



वसुधैवकुतुम्बकम्

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Message from Sadguru Sri Madhusudan Sai

The Pandemic Paradigm

*om sarve bhavantu sukhinah
sarve santu nirāmayāḥ*

(May all be happy. May all be healthy.)

As Indians, we included all in our prayers for the reason that our very existence depended on the harmonious co-existence of all, and this pandemic has proven beyond doubt that one can live happily only when all can live happily.

The virus was a kind of leveller in the society where the haves and have nots lived in two different worlds. But this infection was not discriminating between the two at all. In fact, those who lived in difficult conditions but had more immunity survived it better than those who only drank and ate from cans and tins.

The pain of suffering was the same; the sadness of the loss of a loved one was the same; the fear of death and the instincts of survival was the same for all, and therefore somewhere this pandemic did make us all feel equal.

Most nations responded to each other's call for help, and went out of their way to assist one another, so also did neighbours and strangers in the spirit of empathy, kindness and compassion. This pandemic did help most become better versions of themselves.

Millions lost jobs and so also millions stepped up to provide for those who had no income or support. Thousands lost their loved ones so also thousands found family and friends in strangers. When millions fell sick, millions of frontline healthcare workers worked around the clock to heal them. The idea of Vasudhaiva Kutumbakam appeared to be getting materialised seemingly serendipitously.

No doubt there were dark clouds of sadness but there also was the silver lining of hope and help. And we as the human race did prove beyond doubt that humanity still exists.

Thus, the pandemic was a game changer, a paradigm shift, the most disruptive event of the century and the millennium.

Disruptive for many reasons beyond humanism, as capitalists loosened their purse strings so also the scientists raced to create vaccines in record time, as socialists rallied to create policies that prioritised the marginalised, so also spiritualists kept the flame of hope burning. Modern medicine and technological advancements came to the rescue of the last and the least. Millions around the world, in the solitude of their homes and hearts, listened to their inner voice and turned their gaze within to seek answers to several life's questions and thus discovered a whole new way of living, a way of acceptance of what 'is' than resistance for what 'was', a way of gratitude for what one still had than regrets of what one did not have.

All in all, it was a good realignment of our ethos and values in an otherwise chaotic world speeding towards self-destruction.

The devotees across the world, through the 35 + Foundations, did their utmost to bring hope and help to their suffering brethren. In India, new institutions started in the field of education and healthcare - a school for the tribal girls in Tamil Nadu, a hostel building for boys in Mandya, a new academic block for the University at Gulbarga, and a mother and child hospital for mothers-to-be at Nava Raipur, all for free as always.

Now that we are on the road to recovery, the lessons learnt must never be forgotten. Life is fragile, so also relationships, and with every passing day one can only be more grateful than yesterday for still being around to do God's will, grateful for the roof over one's head and food on one's plate, for being able to go to work and also have loved ones around. These are blessings often ignored. Let's learn to count our blessings and count them again, and live our every moment in gratitude.



At the Forefront

Education for Enlightenment

**August 01, 2021 –
Inauguration of Sri Sathya Sai Meenakshiniketanam –
Girls' Educational Campus,
Dindigul, Tamil Nadu**

Sadguru Sri Madhusudan Sai, out of His sheer love and compassion, envisioned to start a girls' educational campus in the rural hinterlands of Dindigul, so that girl students can have access to quality education – both academics and spiritual, completely free of cost, which otherwise will be denied to these children, considering the economic background they come from.

On July 31, 2021, Swami started from Muddenahalli to Dindigul along with few hand-picked guests. En route, Swami along with His entourage visited Mother Meenakshi's temple at Madurai and paid obeisance to Mother Meenakshi and Sundareshwarar. That particular day, there was an overflow of crowd in the Meenakshi Temple, and hence the Goddess, out of the feeling of comradeship and courtesy towards the Divinity Personified Sadguru Sri Madhusudan Sai, appeared to Him in His vision and requested Him to proceed to the Campus, where she will be waiting for His arrival.



Inauguration of Sri Sathya Sai Meenakshiniketanam

Swami and His entourage travelled towards the Campus location at Batlagundu in Dindigul district, and reached there around mid-noon, where the Campus and its children stood like the decorated brides to receive with a little blush and much happiness, their Eternal Bridegroom – The Lord, The Divinity in the form of Sadguru Sri Madhusudan Sai. After a warm welcome by the students, staff and devotees gathered there, Swami, with His most selfless goodwill for all, inaugurated the Campus on August 01, 2021. He did not forget to pay His respects to Mother Meenakshi who confirmed Her presence in the Campus, and then went to the hall where the *homā* (fire ritual) was being performed and offered the *pūrṇāhuti* (concluding offering).



Lighting the Lamp

Swami graciously granted His *darśana* (auspicious sight) and *saṁbhāṣaṇa* (Divine Discourse) to all who had gathered. He, like a loving mother, spoke to the students of Sri Sathya Sai Meenakshiniketanam in Tamil as they don't understand any other language other than their mother tongue. He made them understand the importance of education, especially for girl children.

He advised them to learn well using all the facilities of the school and use the knowledge acquired in service of the society in the coming future. Swami also emphasised teachers to take care of the children, as they are Mother Meenakshi herself in the form of students. Finally, at the end, Swami revealed His master plan by announcing that the Campus will grow to become an extension or branch of Sri Sathya Sai University for Human Excellence, where students can learn right from Grade Six till Research.

Infact, due to COVID restrictions imposed by the Government of Tamil Nadu, the inauguration was done in a simple manner with a small gathering of people. Nevertheless, Swami's most important VIPs (Very Innocent Persons) – the little children of the Campus and their most treasured Lord were there and that made the occasion truly memorable.

Unveiling the Plaque



Sadguru Sri Madhusudan Sai with the little students of Sri Sathya Sai Meenakshiniketanam



The main building of Sri Sathya Sai Meenakshiniketanam



At the Forefront

September 6, 2021 – Inauguration of Sai Chaya – the Hostel Block at Sri Sathya Sai Sharadaniketanam, Mandya, Karnataka

Sai Chaya – ‘in the shelter of Sai’, is the meaning of this name, if one has to literally translate it. The Hostel block for boys in the Sri Sathya Sai Sharadaniketanam Campus has been aptly named this way, for it is here where the little boys will make a home for themselves – to stay, share, care, and learn together the various lessons of life and living.

A three-storey edifice which comprises of 22 dormitories that can accommodate up to 400 students with an exclusive wooden wardrobe for each student, a stunning prayer hall cum dining hall, eight rooms for staff accommodation, two rooms for the accommodation of visiting faculty, four offices, solar-backed water heating pump facility, purified mineral water facility in each floor, 12 wash room blocks, a music room, a medical room with first-aid facility, indoor synthetic basketball, volleyball and badminton courts, an open air theatre, laundry area, salon for haircut, and a parking space in the stilt floor – are the facilities provided at the Hostel, to provide for a self-sufficient community living. Beautiful landscaping has been done both in the inner and outer free spaces of the Hostel, thus colouring the look of the Hostel in natural greens that is cool for the eyes and rejuvenating for the mind.

The Hostel has been built by the Prashanthi Balamandira Trust (PBMT) in association with Anugraham Charitable Trust, UK. In the history of Sri Sathya Sai Educational Institutions, this Hostel stands out to be the first ever hostel with numerous facilities—all in the same space.

The guests for the inaugural function of Sai Chaya were Sri Sri Sri Dr Nirmalanandanatha Mahaswami Ji – President, Sri Adichunchanagiri Mahasanstha Mutt; Dr Ashwath Narayan C N – Hon’ble Minister of Higher Education, IT and BT, Skill Development, Science and Technology; Mr Narayana Gowda – Hon’ble Minister for Sericulture, Youth Empowerment and Sports; Mr C S Puttaraju – Hon’ble MLA (Melukote Vidhanasabha Kshetra), Dr Grish Malhotra –



Chairman, Anugraham Charitable Trust, UK; Mr Deepak Mehta –Trustee, Anugraham Charitable Trust, UK; Prof Srikanta Murthy – Vice Chancellor, Sri Sathya Sai University for Human Excellence; and Mr B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence and Chief Mentor, Sri Sathya Sai Loka Seva Gurukulam Group of Institutions.

On the morning of September 6, 2021, the Chief Guest, Sri Sri Sri Dr Nirmalanandanatha Mahaswami Ji was received with a traditional pūrṇakumbham along with loud veda chanting, complemented with the melodious tunes played by the Students Brass Band of Sri Sathya Sai University for Human Excellence (SSSUHE). Sri Madhusudan Sai Himself welcomed Mahaswami Ji with due respect and honour. After inaugurating the Hostel building, all the dignitaries proceeded to the exhibition hall where there was a display of poster foam boards that exhibited an overview of the service verticals – Nutrition, Education, Healthcare and Global activities. Later, pūrṇāhuti was offered to the yajna which was performed to invoke the blessings of the Gods and Goddesses, after which all the dignitaries visited the grand prayer cum dining hall, and proceeded for the official stage function which was arranged in the inner quadrangle of the building.

The function began with lamp lighting, followed by the chanting of śikṣāvallī, as an invocation prayer seeking the Lord’s blessings, by the students of Grades 9, 10 and 11. After this, a documentary video which depicted the story of how the Campus came about, its unique features and specialities, and the story of two children – Madan Gowda and Likhith that brought out the reality of these children’s past, the helplessness and hopelessness they faced partly due to their fates, and mostly due to the inequality of opportunity in society; touched every heart, and made clear the urgency, purpose and glory of the education mission spearheaded by Sadguru Sri Madhusudan Sai in the footsteps of Sri Sathya Sai Baba. Following this, the introductory address

was delivered by Mr B N Narasimha Murthy, the Chancellor of the Sri Sathya Sai University for Human Excellence and Chief Mentor of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions.

Madan Gowda, a student from Grade 9, and one of the beneficiaries of Sri Madiyal Narayan Bhat scholarship, shared how he is benefitted immensely from the education which he received and continues to receive from the Institution. He spoke with absolute conviction about the purpose of his life and said—life is to be spent only in the constant remembrance of God and keeping Him as the centre of everything. Vishwas from Grade 10 spilled words filled with the originality of his heart and with the aural rhythm of the deva bhāṣā of saṃskṛta, which he spoke as fluently as his mother tongue—credits to his beautiful heart, and to his passion to learn the language! He explained how the daily schedule which included parā vidyā (spiritual education) and aparā vidyā (material/ worldly education) has brought a significant transformation in him. Vishwas’s talk, though delivered in a language that is not common to everyone’s brains, was still understood by all in their hearts.

The next student speaker was Manoj Gowda, who is currently doing his third year in the Bachelor of Arts at Sri Sathya Sai University for Human Excellence. He narrated his story and the lessons of life that he learnt, in his mother tongue – Kannada. Karthik Gowda, one of the students from the very first batch of Sri Sathya Sai Sharadaniketanam, after completing his graduation from Sri Sathya Sai University for Human Excellence, is currently serving the Institution as an intern. He spoke about the feeling of contentment which he is experiencing while serving others for a good cause.

Dr Grish Malhotra, Chairman of Anugraham Charitable Trust, UK offered collective gratitude to Sadguru, on behalf of all the devotees of UK and Trustees of the Anugraham Charitable Trust for bestowing an opportunity to serve the Lord in His mission.

Mr Narayan Gowda, Hon’ble Minister for Sericulture, Youth Empowerment and Sports

appreciated the good work done by the Trust and offered his support for the future activities of the Trust.

Dr Ashwath Narayan C N, Hon’ble Minister for Higher Education, IT and BT, Skill Development, Science and Technology recollected his association with the Institution and Sadguru Sri Madhusudhana Sai, and thanked the organisation for the service it has offered to society in the field of education. He appreciated and acknowledged the efforts and devotion of the Trustees of Anugraham Charitable Trust on behalf of the Government.

In the āśīrvacana (words of benediction) of Sri Sri Sri Dr Nirmalanandanatha Mahaswami Ji, He explained the importance of being connected to the source – the eternal power. He said that the source will create the force and energy to execute everything. He appreciated the love, discipline and conduct of Sathya Sai students and the systematic organising capacity of the Institution. He also emphasised the importance of practicing spirituality in life. Quite impressed by the talks of students, he appreciated the way both parā and aparā vidyā is being taught in Sri Sathya Sai Loka Seva Gurukulam Group of Institutions. Later, he revealed how his Guru, Sri Bala Gangadharanatha Swami Ji is guiding him even after his physical departure, similar to how Sri Sathya Sai Baba is guiding Sadguru Sri Madhusudan Sai.

In His benedictory message, Sadguru Sri Madhusudan Sai offered His gratitude to Sri Sri Sri Dr Nirmalanandanatha Mahaswami Ji, to the devotees of UK and all the dignitaries gathered for the event. He conveyed that the purpose of His educational institution is to transform man into Divine. He revealed that ‘Sai Chaya’ is a symbol of Bhagawan Sri Sathya Sai Baba’s love and compassion for all the students and staff, and that all were protected under the Divine umbrella of Sathya Sai.

The programme ended with National Anthem which was beautifully played by Sai’s Angels Brass Band –students from Sri Sathya Sai Loka Seva Gurukulam Group of Institutions and Sri Sathya Sai University for Human Excellence.



Sadguru Sri Madhusudan Sai felicitating Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji



At the Forefront

September 30, 2021 – Inauguration of Vidya Vardhana – Academic Block of the Sri Sathya Sai University for Human Excellence, Kalaburagi, Karnataka

Vidya Vardhana - the new Academic Block of the Sri Sathya Sai University for Human Excellence was inaugurated on Thursday, September 30, 2021 by the Honourable Minister of Major – Medium Irrigation and Water Resources, Government of Karnataka, Sri Govind Muktappa Karjol, in the presence of Sadguru Sri Madhusudan Sai.

Also present at the event were, Mr Umesh Gopaldev Jadhav, MP Kalaburagi District; Dr Avinash Jadhav, MLA, Chincholi Taluk, Kalaburagi; Mr Basawaraj Mattimud, MLA Kalaburagi South – Vidhana Saba constituency;



Inauguration of Vidya Vardhana - Academic Block of Sri Sathya Sai University for Human Excellence by Honourable Minister of Major – Medium Irrigation and Water Resources, Government of Karnataka, Sri Govind Muktappa Karjol

Mr B G Patil, MLC Gulbarga North; Dr S Jayarama Reddy, Chancellor, Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya, Kanchipuram; Dr David Cornsweet, President, Divine Will Foundation, USA; Mr Yugumaran, Devotee from Singapore; Mr B N Narasimha Murthy, Chancellor of Sri Sathya Sai University for Human Excellence; Prof Srikanta Murthy, Vice-Chancellor, Sri Sathya Sai University for Human Excellence. All the dignitaries toured the new Academic Block and proceeded to the prayer hall at the University premises where the main event was held.

All the dignitaries shared their thoughts about the University and the Sai values-based education system, and so did four students who spoke about how they are benefitting from this free education, which is shaping them into skilled individuals with compassionate hearts, ready to serve the society.

This Academic Block 'Vidya Vardhana' will serve the purpose of shaping wholesome personalities with all forms of knowledge, as paragons of virtues, and the ones who will work for the welfare of the entire world. Emphasis is first and foremost on a perfect balance between spiritual education and material education.



Vidya Vardhana - Academic Block of Sri Sathya Sai University for Human Excellence



Honourable Minister of Major – Medium Irrigation and Water Resources, Government of Karnataka, Sri Govind Muktappa Karjol addressing the gathering



Sadguru Sri Madhusudan Sai delivering His Benedictory Message

Unveiling the Plaque



06

Dignitaries seated on the Dias



07

Casa Del Divino, Italy

CASA DEL DIVINO means 'The House of the Divine.' This House has a story and it is worth sharing, reminiscing and reading this story again and again, as it is intertwined with His Story – The Story Divine. The House is no normal house, as it has been chosen by the Divine for His Divine play. Sadguru Sri Madhusudan Sai who manifests the spirit of Bhagawan Sri Sathya Sai Baba played the Divine Drama with His chosen ones, to instill the eternal wisdom of 'Divinity of all Existence' into the spirit of humanity, through a different cast, yet with the same message of Love All and Serve All.

In the year April 2017, Sri Madhusudan Sai visited Assisi and He was accommodated in a house to the north of the city, overlooking a spectacular stretch of hills. Mr Ampelio Velea, the current President of Foundation Casa Del Divino was waiting for Swami at His residence, while seeping in the beauty of the hills of Mount Subasio that spread like an unstitched garment in a vast stretch.



When Swami arrived to meet Mr Velea, He too seemed absorbed into the spirit of the hills that seemed to carry many a past tales. These were the prophetic words of Swami, while He was lost in the memories of the hills: *"Every little blade of grass in these surroundings still carries the energy of St. Francis. Look for a house in the hills at an altitude of 600 meters, with a large plot of land. The house must be placed at a higher altitude than the road, with dimensions that can accommodate more people, and there we shall build the Ashram for Italy."*

The search for a house started in earnest vigour with the help of a couple of interested individuals living in the vicinity of Assisi, and a thorough hunt for houses on sale was done. Three houses were identified by this effort and Mr Velea meticulously prepared the documentation of the houses – floor plans, photographs, and a brief proposal on each house. All set and go – Mr Velea undertook a trip to India in the month of July for the Guru Purnima celebrations to present the proposals to Swami.



Upon his arrival at Muddenahalli, Swami called him for an interview. With great enthusiasm, curiosity and anticipation, Mr Velea humbly submitted himself to Swami, when the Lord, with greater enthusiasm said – "So, did you find a place to show me?" He replied, "Yes Swami, I have three proposals for You to see." Even as Mr Velea was randomly picking one of the files to show to Swami, He said – "That's the one." Mr Velea quipped – "Wait Swami, atleast give me the satisfaction of showing the proposal to you." Swami in His omniscient will had chosen the house that is currently the Centre for Human Development in Italy.

Retrospectively, it is simply amazing to see how the Lord had silently worked through His instruments to get in place what He willed, though it looked like the devotees expended their effort and time – this is the beauty of the Divine Drama! **The real doer never claims any doership!** Thus, in His name and glory, was established, Foundation Casa Del Divino on November 02, 2017, and the ashram or Centre for Human Development – Casa Del Divino was inaugurated on April 10, 2018.

Further, Swami clearly laid down the guidelines and principles that must dictate the activities that will be undertaken by the Foundation at Casa Del Divino.

- Creative workshops, activities to promote art and culture, and activities for self-development
- Activities for the youth during weekends to encourage them to tread the path of spirituality and service; coupled with several activities that induces a cleansing and healing experience, thereby creating feelings of harmony and oneness. The ultimate aim is to transform the youth to lead a life of high thinking with great ideals and thus contribute to society in a beneficial way
- Casa Del Divino will be open to spiritual groups of all denominations with similar ideals and goals. By this way, it shall work towards enhancing the human values of Truth, Righteousness, Peace, Love, and Non-Violence
- The Foundation shall assist people in need without any discrimination based on nationality, religion, caste or colour

The projects that are currently being undertaken by the Foundation are:

Educare

- Every Tuesday, Guruvikas Programme is held for teachers and close to 30 teachers participate in this programme
- European Youth Meets are held every year on interesting themes that incites the youth towards treading the noble path

Sociocare

- Under 'Feed the World' initiative, a total of 80,997 meals have been served from January 2020 till September 2021
- Sai Grace Kitchen has served close to 26,000 meals from January 2020 till September 2021

Casa Del Divino, Italy



In Focus - India

September 13, 2021 – Inauguration of Sri Sathya Sai Sanjeevani Mother & Child Hospital ‘Mamatva’, Nava Raipur Atal Nagar, Chhattisgarh

The premises of Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Nava Raipur Atal Nagar, Chhattisgarh witnessed the inauguration of Sri Sathya Sai Sanjeevani Mother & Child Hospital – ‘Mamatva’ on September 13, 2021, for dedicating the Hospital to the services of pregnant women and children in the rural communities of Chhattisgarh and beyond, as a means to reach out to these people who do not have access to essential health care services.

The day began with ‘*prāṇa pratiṣṭhā*’ – a ceremony of infusing life into the idol of Shri Hanuman in the temple that has been built in front of the Mother and Child Hospital. As the ceremony was underway, Sadguru Sri Madhusudan Sai and the Hon’ble Governor of Chhattisgarh, Ms Anusuiya Uikey graced the occasion with their presence. Sadguru along with the Hon’ble Governor inaugurated Sri Sathya Sai Sanjeevani Mother & Child Hospital, took a detailed tour of the Hospital, blessed a few pregnant women whose baby-shower ceremony was held at the hospital, and offered the Hospital to the future mothers in need.



Hon’ble Governor of Chhattisgarh Ms Anusuiya Uikey felicitating Sadguru Sri Madhusudan Sai

Thereafter, everyone proceeded to the auditorium at ‘Sowbhagyam’ where the formal event began with the National Anthem. After a warm welcome of all the guests and dignitaries, the event began with the summary of all the services provided by Sri Sathya Sai Sanjeevani Chain of Hospitals and in particular about Dr C Rajeswari Sangwari Clinic, an ante-natal care screening clinic, which laid the foundation for the Mother and Child Hospital.

This was followed by a briefing about the services of the Mother and Child Hospital that will provide gynaecologist consultation, ultrasonography, foetal echocardiography, health education, provision of Sai sure nutrition supplement for pregnant women, 24x7 maternity services, normal delivery and caesarean delivery services, NICU facility for new-borns, immunisation for children, etc. The Hon’ble Governor felicitated Ms Shruta Devi – Architect and Mr Tayal – Contractor of the Hospital for their contribution to this Divine mission.



Unveiling the Plaque

Following this, Mr C Sreenivas, Chairman of Sri Sathya Sai Health & Education Trust, addressed the gathering. He offered his heartfelt gratitude to that Divine Consciousness which willed that the Hospital was constructed in a record 100 days amidst COVID pandemic. He profusely thanked the State Government for extending support in all possible ways.

Sadguru Sri Madhusudan Sai delivered His Divine message and spoke about the importance of health care services for women and children. He spoke about Dr C Rajeswari, Mr C Sreenivas’s mother, who played an active role in serving the free healthcare mission of Sri Sathya Sai Baba from Whitefield in Bangalore. He showered his blessings and motivated Sri Sathya Sai Sanjeevani Hospital staff to excel in their pursuit for patient care.



Baby Shower Ceremony



Felicitations of Mr C Sreenivas by Hon’ble Governor of Chhattisgarh, Ms Anusuiya Uikey

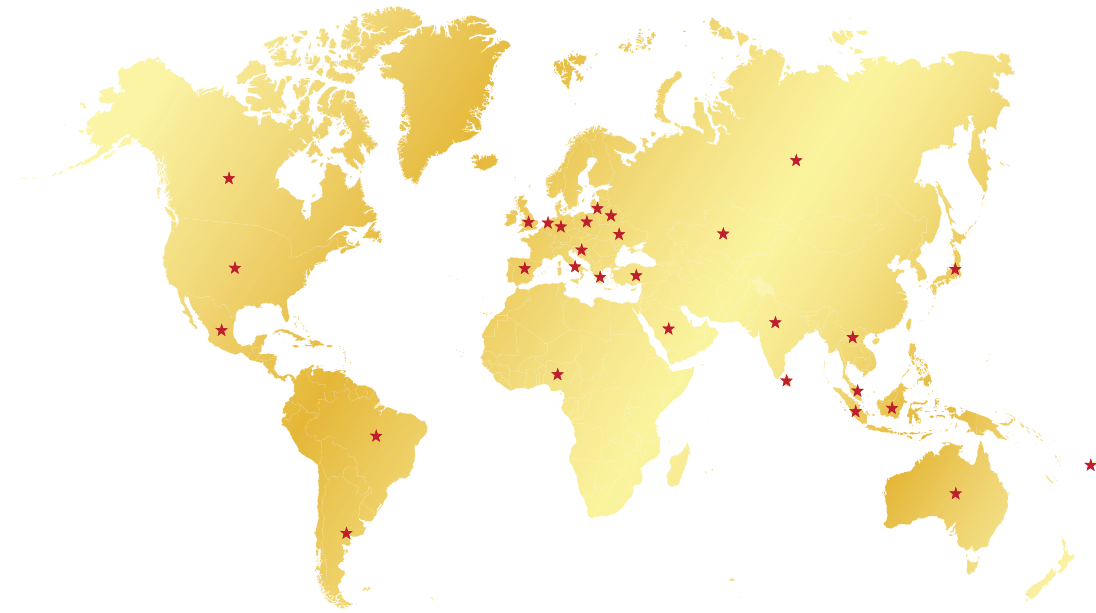
The Hon’ble Governor then addressed everyone saying that it was only by the grace and blessings of Bhagawan Sri Sathya Sai Baba that such work for the service of mankind could take place. She felicitated the Chairman and Sadguru, after which the programme concluded with the National Anthem.

Inauguration of the Hospital



Lighting the Lamp





"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

Steaming hot home-cooked meals, frozen meals, breakfast cereals, beans and milk were distributed to the indigent population. Approximately **1,656 meals** were distributed in the month of August.

A lady with ten children and no means for providing for them contacted the volunteers to help her out with basic necessities. The volunteers took this opportunity and aided the lady with provision and hygiene items for a week to start with. Currently, the volunteers have taken the complete responsibility of providing the family with all the essentials on a regular basis.

Perth

Close to **40 fresh home-cooked meals** were delivered to the members of a vulnerable community through collaboration with a local not-for-profit organisation. Additional **110 meals** were served to homeless youth. Pantry food items, equivalent to **283 meals**, were delivered to the refugee families. In total, **427 meals** were distributed in the month of August.

In addition to the above, **580 sanitary pads** were distributed to girls in a high school, that primarily educated girls coming from vulnerable backgrounds. An interactive health education session on the topic, **'How to beat depression using self-care wheel'** was conducted at a high school for students from migrant, refugee and challenged backgrounds. Two volunteers, a doctor and a registered nurse conducted this session, and approximately **33 students** participated.

Region 1



Sai Prema Foundation



‘Pravasi Bharatiya Samman Award 2021’

Sai Prema Foundation (SPF) Fiji was awarded the prestigious ‘**Pravasi Bharatiya Samman Award 2021**’ by the Honourable President of India, Mr Ram Nath Kovind, in recognition of the incessant service offered by Sai Prema Foundation Fiji towards the Fijians in need, especially during the COVID times. The Convention was held virtually on January 09, 2021.

The Pravasi Bharatiya Samman Award (PBSA) is the highest honour conferred as part of the biennial Pravasi Bharatiya Divas Convention, a flagship event of the Ministry of External Affairs of the Government of India, which provides a platform to engage and connect with overseas Indians. Pravasi Bharatiya Samman Awards are conferred to select Indian diaspora members to recognise their achievements and honour their contributions to various fields, both in India and abroad.



Sai Prema Foundation Fiji Signs Collaborative Partnerships with Army, Navy, Police and Fire Authority

Sai Prema Foundation Fiji has formalised and signed a collaborative partnership with the Republic of Fiji Military Forces (RFMF), Republic of Fiji Navy (RFN), Fiji Police Force (FPF) and the National Fire Authority (NFA) through Memorandum of Agreements (MOA) to facilitate the good health and well-being of the personnel and their families.

1. **Free general medical consultations and medications** for all personnel and their spouses and children at the Sri Sathya Sai Sanjeevani Medical Centre at Suva, Fiji, as well as through the Health on Wheels outreach medical camps.
2. **Free paediatric heart screenings** at the Sri Sathya Sai Sanjeevani Children’s Heart Screening Centre at Suva, Fiji, as well as through the outreach heart screening camps.
3. **Free dental treatment for children** at the soon-to-be opened Sri Sathya Sai Sanjeevani Children’s Dental Centre.

As part of the MOA, the Army, Navy, Police, and Fire Authority will work in partnership with Sai Prema Foundation Fiji to create greater awareness about the prevalence and symptoms of Congenital Heart Disease (CHD) in children.



Region 1



Home of Universal Peace

Meals Distribution

In August, due to the escalating number of COVID-19 cases, meals distribution was done by volunteers on their own and not in groups. By this way, a total of **43 meals** were distributed to the needy people in Kanto area and **80 meals** were served for people in the Hokuriku area.

Educare – (Human Excellence Academy of Japan)

The sixth session of the 12-month programme ‘**Journey of Human Development**’ by Dr Ron Farmer and Mrs Suwanti Farmer was conducted on August 26, 2021. The session was titled ‘**Managing the Emotion – Blossoming of the Heart**’, which focussed on the role of the heart and the way to keep it open. The key takeaway from the session was – connecting to one’s heart and allowing its pure energy to flow as thoughts, words and deeds. Dr Ron Farmer lovingly demonstrated the flow of Divine energy from the heart through a guided meditation session – **Expanding the Love in the Heart**, through which the participants experienced what it really is to be connected to the heart at all times.

The sixth session of the ‘**Mindful Parenting**’ series was conducted online on August 28, 2021 by the Academy’s volunteers under the guidance of Dr Ron and Suwanti Farmer. The session was attended by two single-mother participants who continued exploring the theme of mindfulness and its practise in day-to-day living.

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

Due to the rapid increase of COVID-19 cases in Japan, few of the foreign nationals, and especially their children were infected in the capital city. In the month of August, the Sri Sathya Sai Sanjeevani Hospitals Trust in Japan served infants, right from the time they were tested positive to hospitalisation, co-ordination, transportation, health-check even after discharge from the hospital. The first among these patients was an 11-month old baby that was suffering from high fever and needed urgent medical help.

Region 1

Laos



**Sri Sathya Sai Foundation
Lao PDR**

Liquid Love

Sri Sathya Sai Foundation Lao PDR collaborated with the Lao Red Cross to organise a blood donation camp at the Sri Sathya Sai School in Vientiane, by following all the COVID-19 related safety protocols. Blood banks were running low on blood supply as donating blood during these pandemic times remains quite challenging. Teachers and volunteers helped to organise the camp in co-ordination with the staff of Lao Red Cross. About 64 people donated blood in the camp.



100% Exam Success Rate and 22 Certificates of Merit Issued

The results for the board examination conducted by the Ministry of Education Lao PDR for the final year of the primary school – Grade 5 were declared. 27 students appeared for this examination. Like previous years, all the students passed with good scores, and 22 out of 27 students were awarded 'Certificate of Merit' by the Ministry of Education for their outstanding performance.

Region 1

Malaysia



**Sai Ananda Foundation,
Kuala Lumpur**



Distribution of Ration to Refugees and Foreign Workers

The refugees and foreign workers in Kuala Lumpur, who are mostly daily labourers are the most badly affected victims of the pandemic, due to loss of their jobs. For these people in dire need, Sai Ananda has been providing ration with essential items, fresh vegetables and sometimes freshly cooked meals. The refugee population is mostly from Myanmar, Pakistan and Bangladesh; whereas the foreign nationals are from India, Indonesia and Sri Lanka.

On the whole, in the month of August 2021, about **1,500 families** were provided with dry rations along with **4,300 freshly cooked meal packets**.



Region 2

Middle East



Aid to Desert Residents

Sai Love Kits consisting of basic groceries like wheat flour, sugar, salt, lentils, tea powder, spices, cooking oil, and other hygiene products like soaps, tooth brush, tooth paste, detergents, sanitisers, etc., were provided to **25 residents** living in the desert region, in the month of August 2021. These residents live in accommodations with bare minimum facilities and bear the brunt of burning heat during summers and the extreme cold during winters.

A notable point here is about the way in which a selfless intention is always fulfilled by the supreme consciousness in its own mysterious way. The Middle-East team wanted to procure wheat flour for the residents, but they couldn't materialise this wish, though they have been doing this service for the past three years now. Out of nowhere, a person volunteered and extended help by providing 150 kilograms of wheat flour for this noble purpose. He said that he was calling upon God, to give him an opportunity to serve which was fulfilled in this way.

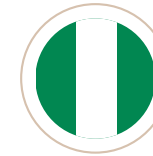


OMAD - One Meal A Day

"A world without hunger is a world full of peace"—marching towards this goal and envisioning a day where there are no hungry people in the world, volunteers from Middle East feed the needy individuals and families through this initiative – One Meal A Day. In the month of August 2021, 15 volunteers served close to **500 meals** which included home-cooked food, fruits, biscuits, juice, laban (buttermilk) etc.

Region 2

Nigeria



Spiritan Self Awareness Initiative Joy Village Enugu, Nigeria



Aruike Specialty Hospital, Nigeria

Aruike Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas 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 August, the Hospitals served **349 children, 851 adults** and **110 patients for their eye treatment; 15 deliveries** were also 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.



Sociocare

Femme Care Workshop (Girls Today, Mothers Tomorrow)

Femme Care is an initiative that was started in partnership with 'Yoga Without Borders, Canada' with the vision that says – **A World in which Every Young Woman Feels Proud to be a Woman**. This initiative educates and empowers young women through acquisition of skills, menstrual health education and confidence building. The workshop in the month of August 2021 addressed the issues of marginalisation of women.

TELA School Breakfast Programme

Under this programme, **500 children** are served with freshly cooked breakfast every single morning. In the month of August 2021, a total of **11,000 breakfasts** were served.



Region 3



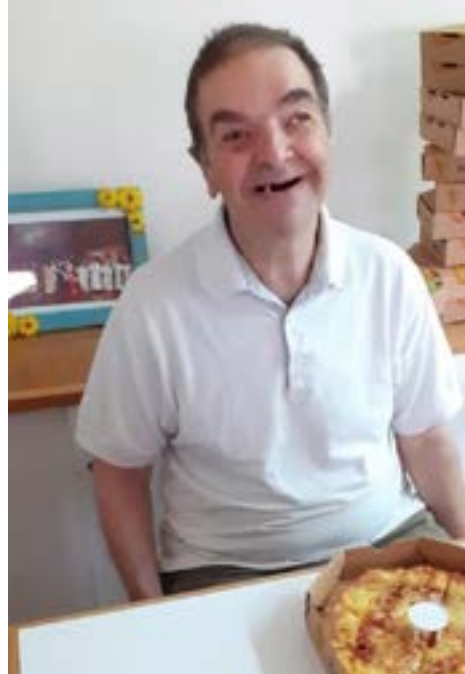
‘Ιδρυμα Μοιράζομαι’ (Foundation of Sharing)

The month of August proved to be very devastating for different regions of Greece, as high temperatures combined with strong winds resulted in large forest fires. The greatest damage was recorded on the northern part of Evia island (the second-largest Greek island) where approximately 512,000 square kilometres of forests (mainly pine forests) were burnt, leaving many people and animals homeless.

The Foundation responded to this catastrophe by providing large amount of food supplies, as well as supplies of other basic necessities to the locations where the victims affected by the forest fire had gathered. **Nine tonnes of legumes and rice (approx. 112,500 meals)** as well as **hundreds of packs** of biscuits, dry fruits, snacks, juices, water bottles, baby wipes and toilet paper were provided to the victims. The Sai youth offered voluntary assistance to the firemen as well as to the local soup kitchens which were set up on the spot for assisting the locals with food.

The Foundation also provided **six laptops** to two institutions – Anavyssos Secondary School and Saint Andrew Children’s Home in Alimos. The volunteers helped to clear the utility bills of families which were facing difficulties to pay them.

Like every other month, the volunteers distributed **80 boxes** with ration supplies to the poor families of Anavyssos which consisted of olive oil, lentils, rice, pasta, sugar, flour, milk, tomato sauce, coffee, biscuits, salt, toilet paper, napkins, shower gel, toothpaste, washing liquid etc., in the month of August 2021. These supplies were equivalent to 3,280 meals.



1,200 portions of yogurt, **720 litres** of milk and **40 kilograms** of feta cheese was supplied to the Elderly Home of Athens and the Elderly Home of Palea Fokea.

In addition to this, **70 pizzas** were served to the differently abled children and adults of EGNYA Association.



Sai Anandam Foundation



Earlier in this month of August, the volunteers reached out to different homeless shelters with the aid of Salvation Army of Netherlands, and provided new inner wears, socks and thermo bottles for the homeless.

Region 3



Stowarzyszenie Misja Prema (Prema Mission Association), Poland

Misja Prema continued to recover food that could be wasted otherwise and distributed it to individuals, families and institutions in need. In the month of August, the Association extended help to over six different centers in Warsaw, Wroclaw and Bialystok, where food was served to about **900 individuals**.



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

In the month of August, the Polish Association Love All – Serve All distributed packages which included basic ration like oil, fruits, cheese, sugar, milk, juices, etc. to over **19 families** equivalent to **52 people**.

The Association also distributed vegetables to **10 families** equivalent to **38 people**. Hot Indian meals along with lemonade were served to close to 190 people in the Centre of Warsaw.



Region 3



Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)



A total of **1,620 meals** were cooked and served door-to-door, along with milk/yoghurt and bread in the districts of Şişli, Pendik and Ömerli, once a week.

In the districts of Uskumruköy and Şişli, **10 families** were provided with boxes containing grains, pasta, sugar, tea, salt, olives, feta cheese, kashar cheese, paper towels, and liquid bleach.

Two families that were earning only a meagre income, were helped by clearing their house rents. Utility bills such as electricity, water and gas have been cleared for **10 families** in the district of Şişli.



In the response to the forest fire which broke out in 54 cities in the month of August, in the Bodrum district of Muğla, the Trust extended its help to the ones in need. As part of this service opportunity, the Trust was requested to help the farmers with animal feed and rescue items such as solar power torches, power banks, head lights and overhead lamps for cars for volunteers who helped in dousing the fire. Around **4-5 tonnes of animal feed** was provided to the farmers in need.



Region 4



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



Providing Basic Necessities

Through the project '**Assis Alimentare**', provisions were delivered to soup kitchens in different areas of the country, which includes Escobar in Buenos Aires Province, Children of Juan and Evita in Buenos Aires City, Merendero Adonai in Capilla del Monte City in the Province of Córdoba.

A social media campaign was launched to collect clothing for the winter which is fast approaching; and the collection consisted of jackets, scarves, blankets, knitted collars, etc. for the under-privileged children, youth, and adults. On Children's Day, with the aid of two educational institutions of primary and secondary level, beautiful messages on values and good wishes were prepared, along with sweets and presents, which were then delivered to both the soup kitchens. Food was served to the needy individuals in Bariloche and La Plata on Children's day.



Spreading His Message

A special team of translators completed the Spanish subtitles for all the episodes of 'Master the Mind' series and has started working on the subtitles for '*kāthopaniṣad*' series. The team is working relentlessly on this project, so that the wisdom imparted by Sadguru Sri Madhusudan Sai reaches everyone with much ease, breaking open all the barriers including that of language.

'**Seeds of Love**', a dedicated programme from Argentina, to spread love, joy and help humans become better humans is being broadcasted regularly in the online radio channel – Sanathana Vani.

Region 4

Canada



Divine Will Foundation Canada

Edmonton, Alberta had severe hot weather conditions with extreme heat waves. Volunteers from all the age groups joined hands to serve the needy and homeless individuals and families there. Over **200 bottles** of water were served to all who were dehydrated and suffered heat strokes.

Food hampers consisting of loaves of bread, vegetable legume crackers, noodle soup, original non-fried crackers and carbonated water for hydration purposes were served to over **70 needy families** in Edmonton.



Lessons For Life

How to stay pure and become empty vessels free of ego and false judgements, so that Your love can flow through us, act through us and speak through us?

Mana eva manuṣyānām kāraṇaṁ bandha mokṣayoh—the mind is the cause for both bondage and liberation. The mind is nothing but a bundle of thoughts; if you remove all the thoughts, then the mind disappears. What is the reason for the mind being what it is? The root cause is the feeling of 'I'.

While performing any activity, your breathing takes place spontaneously without efforts. Are you putting separate efforts to breathe? The heart keeps beating right from birth until death—are you making it beat? You eat food, but are you controlling the digestion of food? All these processes happen involuntarily. This is the proof for God's existence—God is doing everything! If there is no air, then you can't breathe, and you won't survive any longer. If everything is done by God, then ask yourself, 'Who am I?'

Just because you received a material, worldly education, you have developed an ego; then you developed bad attitudes and you drifted away from God. As much as you possibly can, involve yourselves in service activities, so that 'I' will decrease and 'Sai' will increase. If you become less and less of yourself, finally you will end becoming 'self-less'. Everyday, make it a point to indulge in acts of selfless service, but do it with total, selfless love, without expecting anything in return. Only service performed without expectation is selfless service. If you keep performing that kind of service, the ego will vanish and the mind will become pure. It is not mandatory to take part in service activities at a particular time and place; do it whenever you get the opportunity, this will make the mind pure.



My Inner Journey

Profundity in Simplicity

By Mr Tony Bong



Mr Tony Bong completed his LLB and MBA and took up Law as his profession. Currently, he is working as a Senior Partner in a Law firm – Satem, Chai & Dominic Lai Advocates. He has been a member of the Bar of Supreme Court of Victoria, Australia, and also a member of the Bar of Sarawak Advocates. He has been a worthy instrument in the Divine hands for the formation of Divine Will Society, Kuching and the Ashram – Vishwa Niketanam Centre for Human Development in Kuching. Presently, as per the Divine guidance and command, Mr Bong is serving as the Chairman of the Foundation.

The most beautiful mathematical equation that one of the most gifted geniuses, Albert Einstein has given to humanity is $E=mc^2$. This equation has changed the world in many ways, which humanity is unaware of, including the benefits they have been accruing from this finding. Similarly, the most beautiful and elegant spiritual equation that Sri Sathya Sai Baba has bequeathed to mankind is 'Love All, Serve All.' And this beautiful equation is been used by the Hard Rock Cafe chain of theme restaurants, as their tagline, most probably because of the subtle, profound and mysterious energy these words carry. There is this mesmerising aura around these words, and one can feel it whenever one comes across it.

If selfless love is a kind of pure energy and if the whole world is nothing but vibration and energy, then in a way—Love All, Serve All is in fact $E=mc^2$. The energy that is needed to create

mass is the square (2) of the speed of light, which is the only cosmological mathematical constant in this world. Therefore, if love is energy and energy is light, light is also love.

I believe that it is only very few of us who understand the profundity of this quote given by Swami, and following on this equation of love leads to another profound equation given by Swami – All is One. In order to Love All and Serve All, it is necessary to understand that essentially 'All is One'—as the One who is the In-dweller in the inner recesses of our hearts – the unblemished pure Self whose frequency and energy is pure love. Such simple quotes are in fact spiritual formulae that contain great transformative power and profundity, which actually lies in its subtleness and simplicity.

In fact, Einstein's great equation can be transformed into a spiritual equation, where 'E' (energy) is transformative experience and 'M' (mass) is manifestation of event in space-time matrix and 'c' (speed of light) is pure love {as we have established that light is frequency, frequency is energy and is the same as love – as love is energy/vibration.} So, 'E' (transformative experience) = 'M' (manifestation) multiplied by 'c' 2 (square of pure love).

I synonymise my life with Swami, through this equation. My journey began with a small step that was taken 30 years ago, when I was a young Law graduate, pushed into the world of uncertainties and anxieties. Suffering from the typical existential angst of most youth in the modern world, there was this constant inner questioning—there must be an inherent

purpose and direction in this seemingly random dysfunctional world full of famine, constant wars, inequalities of wealth, environment pollution, etc.—the happenings around me, over which I had no control. The Myth of Sisyphus, an essay written and popularised by the existentialist, Albert Camus encapsulates the existential angst of the present age which is filled with endless repetitive toil in this unforgiving world, which at the end of it all has death as its only reward.

Swami came into my life at that crucial time of utter disillusion, to make me understand the purpose of life. I visited Puttaparthi on September 1989 for the first time and with hindsight, that is the best thing I could have done to myself, since it is from thereon, the saga of my romance with the Divine, the journey from the self to the Self began. Swami's teachings were seemingly, so to say, deceptively simple, as was Einstein's great equation, $E=mc^2$.

Baba's teaching of 'Love All, Serve All' without any distinctions, unconditionally is often not considered a spiritual *sādhana*, for it is considered too simple, artless and facile, to be given the status of a *sādhana*—for one expects *sādhana* to constitute difficult postures and endless hours of striving. 'Love All, Serve All' remains for most of us, a kind of lip service. As I took to the path of selfless service, I wanted to try and really put this seemingly simple principle into practice, and I realised that my Christian upbringing did prepare me to an extent for this, for Jesus also spoke only about Love – "Love thy neighbour as you love yourself".

Swami further infused His energy into this commandment of Jesus and made it more practical to follow. He had said that *sevā* is love in action. Many *sevā* activities which we had undertaken under the Divine Will Society like feeding the poor and needy, organising medical outreach camps, repairing the houses of the poor, and numerous other *sevā* projects organised over the years, slowly had a very transformative effect on me. I gradually began to feel the subtle inner joy when indulging in *sevā*, which again reminds me of a quote from the Nobel Prize Winner for Literature, the great Rabindranath Tagore: "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." *sevā* healed the existential angst that I was feeling and it fulfilled my void. Slowly, I started to realise the power of 'Love All, Serve All.'

Fast forward to the post-*samādhi* of Swami! Swami in His infinite compassion, through the instrumentation of Sadguru Sri Madhusudan Sai had blessed our city of Kuching with various *sevā* opportunities commencing with the construction and completion of the Vishwa Niketanam Ashram and a lot of other activities ranging from a not-for-profit dialysis centre, elderly care home, youth skills development centre, One World Café – a not-for-profit café, temporary shelter for the victims of domestic violence, flood and fire, etc.



My Inner Journey

It was during the construction of the Vishwa Niketanam Ashram, that I came to realise that when we undertake selfless service and completely surrender to Swami, we receive His grace in abundance. How do we know that His grace is there?—seemingly insurmountable challenges like seeking funds for the construction of the ashram, managing the workers, a deadline given by Swami to complete the ashram and sleepless nights wondering what the next day would bring, etc.—all of these would miraculously get solved on their own accord, and everything would happen as an absolute breeze—funds, the right specialists, architect, engineer, contractor would appear at the right time, and would complete the work. **One prayer from the heart for a selfless purpose is always answered promptly by Swami.**

Every time Swami gave instructions for a project to be undertaken, we were always short of funds, to be precise – with no funds, and were always left wondering as to from where the right people would come and assist in that particular project. And like divinely ordained, the funds and resources would come in at the right time without fail.

To quote yet another example—when Swami gave instructions to set up a not-for-profit dialysis centre, we were baffled, as it is a huge

financial undertaking. Our heart told a ‘yes’ to Swami, but the mind was constantly battling. At that juncture, magically, a person who is not even a Sai devotee, came forward and single-handedly brought in various medical specialists and nurses, and worked on all the conditions that were required to get a permit to operate a dialysis centre. And believe me – that was the first time, I even heard the term – Nephrologist (Kidney Specialist), and with such nill knowledge about medicine and dialysis centre, the work still happened. Malaysian Veteran Army Foundation – a government agency was chosen to partner with us, and they provided us with all the funding required for the renovation work of the dialysis centre, the equipment, and for managing the functioning of the Centre. The way in which things started manifesting was beyond our imagination. **Swami was the real Doer!**

The proof of the pudding is in the eating! The efficacy of the mantra, ‘Love All, Serve All’ is in its practice, and not in talking about it or thinking about it. The practice of this mantra is slowly transforming this little self (me) to be fearless, and to have great faith and surrender in the Divine. This journey of spiritual romance is leading this little self to the great awakening of the Self that is in everyone, which has the tremendous power to manifest anything that is done selflessly.

One prayer from the heart for a selfless purpose is always answered promptly by Swami.

My Inner Journey

Journey to Oneness

By Taya A Kahraman

Mrs Taya Kahraman is the spiritual daughter of Mr Kaya Günata – the one who mentored her spiritually. In late 2009s, Bhagawan Sri Sathya Sai Baba appeared to her at a very stressful moment of her life and helped her out of the stress. After this experience, Mrs Kahraman left everything behind and started working with Mr Günata as his assistant, dedicating her life to the service of Swami. She, along with Mr Rafi Bedikyan, is currently co-leading the Selfless Seva Trust that was founded by Mr Kaya Günata in Turkey. She is one of the healers appointed by Swami at the Sai Clinic, İstanbul, and is one of the translators and editors of the Sri Sathya Sai Uvacha series in Turkish. She is also the Publisher of the Uvacha series in Turkey.

A few days after Swami had left His physical body in the year 2011, I got up one morning, as usual, to do my meditation. I did my little ritual and prayers which were taught to me by my mentor, Mr Kaya Günata, and then sat for meditation. As soon as I sat, something unexpected happened, and I found myself in front of Swami! I was sitting with people who were wearing whites, in a semicircle, and Swami was standing right in the middle. This vision gave me a revelation from within that seemed to tell me that I am in the second batch of souls that has come to dedicate its life to the mission of God, while Mr Kaya Günata is in the first batch of souls that came to work for Swami in His physical presence. The very same day, I went to Mr Günata and told him about the revelation that I got in the vision, to which Mr Kaya Günata nodded and smiled in agreement. This further reinstated my belief that my life henceforth is for the Lord and His service.



During those days, my yearning for the Lord used to be so intense and unbearable at times. From time to time, I would get very frustrated, impatient, and upset about not being able to attain the ultimate fruit of all spiritual practices. I would often lay bare my soul to Mr Günata and say, “This world is nothing like our home. It is nothing like the place we came from. I remember that place. That place is full of harmony, full of love, full of unity. It is peaceful. This place is nothing like that!” He would calm me down and say, “My daughter! You are, what they call, a sensitive individual.” Every now and then, I would see Mr Günata also going through similar frustrations. In those days, Swami and Mr Günata were the ointments that salved my soul—it was only the two of them who understood my inexpressible yearning and hence they spoke to my heart and soothed my pain.

In the year 2016, Mr Günata, Mr Orçun Doğan and I, went to Muddenahalli during the Navaratri celebrations. During this phase of my life, I was able to perceive Swami all the time—He used to walk with me, talk with me, stand by my side when I used to work—however, these experiences sometimes confused me and made me wonder if I was hallucinating. At Muddenahalli, I got an answer to this question. Towards the last day of

My Inner Journey

our visit, Swami called Mr Günata and me for an interview. When Swami lovingly enquired to me about what I wanted from Him, I confessed about my confusion and told Him that I wanted Him alone and nothing more. Swami lovingly calmed me down, assured me that He was with me and said, “Trust your visions. They are real.” Indeed, the stay at Muddenahalli during this visit was supremely blissful for us, as we could feel the intense spiritual energy there. Hearing Swami’s discourses everyday through our dear Sadguru fed my soul’s longing.

My inner voice started becoming clearer than ever before, after that particular visit to Muddenahalli and the interview with Swami. It helped me trust my-Self more. It almost felt like reliving my childhood days, when my inner voice used to be fluent and clear. I used to have this feeling of not fitting in with people in general. I used to think I was different from most people. Where ever I saw, I saw that men were not in harmony, unlike everything else in Nature. I was convinced that humans have forgotten their connection with each other, and this observation caused a feeling of separation within me from the rest of the world. However, after our visits to Muddenahalli and Swami’s visit to Turkey, and by putting Swami’s teachings into practice, by listening to my heart, observing and trusting it—I was no longer feeling separate from others, but rather felt a part of everything. I started to feel that everything in nature, including humans, were my own and not different from me.

In the year 2018, the day after the Guru Purnima, I had a very profound experience at Muddenahalli. With a few devotees who stayed back at Muddenahalli after the Guru Purnima festivities, I went to attend the evening *bhajans* at Premamrutham auditorium. Slowly, the chanting of the mantra ‘*samastha lokah sukhino bhavantu*’ began in the auditorium. Immediately, I closed my eyes and joined the chanting. With each chanting, I felt an inner surge of energy that was getting more and more intense, and after few repetitions, I suddenly could not feel my body. I was very much present and was aware of everything—I knew I was sitting on the chair, but was unable to move even my little finger. On one hand I was experiencing bliss, and on the other hand I was scared if people around me would panic when they come to know that I am unable to move. Nevertheless, I was drifting into the experience of bliss over and over again. After some time, I forced myself to open my eyes and saw that the *ārati* was done. No matter how much I tried, I was not able to move an inch. When I was finally able to move, I did not want anyone to talk to me. I was in a state of complete thoughtlessness, and I just wanted to remain in that state. As we started to walk down the street towards the apartment where we were staying, I had an experience where my consciousness merged in the cosmic consciousness. I was looking at the trees, the animals and humans that were passing by, the skies above and the soil

beneath, and all that I kept experiencing was, ‘**I was in all of them, and all of them were in me.**’ The next day we had an interview, when I told Swami about the experience and that it scared me— He laughed and said, “*One day this will be completely natural and spontaneous to you.*”

Similarly, in the year 2019, after the Guru Purnima celebrations at Muddenahalli, Swami graciously granted us an interview. During that interview, I asked for further guidance for my personal spiritual progress. I told our dear Sadguru that this feeling of Oneness was starting to rule my life and asked Him what I had to do to be established in it permanently. He said, “**You climb up the ladder only to find your-SELF.**” He told me that this feeling would slowly engulf me and advised me to withdraw every time after we finished our duties. Back then, we had a very busy life. To practice anything, requires effort. But, just as Swami said during the 2019 Guru Purnima Celebrations, the doors really opened effortlessly and spontaneously. The pandemic that encompassed the entire world really helped in this way, by giving me some time off from my routine duties, and thus practising what Swami had guided, became effortless.

A few months into the pandemic, I was spending quite some time just sitting in silence, withdrawing and observing. During this time, the image of a sage kept appearing in the scene of my mind. At the beginning, I did not pay any attention, but the vision kept coming back, where in I would see the sage living by the mountains in a cave, and he would be seen in front of the cave. I did not know who he was, but he kept showing me how he lived in the feeling of oneness. He was aware that he was one with everything, and everything around him, in the nature, knew this too. After seeing this scene day in and day out, over and over again, I felt he was showing me how one should live his/her life.

Around that time, Sadguru Sri Madhusudan Sai started the ‘Master the Mind’ series, practising which helped me progress on this path. One late afternoon, I decided to sit in silence and just be. I withdrew myself from everything around me as I was sitting on the couch, and what I experienced can only be described as the ‘unified field.’ Divine Beings, about whom I had no idea, showed me how they operated as One. They were different in shapes and forms; they did not belong to this planet; yet they all operated as One. This field was unified, interwoven and everything was interconnected. Everything operated from there and the ones who understood this, operated in unison. In this field, there is only one language, the language of the heart. This truly was one of the most meaningful experiences in my life. It showed me that names and forms may differ, but the knowledge, the wisdom, the language that came forth from this oneness would always be the same. Caste, creed, gender, age, religion, form, colour, species did not matter there. The only thing that mattered was this feeling of being ‘One.’ Once this feeling becomes one’s reality, all else would just fall into place. For a person like me, who in the worldly sense, performed only in a mediocre manner in the subjects of mathematics and science as a student; this experience revealed the science of the universe.

Since 2016, so much has changed in my life. In the past, I used to feel other sentient beings, but did not know what to do with those experiences. Now, **I just feel One with everything.** The extrasensory experiences do not preside over my mind any more. Names and forms do not matter anymore. They are all me, and I am them. There is nothing outside that is not within me. I don’t belong to anyone or anything, yet I belong to everyone. I understand that no matter how hard, how unexpected or painful it may be, everything happens not to us but for us! There is always a greater, a higher lesson to learn in everything.



My Inner Journey

Good or bad, whatever happens, happens only for one's growth. In fact, the experiences of our life and the way we react to them, show us our stage of spiritual evolution—to be precise, it shows us with what we identify ourselves. When things happen, whatever it may be—good or bad, are we identifying ourselves with our individual identity or are we able to look at things from that space within us that is still and steady? Upon analysing, if we find that we have operated from the identity's perspective, what do we do about it? Do we continue to operate from there, or do we go back to that stillness and observe to find out what lesson was there to learn?

I understand now that it is okay to fall down. Everything is not perfect all the time. Mistakes can happen—those are also a part of nature or creation. Everything in nature has its cycles, as everything keeps moving and changing constantly, yet there is this place of stillness within me—there is this part of me that is changeless. While everything is moving and changing, that part of me is not changing. That is me. That is my reality.

Do I still get upset, sad or angry? Occasionally, yes. Do I still react to things? Yes, I do sometimes react to certain things. Do I still make mistakes? If such a thing as mistake exists, then, yes, sometimes I do make mistakes. Does my mind still talk? Yes. But, with each and every experience, I get to know more about myself. What a blessing! Do I know how things operate in the universe?

*What a blessing it is
to live from the Heart!*

To be honest, I am completely clueless. Every single time I tried to follow and trace it, I lost track of it—I finally understood that this was not something the mind could grasp. It can only be experienced. I have full trust that whatever I need to see, hear or experience will be shown to me in one way or another, and I will know what to do. We all will!

It is as if there is one heart, and that heart has one language that resonates in each and every one of us. Now, I understand how important it is to know how one's mind operates. The mind is a bundle of thoughts. These thoughts come and go. Whether we ride over these thoughts or just observe them come and go, is up to us. Mr Günata used to say, *“Übung macht Meister!”* – Practice makes one the Master. Practice really does help one go a long way to achieve what one needs to.

I never felt so whole, so full, so free, so fulfilled and so blissful in my life. At this stage, I feel immense love and gratitude to all the Masters and Divine Beings who are helping all of us round the clock. To Swami, our dear Sadguru, Mr Günata and all the Masters and Divine Beings—I truly thank you all from the bottom of my heart! You helped me remember who I am. What a blessing it is to have role models like you! **What a blessing it is to live from the Heart!**

