundation, as per the guidance of Swami. Thus was established—Fundación Sai Prema de Salud, Educación y Valores Humanos (Sai Prema Foundation for Health, Education and Human Values), the name of which was given by Swami Himself. Swami had already revealed then that the Foundation will be approved by the time Swami would visit Argentina for the second time, which means within a year's time.

This was an unimaginable possibility in a country like Argentina, considering the elaborate administrative procedures of the Argentinian Constitution. However, true to His words, the approval of the constitution for the Foundation came exactly, when Swami was about to land in Argentina for His second visit in October 2017.

Ultimately, on January 6, 2018, the team signed the purchase of the house on the blessed Epiphany Day—the day celebrated by the western world as the arrival of the kings from the East, in search of the birthplace of infant Jesus. The purchase of the house, in fact, was clinched for exactly the same price that was quoted by Swami. Is this any surprise for the readers?

गुरोक्तवाक्ये मनो यस्य लग्नं

guroruktavākye mano yasya lagnam

Meaning: Let our minds be wedded to the words of the Guru.

This is exactly what the Argentinian team followed and the rest fell in place.



In the Divine Presence of Swami, along with the leader of the Catholic Church – Monseñor Nestor Villa – Diocesan Delegate for Ecumenism and Interreligious Dialogue, Ambassador of the Republic of India, various ministers, spiritual heads of different religions, representatives of different service organisations, and dozens of devotees from the neighbouring countries, the ashram was inaugurated on **September 25, 2018**. As per Swami's instructions, an ecumenical event was held for the inauguration.

The same year the Latin American Institute of Human Values was also inaugurated as per Divine instructions. A Conference was held in the following year, in the presence of Swami.

Currently, the construction of an auditorium within the ashram premises is in progress. This is being carried out under the direct supervision of Swami by one of the members of the Foundation, who is an architect himself. The auditorium's architecture is planned in such a way that it will blend beautifully with the main house and the surrounding nature of the house.



Love and Peace Ashram, Escobar, Buenos Aires, Argentina



At the Forefront



As per the Divine guidance, the Foundation is currently engaged in the below projects:

‘Love and Peace’ - The Centre for Human Development and Service conducts meditation, study circles and yoga

Over 21,000 meals have been served to the homeless in different parts of the country like Buenos Aires, Belén de Escobar, La Plata, Misiones Province, Salta and Córdoba. During these visits to the homeless, the group also spends time with the children in slums by playing with them and involving them in few activities

Latin American Institute for Education in Human Values has produced 20 books on human values for children, adolescents and adults. Members from Argentina, Brazil, Colombia, Mexico, Chile and Venezuela participate in these programmes. The Latin American Institute of Human Values also publishes ‘Values’—a monthly magazine which imparts values education to the students on various aspects such as education, environment, health, spirituality, biographies of inspiring personalities etc.

‘Seeds of Love’, a Spanish Radio Programme is aired in Sanathana Vani (The Voice Eternal), which is a radio channel that serves as a global platform to associate with various spiritual and service-oriented organisations to convey the message of Love and Peace

Translating and publishing books on Sai Baba

The only aim and goal of the Foundation and all its member is to ‘Love All and Serve All’.

Let Thy Music Flow Through Thy Hollow Instruments!



In Focus

Thus Spake Sai

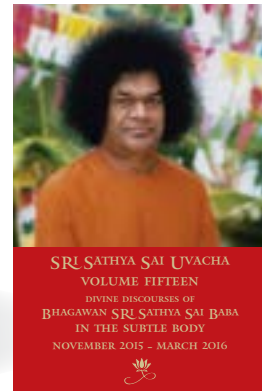
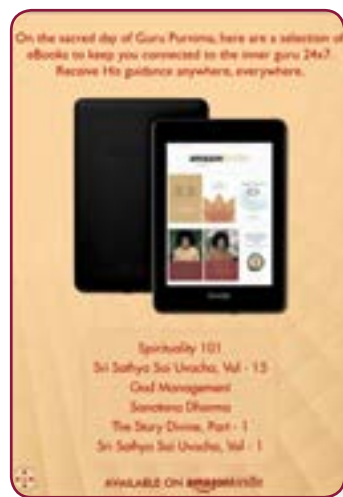
Sri Sathya Sai Premamrutha Prakashana, a.k.a. Sai Prakashana is an important wing of Sadguru Sri Madhusudan’s global mission. In *śrīmad bhāgavatam*, little Prahalada explains the nine forms of bhakti or *navavidhabhakti* which will lead one closer to God—to his father, king Hiranyakashyapu—*śravaṇam* (listening to the glory of God), *kīrttanam* (chanting His glory), *smaraṇam* (remembering God), *pāda sēvanam* (serving God’s feet), *arcanam* (worshipping God), *vandanam* (adoring God), *dāsyam* (serving God as His servant), *sakhyam* (developing friendship with God) and finally *ātmanivēdanam* (total surrender of oneself to God). The foremost step in the spiritual journey is *śravaṇam* or listening to the glory of God and higher truths of life. And what a great good fortune to the whole of mankind, to have God Himself as the Guru in the name of Sri Sathya Sai Baba totally manifesting in the form of Sadguru Sri Madhusudan Sai, who is the fountainhead of all the wisdom of the cosmos, who is teaching the decoding of life and explaining the higher truths in the simplest way possible! He is not only guiding the entire mankind through His speech, but also ensuring that every single soul who has come to His refuge is progressing in this path.



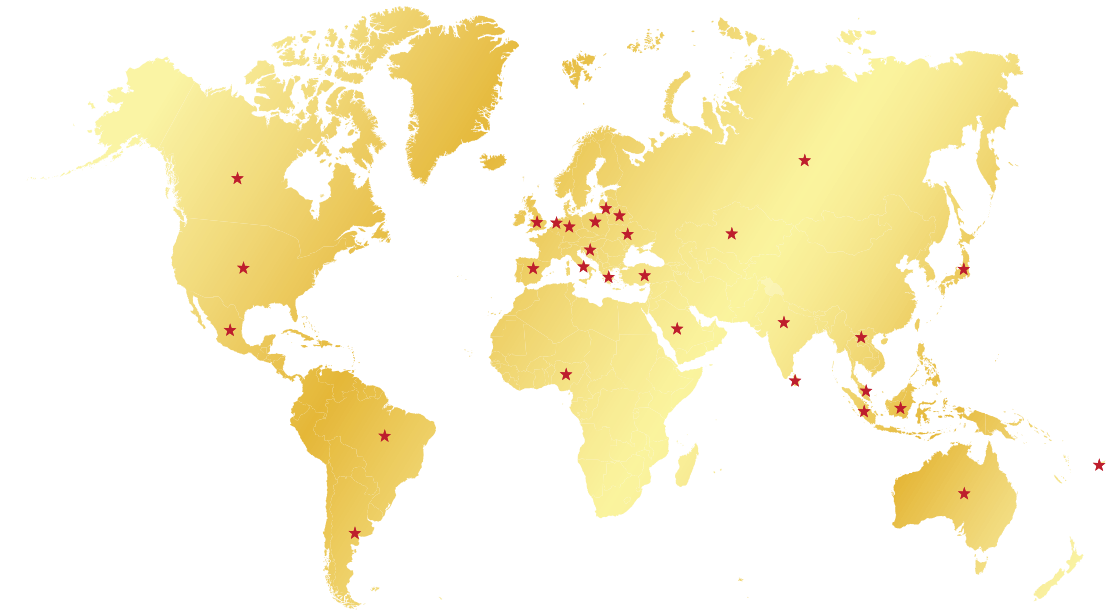
Today, Sri Sathya Sai Premamrutha Prakashana is serving as a lighthouse to the entire world, spreading the light of wisdom to every nook and corner of this planet and reaching millions of people who are stuck in the darkness of ignorance. It all started in the year 2014, when Sri Sathya Sai Baba, out of His immense compassion and mercy, decided to come back in His subtle form and continue His unfinished mission. It was the blessed soul of Sri Madhusudan, whom He chose as an instrument to communicate His message to all. In 2014, Baba rendered His first public discourse in the hill-top bungalow at Kodaikanal in South India, through Sri Madhusudan. It was then, Mr Issac Tigret, Founder of Hard Rock Café and House of Blues recorded the Divine Discourse and made it available to the public for listening and further contemplation.

Later, Swami declared Mr Issac Tigrett as the Chairman of Sai Prakashana and handed him the responsibility of recording, transcribing, and spreading the message of Sai. Sri Sathya Sai Uvacha was the first book that came into existence, covering the Divine discourses delivered by Baba from May 2014 to September 2014, which later grew to become a series of books.





News from the Centres for Human Development



Fifteen volumes of Uvacha have been published till date. Sai Prakashana comprises not only books and publications, but also communications, photography, audio, video, and a radio channel named Sanathana Vani. Today, these verticals of Sai Prakashana are ably led by Sri Suchetan Reddy and Ms Geeta Bharati, under the direct guidance of Sadguru.

Till date, numerous books, magazines, audio and video CDs, and various programmes on its radio channel have been published. The vision and mission of Sai Prakashana is to guide mankind towards Self-realisation by spreading the teachings of Sri Sathya Sai Baba and Sadguru Sri Madhusudan Sai, globally through diverse platforms; whilst preserving the purity and originality of their teachings. The content published by Sai Prakashana is translated into more than 30 languages, by the dedicated team of translators across the globe. Few of the featured books are Sri Sathya Sai Uvacha series, The Story Divine series – autobiography of Sadguru Sri Madhusudan Sai; Sanatana Dharma by Sri B N Narasimha Murthy; Karishye Vachanam Tava – A Life in Surrender authored by Bhuvana Santhanam, etc.

During the auspicious occasion of Guru Purnima 2021, Sai Prakashana team reached yet another milestone by launching e-books on Kindle and also several audio books. The ongoing pandemic has made it difficult for people to travel outside their houses and purchase their favourite books in printed format. To provide solution for this particular issue, the Sai Prakashana team worked day and night to convert all the books into e-books and made them available to all via online platform. Now, the readers can have access to all the books on their personal Kindle devices and can imbibe and practice the teachings of Sai in their daily lives. The saga of imparting wisdom continues...

KINDLE:

Amazon Kindle is the largest platform of e-books marketed by Amazon. There are a series of e-readers designed by Amazon which enables e-readers to browse, buy, download, and read e-books, newspaper, magazines and other digital media via wireless networking to Kindle store.

"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

In Queensland, the volunteers served a total of **1,025 meals** in the month of July which included—Fresh and hot homemade meals that were served to homeless every single morning in the city area. The elderly and residents of a Caravan Park, as well as other vulnerable community members were served with meals. In addition to this, breakfast service was started for primary school children in the northern part of Brisbane.

Melbourne

The volunteers in Melbourne provided pantry items ranging from breakfast items to provisions for meals, equivalent to **180 meals**, to the refugee families with young children.

Perth

In the month of July, the volunteers joined their hands with local organisations to serve a greater number of individuals in need. Close to **110 meals** were served with the help of two local organisations, which catered to the needs of homeless youth and vulnerable families. Provision of pantry staples to another local organisation—equated **332 meals** that helped the refugee families. Another **142 meals** were distributed in the form of pantry staples to the women community, who have been abandoned due to domestic violence from the town of Denmark and Western Australia. These women were also provided with blankets, scarves, beanies, mitten and doona (quilt).

Volunteers from Perth conducted a health education session for migrants and refugees. This session was conducted by two of the volunteers who are also health professionals—a doctor and a nurse, on the topic –Stress Management and Mindfulness. There were approximately 33 students from migrant and refugee backgrounds.

Region 1

Fiji



Sai Prema Foundation



Sai Prema Reached Out to a COVID Impacted Village

Whilst hundreds of families are assisted by Sai Prema Foundation in Fiji, one story particularly touched the hearts of the members of Sai Prema.

In the Western region of Fiji, lays a village in the outskirts of the town of Nadi – Vatutu Village. Around 160 families reside in this village. Due to the outbreak of COVID-19, the people were in lockdown for almost one month. Families struggled to put food on their table.

The Vatutu villagers had endured 12 months without any source of income, as most of the breadwinners of the village were from the tourism industry. Most of them became unemployed and were depending on assistance from the Government and NGOs.



According to the village head, Mr Solomoni Vamulua, Sai Prema Foundation and their distribution partners were the first to reach out to 160 families in the village and they were very grateful for the assistance. The villagers were full of smiles and tears as they received their grocery ration packs.

“I want to express our gratitude and appreciation to Sai Prema Foundation for the great love they showed. We are all very grateful for their support. They have felt for our people as we have been in total lockdown without receiving any support”, said Mr Vamulua.

Region 1

Japan



Home of Universal Peace

Meals Distribution

More than 150 meals were served to the needy in the Kanto area of Japan during July 2021. After entering the Olympics period, volunteers and devotees continued to serve on an individual basis, due to certain restrictions which were imposed by the government. In the Northern part of Japan, **70 meals** were supplied to a local food bank which in turn distributed it to the low-income families.

Educare – (Human Excellence Academy of Japan)

In continuation to the online 12-month programme on 'Journey of Human Development' conducted by Dr Ron and Suwanti Farmer, the fifth session was conducted in the month of July. This particular session was titled 'Living Human Values in our Everyday Life – Part 3'. The participants learnt the true meaning and importance of practising stillness and silence in daily life, and ways to forgive—including one's own mistakes—through following the teachings of Buddha which says, "Forgiveness is a loving and compassionate gift. It is the Giving, and so the Receiving of Life". In the session, participants had a glimpse into immersing the mind in the luminous silence, through visualisation technique – Guided Imagination.

The series of sessions on 'Mindful Parenting' were also conducted twice a month, with three single mother participants, focussing on the theme— 'What is mindfulness; how and why is it useful in daily life, especially during parenting?'



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

In the month of July, the Trust served 16 individuals/cases through disability support service. Out of the 16, six cases were concerned with consultation and respite care for mothers, and one of the cases was concerned with administrative support and consultation for further development of the baby. The consultation and respite care for the mothers include self-reliance training support for the child and consultation on the parasuicidal behaviour of the child. The disability support service assisted in transportation of children suffering from neurodevelopmental and other mental health conditions, by accompanying them to and from school and home.



Region 1

Laos



*Sri Sathya Sai Foundation
Lao PDR*

New Computer Lab for Boys' Campus – Sri Sathya Sai School Lao PDR

A second computer lab has been set up at the Secondary and Higher Secondary Boys' campus of Sri Sathya Sai School Lao PDR. The computer lab was set up as per Sadguru Sri Madhusudan Sai's guidance. Earlier, a similar computer lab was set up in the Girls' campus.

The lab currently has 22 computers and its accessories. With the commencement of the new academic year in September 2021, the computer lab will be an important learning tool for the Secondary and Higher Secondary students. Boys from Grade six will be shifted to the new campus from this new academic year.

Currently, infrastructure for the Higher Secondary School for Girls is under progress.

Sri Sathya Sai Foundation in Lao PDR is involved in several other initiatives as mentioned below:

- a) Construction of new infrastructure for Higher Secondary School for Girls.
- b) Expansion of assembly hall, kitchen and canteen areas.
- c) Establishment of computer lab.

Apart from these initiatives, setting up of library for the Boys Campus is currently being mooted.



Region 2

Middle East



Provision Kits Distribution at Desert

23 camel caretakers were provided with groceries, fruits and vegetables in the form of Sai Love kits in the month of July. Approximately **1,380 meals** could be prepared out of the kits which were distributed. During interactions with these caretakers, few of them shared their personal experiences with the volunteers. One of them shared that, since the Sai Love kits were distributed to them, it was possible for them to save a little chunk of money which would otherwise be spent on the purchase of groceries. And now, with that saved money, his family which is staying far away is able to lead their lives comfortably.

Provision Kits Distribution to Fishermen

25 fishermen were provided with Sai Love kits and were also served fresh home-made dinner every day. The Sai Love kit consisted of essential groceries like rice, flour, sugar, salt, lentils, tea powder, spices, cooking oil, along with basic hygiene products. These kits can suffice a month's food requirement and were equivalent to **1,500 meals**.

OMAD - One Meal A Day

OMAD is an initiative started by Sadguru Sri Madhusudan Sai, where each volunteer is expected to feed one meal a day to a needy individual. As Taiba Amin quotes, "Feed the hungry and the happiness that flows, is priceless"—true to these words the benefactors were the ones who benefitted the most out of the sevā. The volunteers served close to **674 meals** in the month of July. Cooked meals along with fruits, biscuits, juice, tea/coffee, laban (buttermilk) were also served.



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 the remote rural areas of 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 treating children and adults from all age groups. The Hospitals treat an average of **72 patients every single day**.

During the month of July, the Hospitals served **555 children, 1,108 adults and 120 eye patients; 21 deliveries** were also as conducted. Surgeries and several other procedures such as appendectomy, lipoma incision, manual vacuum aspiration, catheterisation, etc., were also conducted successfully, which helped the rural population in both the States immensely.



Educare

The Embodiment of Love Academy (TELA) comprises of Nursery, Primary and Secondary schools. Presently, TELA provides free quality education for a total of **1,185 children**, who come from families with low income.

JOY Village Breakfast Programme

The breakfast programme, Biarienu feeds an average of **130 students**, who come from very poor background, with hot and healthy breakfast. These children, most of the times come to school on an empty stomach. Joy village recently extended its school feeding programme by feeding around **500 underprivileged school children** from two schools in Ezeagu community. A total of **13,120 meals** were served in the month of July.



Region 3

Poland



Stowarzyszenie Love All – Serve All (Love All – Serve All Association) Poland

In the month of July, the Association distributed monthly provision packages which **benefitted 70 needy individuals and families** in Poland. Each package included rice, oil, cheese, sugar, milk, juices, fruits, etc.

In addition, the Association joined hands with the Warsaw Seva Association and served close to **50 people** with hot and healthy Indian meals along with lemonade.



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

The Association has set up a Facebook page, where people in need can ask for help. This has helped the Association to reach out to more individuals and extend a helping hand to them. In the month of July, the volunteers helped the patients of the mental health unit in a local hospital, in the region of Silesia, where around **60 new bed sheets** were provided and **30 individuals** were served sweets, fruit juices, and personal care products.

The Association continued its activity of recovery and distribution of food. Close to **1,300 individuals** from different homeless shelters in Warsaw, Wroclaw and Bialystok (mainly refugees, single mothers, Alzheimer's patients, young people with difficulties, were provided food supplies. Few of the animal shelters were also supplied with food items.

Turkey



Karşılıksız Hizmet Vakfı (Selfless Seva Trust)



Once a week, food was cooked and served alongside milk/yoghurt, and bread. A total of **1,155 meals** were distributed door-to-door in the districts of Şişli, Pendik and Ömerli.

The Selfless Seva Trust cooked and served meals along with milk/ yoghurt, and bread to needy individuals, on a weekly basis. In the districts of Uskumruköy and Şişli, boxes consisting of grains, pasta, sunflower oil, cheese, milk, olives, tea, sugar, flour, and hygiene products were distributed to **11 needy families**. In Pendik District, **18 families** in need were provided with clothing and shoes.

The volunteers extended their support to needy families 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)*



A new issue of Human Values magazine put together by the Latin American Human Values Institute was released, which included, among other articles, an article from Sadguru Sri Madhusudan Sai, and an interview with Connie Shaw—a long standing devotee of Baba, as the highlight of the issue.

Through project Assis Alimentare, provisions were delivered to numerous soup kitchens in different areas of the country, including Escobar and La Plata in Buenos Aires Province, Merendero Adonai in Capilla del Monte in Cordoba and at the Children of Juan and Evita in Buenos Aires city.

On July 25th, the Indian Ambassador His Excellency Mr Dinesh Bhatia visited the Prema Shanti Ashram in Escobar, Buenos Aires, Argentina. He was pleased with the facilities which the ashram provided and lauded the efforts undertaken by the ashram in the betterment of the people of Argentina. His speech is available in both, Spanish and English languages. (<https://youtu.be/6W8ECz8Pr-0>)



Region 4

Mexico



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



Food Distribution

Food packages consisting of beans, rice, lentils, sugar, and cooking oil were distributed to **100 families** in the Cerro Grande Community. Apart from that, flavoured milk was also served to over **35 children**. A total of **2,800 meals** were served during the month of July.

Values workshop

The fourth session on the topic '**Living the Human Values in Daily Life - Part 2**', of the online workshop - **The Journey of Human Development**, was conducted by Dr Ron and Suwanti Farmer in the month of July. Over **65 individuals** participated from different countries of Latin America.



Region 4

United States of America



Divine Will Foundation



Clarksdale

Sleep Lab Helps Patients Breathe Easier

A good night's sleep is recognised as a key component of health. The Sathya Sai Sanjeevani Medical Centre in Clarksdale, Mississippi has launched a sleep disorder clinic in the month of July.

Under the direction of Dr Gowdhami Mohan, a pulmonary and sleep disorder specialist, the Centre offers an in-office sleep laboratory where patients are electronically monitored for disturbances while slumbering in a controlled environment.

It is estimated that four percent of US adults suffer from sleep apnea, a breathing disorder often associated with snoring, which inhibits oxygen sent to the brain and heart. This disorder can lead to health problems, including headaches, chronic fatigue, high blood pressure, strokes, heart attacks, anxiety and depression. Obesity, common in rural Mississippi, is a contributing factor for many sleep disorders.

The Centre's sleep diagnostic tools provide crucial information for prescribing Continuous Positive Airway Pressure (CPAP) machines and other therapies that assure more restful sleep for patients.

Sathya Sai Sanjeevani Medical Centre, Clarksdale, Mississippi



Lessons For Life

What is the best prayer we can offer to You, always?

“Make all of us like You”

The best prayer is, “Make me like You.”

ब्रह्म वेद ब्रह्मैव भवति

—‘*brahma veda brahmaiva bhavati*’,

it means that the knower of Brahman verily becomes Brahman.

Your prayer to Me should be – “*Make all of us like You.*” Like a sculptor, I am ready to sculpt you into a divine statue—but, to do that, I need to remove all that is not Divine. The statue does not appear in the stone from somewhere else; it is already hidden within the stone. Hence, I must remove all that which is not Divine and cast it away—then, what remains is Divine.

You have a heart, a mind and a body. You should recognise the fact - “*The body and mind are not Me; the heart alone is Me.*” When I try to remove the attachment to body, or attachment to mind, it is like removing the unnecessary parts of the stone, which do not constitute the statue. When I hammer you, break you and chip you, you cry saying, “*Enough, Swami! I don’t want to undergo this pain!*” As the saying goes, “*No pain, no gain.*” You must let go of what is not ‘Me’ in you, so that what remains at the end of the process is God. This process is called Self-realisation.

There is a difference between Self-achievement and Self-realisation. Self-achievement is to attain something which is not there, like achievement in an exam, achievement in sports, achievement in music. Self-realisation is just to know what you already are—and give up all that you are not.

Be ready, be willing to offer yourself like a piece of stone to Me. Like a sculptor, I will chip all that is not you. Whatever pain you undergo is imaginary, because you imagine that you are the body and so you suffer the physical pain; or imagine that you are the mind and so you suffer the mental pain. If you remember that you are only the heart, you will suffer no pain and will be happy to get rid of all that which is not you.

Suppose you go out and fall into a big muddy ditch—you know that all the mud that is sticking to you is not your skin. What do you do? Immediately, you want to wash it off, because that is not a part of you. Similarly, once you know that you are not the body or the mind, you would immediately want to get rid of them. I will help you to wash away the mud of ignorance, with the soap of love and the water of service. With these, I will bring you back to what you truly are, and remove all the ego and attachments which makes you impure. Be 100% willing to offer yourself to Me and let Me do My work—then you will definitely be able to become Me.



My Inner Journey

Follow Before You Preach

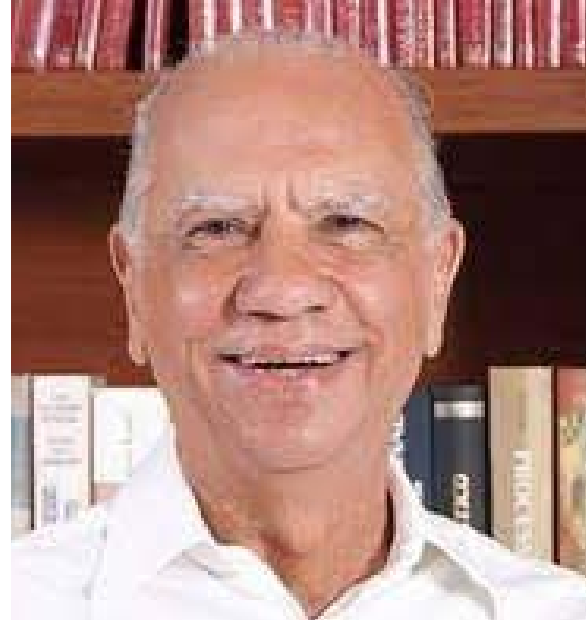
By Mr Gonçalo Medeiros

Mr Gonçalo Medeiros, after graduating in Philosophy, worked at Banco do Brasil and Banco Central do Brasil as a System Analyst. At the National Treasury Secretariat, he was responsible for implementing the Union's budget system in the country. On behalf of the Presidency of the Republic, he was one of the Coordinating Officers at the UN Earth Summit 1992. Under the guidance of Sri Sathya Sai Baba for the last 25 years, Mr Gonçalo is enlightening many teachers and the general public with the higher truths of life.

For the past many years, I was looking for a Master who can make me understand my inner world – my true Self. I prayed and prayed for this to happen, and my intuition always prompted me that I would find Him in India, and He was going to bring a new path of evolution for mankind.

While the Master did not appear physically, I practically devoured every book within my reach. One of the books contained an unforgettable message: 'When the disciple is ready, the Master appears.'

Meanwhile, at my house, I promoted rituals that worship nature and the universe, during weekly and monthly meditation group meetings. On one such day, the ritual performed was coinciding with the new moon day that it was, and I experienced an unusual occurrence in which I found myself in the zodiac palace comprising of the 13 great beings.



They took me through many special rooms where they promoted cell healing through a special sort of thread. After passing through all the rooms, I returned to the great hall and the great beings offered a prayer of thanks for my search. I asked if I could ask questions to them and they consented to it. I posed many questions to them few of which are mentioned below:

I asked, "Why are you grateful for my search?" They replied, "Because your search helps us." While our conversation went on, I commented, "Millions of people seek temples in the world". "Yes, millions seek temples, but they do not surrender", they said. Eventually, I popped out the most important question that was looming large in my heart, "I have been looking for my Master for so long. Are you my Masters?" To this, they replied, "No, we are not your Masters. Your Master is in India."

Finally, in 1986, I joined a tour to India that would visit the ashram of a Master, who people claimed to be the manifestation of the cosmic energy. After visiting temples in several States in India, we arrived at Puttaparthi and stayed inside the ashram. On the third day, during the morning darshan, Swami stopped right in front of me and asked me as to where I was from. To this I replied that I was from Brazil. He further asked me the total count of the number of people in our group that had come for His darshan. I told Him that we were 23 people in total. Pointing towards the interview room, He said, Go!"

"To live like God on a day-to-day basis, just see good, hear good and speak good."

In the interview room, Swami asked the entire group – "What is the greatest force on Earth?" Several answers came like—earthquake, typhoon, volcano, cyclone, etc. Swami then explained about the 'greatest force' with utmost patience and compassion. He said, "The greatest force on Earth is devotion. I am beyond the five elements, and nothing in this universe can enslave me like the devotion of a devotee." Then He asked, "How can we live like God, daily?" Each one in the group came up with different responses like—undertaking certain rituals, self-effort, etc. At the end, Baba cleared all our doubts by revealing the highest truth in the simplest way possible! He said, "To live like God on a day-to-day basis, just see good, hear good and speak good." This revelation was something which kindled all the hearts present in the room and served as a guiding light to progress in the spiritual path.

On my third visit to Puttaparthi, I delivered a letter to Baba, asking Him to lead me to the understanding which I had been looking for. His answer was just one small line, He said "Install Me in your heart." During the same visit, Swami guided me to teach children in the government and private schools of Brazil, about the universal human values, and to create videos on values to make it interesting for the student community.

I believed that human values can be taught only by being an example—and for that, practising values in daily life is very important. As it is rightly said in Indian scriptures—'ācarati iti ācārya', which means 'one who practises what he preaches is a true teacher'. Without practising what is being preached, the teachings will not have a beneficial impact on the receiver. Swami put me in umpteen circumstances, where I had to apply human values practically, and this nurtured the hidden values in me.

To arrive at this understanding of practical spirituality, Swami helped me through every step, guiding me from within my heart, even for the most mundane things like—what I should do during the day, where I should go, when I should return from a particular place...etc. I gradually developed an intimate Master-disciple relationship with the Swami in my heart, through which I was able to imbibe the deep learnings imparted by Him. He is truly the master puppeteer, who holds the strings of our lives. It is only by letting go of our false identity that we can let God inside. This is my only endeavour—To Be More and More of God and less and less of me, until I ultimately become Him.



My Inner Journey

Swami is the Doer

By Mrs Shalini Daswani

Mrs Shalini Daswani is a long-standing devotee of Sri Sathya Sai Baba since the tender age of 12. After her marriage, Mrs Daswani, along with her husband, plunged herself into the service of people in need. Under the Divine guidance of Sadguru Sri Madhusudan Sai, the couple has been the instruments of service for several projects that are undertaken in Hong Kong. Currently, Mrs Daswani is actively involved in serving people through the 'Feed Hong Kong Kitchen', which was inaugurated by Sadguru for feeding many individuals with love and care every single day.

It was January 2017, when I was sitting in the proximity of Sri Sathya Sai Baba in His Subtle form, in a small interview room in Singapore. Irrespective of the name, form or the instrument through which Swami was flowing through, I was certain of His presence unmistakably, and it felt magnetic. We started discussing about His trip to our home at Hong Kong.

When Sri Madhusudan Sai visited Hong Kong in March 2017, His trip was solely to show all of us His immense love and compassion. After tasting the sweet nectar of His love, it left me striving for more; and so in the month of May, I took the opportunity to go to India for the inauguration of Sri Sathya Sai University for Human Excellence at Kalaburagi in Karnataka.

The trip was indeed baffling. The University looked magnificent in the form of a beautiful edifice, in the middle of a small village, and imparted the perfect mix of academic and spiritual curriculum, which to me was an unbelievable rare amalgamation that is not to

be found elsewhere. The love and care from the students and staff of the University really touched me. From then onwards, it has been an evolving journey for me.

I have been in Baba's fold from the tender age of twelve. The last 20-30 years of my life was spent in involving myself in some or the other service projects of Swami; be it schools, hospitals, or infrastructure; only to enjoy the proximity of the Lord. But, my perspective towards sevā changed completely in July 2017, when I visited the Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Nava Raipur, on the auspicious occasion of Guru Purnima, as per the command of the Lord through Sri Madhusudan. I was made to stay for a night at the Hospital to witness the surgery that was being performed on the little heart of a two-year-old baby. Spending almost two days with little babies suffering from congenital heart diseases, melted my heart with compassion for them. The true journey to serve the unserved began here!



Swami was preparing me to render services in Sri Sathya Sai Sanjeevani Hospitals in Mumbai (India) and in the islands of Fiji, with the intention to spread love and compassion to all. Every act of sevā that I was involved in nurtured me internally. It made me realise that I was not the doer. Many projects which Swami would put me into were, in my view, beyond my ability, but when the results would come, I would just be amazed. Both my husband and I knew that these were God's interventions. Witnessing the amazing results that many times seemed like miracles, made me believe that we are mere instruments in the hands of the Divine and He alone is the doer.

With all the experiences that He bestowed on me, I have learnt to submit all my faith on Him; to strive my best and leave the results to God. Everything happens according to His will alone. Now, I'm more confident and I'm ever ready to do more. Earlier I never believed in myself, because of my ignorance which claimed doership.

In February 2020, Sri Madhusudan Sai graciously visited my home at Hong Kong. During this particular visit, He asked us to open a kitchen and named it as '**Feed Hong Kong**'. Not being so much of a domestic person myself, opening a kitchen seemed like a herculean task which gave me sleepless nights. Probably it seemed herculean, because I forgot the truth that 'I am not the doer.'

By the Divine will, the Kitchen was inaugurated and offered to Swami on his Birthday in 2020. Initially, the Kitchen fed 60 needy individuals a day, but now it has grown in its capacity and is feeding 250 individuals every single day. This is possible only because of Swami's grace. When Swami asked us to open the Kitchen, our greatest concern was—Are there enough needy to be served in a rich city like Hong Kong? Today, we have realised that this platform is not only feeding the needy, but also people who are too busy in the hustle and bustle of their lives that they hardly get time for themselves. Working in the Kitchen with so many volunteers has not only transformed me but has brought tremendous change in the volunteers too. To work as a team by keeping a check on individual egos, to be patient and tolerant with different personalities, and being caring towards the needy are some of the qualities that this sevā helped me develop.

Indeed, Swami put us through a lot of tests for character building. Listening to 'Master the Mind' series and *kāthopanīṣad* series have helped me to stay strong and face the most difficult times during this pandemic. Swami has given me the inner strength to pursue the path that will help me attain the purpose of my life. My perspective towards life and my priorities have completely changed. I have stopped seeking approval from the society, and have started seeking approval from the Consciousness within.



