



वासुधैव
कुटुम्बकम्



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Message from Sadguru Sri Madhusudan Sai

To Live For Others Is To Live Forever

From time immemorial humans have tried to live forever; from resorting to natural methods to modern medicine, nothing helped them live too long. When they could not live for eternity, the mighty and the powerful built structures in stone as pyramids and tombs to live on forever in the memories of men. But alas, those too were destroyed, desecrated and deserted in time by the human race; and their stories, even though etched in stones or sung by bards, faded away from the public memory.

However, those who lived their lives for the sake of others, lived forever. *tyāgenaika amṛtatvamānaśuḥ* - says the *saṁnyāsa sukta* - a poem on renunciation and immortality. By sacrifice alone immortality is to be attained. In this edition of the newsletter we celebrate one such life of sacrifice and therefore of immortality, that of Father Charles Ogada who departed for the heavenly abode to sit by the side of His Heavenly Father.

Spirituality is for the courageous said Swami Vivekananda, for to swim against the tide is not everyone's capacity. It needs nerves of steel to be brought up in a seminary as a traditional priest serving Christ, and yet proclaim to be a devotee of

Bhagawan Sri Sathya Sai Baba, an Indian God. Persecution for displeasing the order is not new to the orthodoxies; yet, braving all odds after being disowned unceremoniously, Father Charles remained true to his convictions and did not trade his beliefs for pleasing a few. He built his own little village in Ebe - the Joy Village - where Jesus came first, Others next and oneself last. This Village, true to its name, has brought Joy to many helpless and destitute people - as clean drinking water, fresh food from its farm, free values-based education, speciality health care and spiritual succour.

A few months ago, bedridden with sickness, he sent me a message in the middle of the night seeking guidance, and all I said was to meditate on the truth of his existence, and his sincere gratitude flowed out as a poem born out of the experience of the truth that concluded thus—'I am not, yet I am!' He had realised his destiny; his journey was over.

Joy Village shall always remain joyful in the fond remembrance of his love and kindness that shall outlive him forever. And fellow devotees and followers shall drink many joyful cups of inspiration from the eternal fountain of his life and works.

Father Charles Ogada – A Man Who Served as God!



Born into a humble family at Uturu in Abia State, Nigeria, Father Charles was chosen by the Divine to carry out His work, and thus the Divine showed Its presence to little Charles, even when he was a seven year old boy. ‘A Tender Loving Presence’ as he called It, It never left him till he was about eleven-years-old. When he turned seventeen, the Presence out of Its Omniscient will, chose to reveal its Omnipresence, at the right time, in the midst of a thick African jungle. At that very moment, the Overpowering Presence absolved into its womb, the false sense of individuality that was still left scarcely in the teen Charles. This was the ‘Eureka Moment’—absolute freedom that arose from the experience of the Truth—an engulfing feeling of Love took over him instantly. Thereafter, Father Charles pledged his life for God and His Children.



In order to give his vision a definite path, he joined the Spiritan Order of the Catholic Church, completed his seminarian training, and went on to serve as a parish priest in Nigeria. He taught, he travelled and involved himself in community development projects and poverty alleviation programmes.

During his travel to India, Father Charles met the Divine in form, when he came to Puttaparthi in the year 2001 to have the darshan of Bhagawan Sri Sathya Sai Baba. The Christ in Charles and the same in Baba met and this union further shone radiant, and deepened his incandescent love for the Divine. Father Charles came with plans ready for the three-winged service streams – Sociocare, Medicare and Educare, that he was to undertake for the needy people of Africa. It fructified at the right time, after nine years, when Father Charles took the leap of faith in Good and God, and founded the Spiritan Self Awareness Initiative (SSAI), a non-profit humanitarian organisation in the year 2010.

‘Liquid Love’ – a drinking water project to quench the thirst of thousands of people was initiated in 2010.

‘Heart of Love Children’s Home’ was established in 2011 to shelter children who have been orphaned, left homeless, or disadvantaged due to poverty at their homes. Subsequently a values-based free school – ‘The Embodiment of Love Academy’ with primary and secondary sections started. Currently, the school provides quality integral education to about 1,000 children.

After the sudden passing of Baba in the year 2011, Father Charles knew sub-consciously that Baba’s Divine episode couldn’t have ended the way it did. In the year 2014, he came to know about the continuing mission from Muddenahalli. The first experience of meeting Baba in the Subtle Form through the instrumentation of Sadguru Sri Madhusudan Sai has been narrated by Father Charles in his own words:

“The moment of moments arrived, and I was nervous. When the door opened, I saw an empty chair. I knew beyond the all-knowing process that Baba was there – more present in that Silence. I had experienced this strange Presence many times in the past. So, when I stepped into the interview room, it was impossible to miss this home call to my authentic Self.”

Bhagawan Sri Sathya Sai Baba, through the instrumentation of Sadguru Sri Madhusudan Sai visited Father Charles in 2015 and named his entire premises as ‘JOY Village – Jesus First, Others Next and Yourself Last.’ A Chapel was also built on the command of Baba, and He named it as Anuli Chapel. On July 26, 2016, the new chapter of ‘Healthcare’ also began in JOY Village with the inauguration of Aruke Speciality Hospital – the Hospital of Good Health, in a 35,000 square feet area. This Hospital took its inspiration from the Sri Sathya Sai Sanjeevani Hospitals in India, from where a father in Enugu got his child treated, and made a humble silent prayer for a similar hospital in Nigeria—the prayer in silence was promptly heard by the Lord! On August 01, 2020, a similar

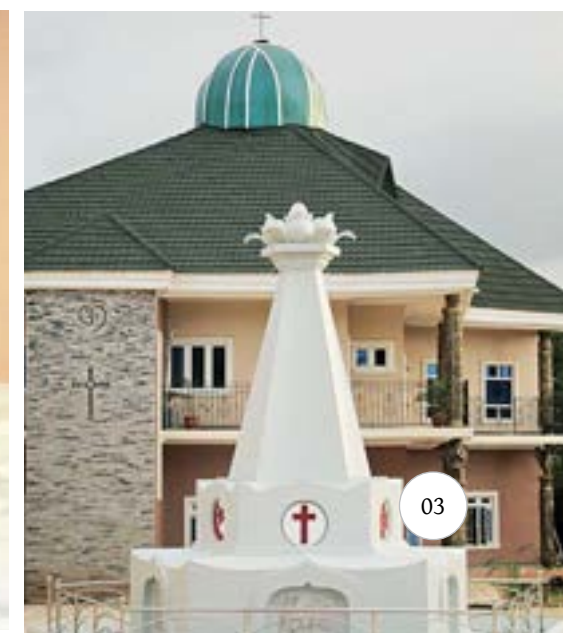


Aruke Speciality Hospital was inaugurated in the State of Imo to address the needs of people awaiting healthcare during COVID times.

“Everything is God,” said Father Charles and served all with love. This realisation elevated him above the realms of body and mind, and ultimately dissolved his spirit into the universal consciousness on March 31, 2022. A spirit that was confined to the body is now one with the entire universe, and thus he still lives on...to guide through his wisdom the children of JOY Village and the many other spiritual seekers by being an exemplar worth emulation.

In the words of Sadguru Sri Madhusudan Sai: *“The liberated spirit is more powerful now and it shall continue to guide. This time, he was completely ready for his departure and thus he faced it with utmost joy and acceptance.”*

“I was never born...hence I shall never die”—True to these words of Father Charles, he shall ever live as the Immortal Presence.





MoU being exchanged between RSBO and PBMT

February 20, 2022 Exchange of MoU between Rashtriya Sewa Bharti Organisation and Prashanthi Balamandira Trust for Bharath Rashtra Nirman Vidyarthi Nidhi – National Scholarship Scheme

Education as a means of empowerment and enlightenment is the basic right of every child born on this planet. However, education remains an inaccessible right for millions of children around the world.

- Only **less than half of India's children** between the **age of six and 14 go to school.**
- At least **35 million children aged six to 14 years do not attend school**
- **53% of girls** in the age group of **five to nine years have no education**
- Due to unaffordability and inaccessibility, **one out of every eight students** enrolled in a school or college tends to drop out midway without completing the education
- **Over 62% of all dropouts** happen at the school level as per a survey conducted by the National Statistical Office of the Government of India

With the onset of the pandemic, the educational scenario of the disadvantaged children of India had to face further difficulty, where access to technology to attend classes played a major role.

Strengthening the Foundation of Education – At the Primary Level

Primary Schooling of all our children should be enabled, so that no child in India is forced out of schooling because of unaffordability. Hence

Sadguru Sri Madhusudan Sai, who walks in the footsteps of his Master, Bhagawan Sri Sathya Sai Baba, instituted a first-of-its-kind National Scholarship Scheme for school children at the primary foundational level, through the Prashanthi Balamandira Trust, on November 23, 2021 – the auspicious day of Sri Sathya Sai Baba's 96th Birthday Celebrations.

Bharath Rashtra Nirman Vidyarthi Nidhi – a scholarship scheme to build Bharath from its foundation with two objectives:

- Improving enrollment and quality of primary school education
- Encouraging students to complete their school education up to Grade 12

Implementation

- To start with, Bharath Rashtra Nirman Vidyarthi Nidhi will cover the entire State of Karnataka
- 5,000 students, both boys and girls from Grade one to five, which is about 1,000 students per Grade, will be selected for the scholarship for this academic year 2021-22 from various Government schools
- These students will continue to be given the scholarship until they finish their Grade 12
- The only criterion for selection for scholarship is their need and not merit, gender, caste or religion
- A pilot project has already started at the Chikkaballapur District of in the State of Karnataka in collaboration with Rashtriya Sewa Bharti organisation (RSBO)
- Every child under the scholarship scheme will be linked to a volunteer from the RSBO to track their progress and holistic well-being

MoU Between Prashanthi Balamandira Trust and Rashtriya Sewa Bharti Organisation

On February 20, 2022, a MoU was signed between **Prashanthi Balamandira Trust and Rashtriya Sewa Bharti Organisation**. Mr Pannalal Bhansal – National Director of Rashtriya Sewa Bharti Organisation spoke about the initiative thus:

“This endeavour which is starting with a small head count of 5,000 children will definitely grow beyond our imagination and will cross 50 lakhs children in the near future only due to the great vision, encouragement and divine guidance of Sadguru Sri Madhusudan Sai. For now, we are seeing it begin, but the end result remains unknown and mysterious. When I was reading a book, I read a dialogue between Sadguru and Sri Sathya Sai Baba, where Sadguru questions as to how will he be able to carry out the great responsibility given by God in the best possible way? Baba replied, “You needn't do anything. It is me who will work through you. Just be a medium for my work.”

Similarly, when we have the blessings of Baba and continuous guidance of Sadguru, we are ready to embark on any project given by Him. RSBO is working on more than 1.5 lakh projects throughout the Indian sub-continent. We have more than 15 lakh dedicated volunteers. We have divided India into 11 divisions according to the States and we have established offices in every State of India. In every province, there is a Director, General Secretary and a full-fledged team which takes complete charge to undertake all the projects assigned in that place. RSBO through its national collaboration helps in the removal of various obstacles related to the operation of our affiliated institutions, by means of training, cooperation, guidance and providing direction to service operations. Sadguru Sri Madhusudan Sai is playing the role of a teacher by providing education, a father by providing healthcare and a mother by feeding lakhs of children through Annapoorna Breakfast Programme. This yet another education initiative of Bharath Rashtra Nirman Vidyarthi Nidhi shall definitely find its success in the days to come.”

Mr Panna Lal Bhansal ji addressing the gathering



Sadguru Sri Madhusudan Sai in His benedictory message explained about the purpose with which this scholarship was launched and He said,

न मे पार्थास्ति कर्तव्यं त्रिषु लोकेषु किञ्चन |
नानवाप्तमवाप्तव्यं वर्त एव च कर्मणि ||

*na me pārthāsti kartavyam triṣhu lokeṣhu
kiñchana |*

nānavāptam avāptavyam varta eva cha karmaṇi ||

There is no duty for Me to do in all the three worlds, O Partha, nor do I have anything to gain or attain. Yet, I am engaged in prescribed duties. Then why do I act in this world? We can find the answer to this question in another śloka of Bhagavad Gita;

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः |
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ||

*yad yad ācharati śreṣṭhas tat tad evetaro janaḥ |
sa yat pramāṇam kurute lokas tad anuvartate ||*

Whatever actions great persons perform, common people follow. Whatever standards they set; the entire world pursues.

Why do we do whatever we do? We are not bound by the sense of duty. For a parent it is their duty to look after their child's welfare. For a doctor, who is paid for his services, it is his bounden-duty to look after his patients. For a Government which governs the country, to look after its citizen's welfare is its duty.

We don't have a duty, but we are doing it simply out of love.

Duty without love is deplorable,

Duty with love is desirable,

Love without duty is Divine!

Be the instrument of God, and simply love—in that love, everything will happen. It is only because of Divine love that the sun rises, moon rises, wind blows, stars shine, crops grow and all the creation is sustained. What will happen to the creation if the Sun stops rising? The entire creation will come to a stand-still. What will happen if a river feels tired and stops flowing? The entire population will vanish from the face of Earth. What will happen if Mother Earth stops growing crops and trees? The world will disappear.

Everybody works in this world for the sake of the Divine. Everything happens in creation only to express that Divine love. The only part of the creation which deviates from this Divine principle are human beings. They work for their selfish motives. The body is been given to serve others and not to eat and enjoy. The rivers flow, trees bear fruits, cows give milk for the sake of others. Unfortunately, it is only human being, who will never work for others. In such a society, we need a set of people who will become an example to the rest of the society.

When King Janaka confessed his grief to his guru *aṣṭāvakra* about his unwillingness to rule the kingdom after experiencing the ultimate oneness with God, *aṣṭāvakra* replied saying, “*Till now you ruled the kingdom because you wanted to be a king. Now you need to change the attitude and continue ruling because the kingdom needs you.*”

Our country is considered to be a nation with highest school-going children. Yet half of them don't go to school. They get into wrong path as mind slips towards the wrong things faster. The rural children who have no direction and nobody to look after are roaming around the streets and picking up wrong habits during the pandemic. It is such a colossal waste of human birth.

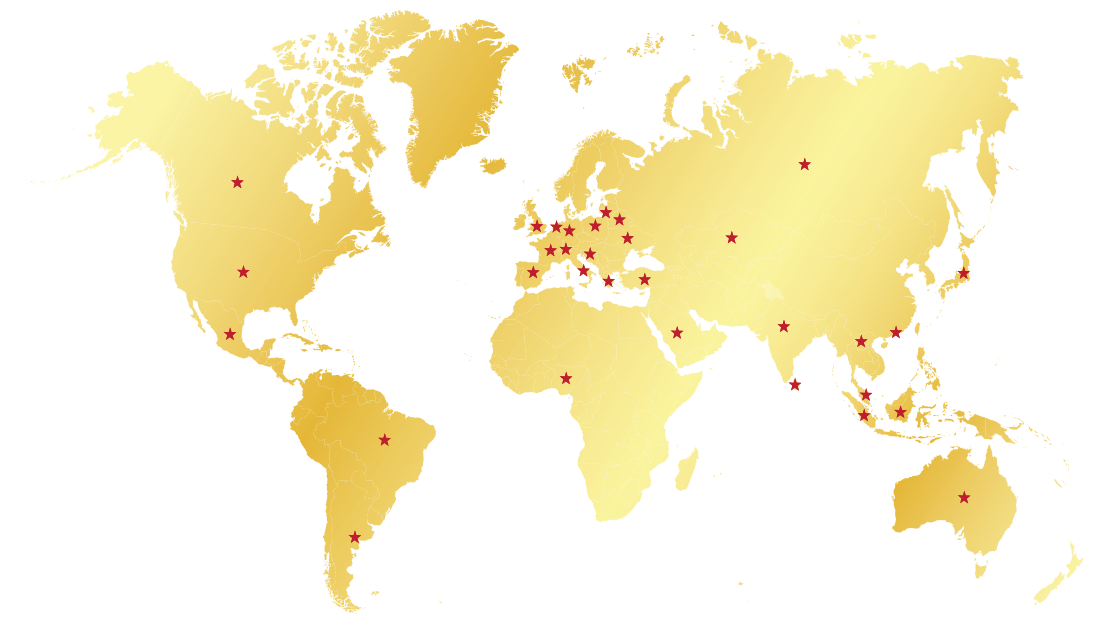
On one hand around 80,000 children are born in India every day. And on the other hand, Government is closing down the schools by consolidating them into one centre declaring that the number of students has drastically dropped. Somebody has to inspire, motivate and share the importance of education to the parents and children. This is where our role comes in. Let's say if one of the volunteers of RSBO knocks the door of such a family and educates them about the importance of formal education for their children's better future and assists them financially and morally, it would bring about a wonderful transformation in the life of that child.

The volunteer would see to it that the child goes to school, spends the time well and gets educated. With the help of the software which is being developed, we can capture the data of the child and monitor his/her progress. Such a child will become a good citizen of our nation and will help other needy children. Such volunteers are needed who can dedicate their lives for the betterment of these children and we already have them available in RSBO.

The volunteers of RSBO are scattered and are available throughout the nation ranging from Kashmir to Kanyakumari and Gujarat to Arunachal Pradesh. This amalgamation of PBMT and RSBO is like that of the coming together of Ganga and Yamuna, which has increased the strength and momentum of this project. In this world collaboration is a need—only by working together can one go far and long.

After COVID, so many children have dropped off and they aren't joining back due to poverty. Now, these poor families have got used to a little more earning from their children. The main reason for financing them is this – ‘join your children in the school and we would give you Rs 300 per month as an earning.’ This will draw their attention and will gradually turn to be a game changer. The economy and its GDP will increase gradually with this change.

We have forgotten to serve and sacrifice for others which were the fundamental principles of our nation. By observing the volunteers who are nowhere related to him/her, yet works and cares about the his/her growth—will definitely kindle the heart of the child. Only by drawing the children and educating them in this way would make that child a responsible citizen and prod them to help tens and thousands of such children in the future. What is the criterion to receive this scholarship? The only criterion is the need of the child. No financial background, age, gender, caste, etc., will determine the worthiness of the candidate. This is the solution to all the problems of our country such as homelessness, addictions, etc.



“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

- Over **700 hot meals** were served to the homeless and destitute living in a Caravan Park in Queensland in the month of February 2022
- Non-perishable food items which included noodles, baked beans, spaghetti, and pasta equivalent to **500 meals** were distributed to the needy
- The volunteers also provided dry rations for a family of 10 children looked after by a single mother, who tried contacting the volunteers for help

Towards the end of February 2022, most of the service activities were hampered due to catastrophic floods in Queensland.

Victoria

The volunteers in Victoria provided rice, pasta and cereals equivalent to **540 meals** to a community group at Wyndham Community Park Centre. Around **150 rolls** of toilet paper were also delivered.



Western Australia

The volunteers served close to **590 meals** to needy individuals through their association with NGOs such as CARAD, HD Streetwise, Women's Refuge Centre and Homeless Youth Centre in the Western Australian region.

10 food vouchers were given away to the vulnerable students of a Senior High School. Arts classes were conducted at the Women's Refuge Centre.

A session on imparting health education – 'Healthy Lifestyle and Nutrition' was organised at a Senior High School, where qualified healthcare professionals shared their insights with students. Around **33 students** attended the session.



Region 1

Fiji



Sai Prema Foundation



Sai Prema Foundation Fiji

United Nations Association of Fiji and Sai Prema Foundation Fiji signs a MoU

United Nations Association of Fiji (UNAF) and Sai Prema Foundation Fiji (SPF) have formalised a collaborative partnership agreement through the signing of a Memorandum of Understanding (MoU). This partnership is to achieve the vision, goals and objectives that UNAF and SPF have in common as well as to develop greater co-operation, understanding, strategic alliance and partnership with the goal of serving and making a difference to the underprivileged and needy people of Fiji through a number of projects and initiatives. The President of the United Nations Association of Fiji, Mr Akmal Ali said that they were grateful and excited to sign the partnership with Sai Prema Foundation Fiji. *"This partnership is all about cementing our pre-existing relationship that will assist UNA Fiji in achieving its ambition of creating Active Citizens in Fiji who will contribute towards nation-building in whatever little way they can. I am grateful to the Team from both Sai Prema Foundation and UNA Fiji for having similar mindsets and visions. Together we will and we can! We will now let our actions through this partnership speak, rather than words",* said Mr Akmal Ali.



To begin with, both organisations will work towards creating greater awareness about Congenital Heart Disease (CHD) among all Fijians and facilitate families and their children to receive treatment completely free of charge.

In addition, UNAF will use this project to engage its members and participants to volunteer their time towards distributing food parcels across Fiji; participate and volunteer in the rural outreach medical camps; as well as engage volunteers in the weekly blood drive initiatives across the nation. The ceremony was part of UNAF's Diplomacy Training Initiation Function and attended by the President of UNAF – Mr Akmal Ali; UNAF Governance Advisor – Ms Lorraine Seeto, Secretary-General Pacific Islands Development Forum His Excellency Mr Solo Mara; Acting British High Commissioner His Excellency Mr Paul Welsh; Charge D'Affairs of Spanish Embassy to Fiji – Mr Ignacio Tapia; Sai Prema Foundation Director – Mr Sumeet Tappoo; and Sai Prema Foundation Secretary – Mr Remal Tappoo.



Region 1

Japan



Home of Universal Peace

Meals Distribution

About 380 meals were served to the poor in February 2022.

In the city of Yokohama, approximately 60 food packets were distributed every weekend. The food packets were served with hot soups, sweets, and pre-gelatinised rice packets which lasted longer and could be consumed anytime just by adding some water.

In co-operation with a local food bank organisation, thick and warm sleeping bags were distributed to homeless individuals who were battling the harsh cold winters.

Food provisions are being donated to the Food Bank Organisation on a monthly basis.



General Incorporated Association of Sri Sathya Sai Sanjeevani Hospitals Trust, Japan

In the month of February 2022, the Trust served two cases of children's growth consultation service, which provided free health check-ups for infants of foreign families living in Japan.

Region 1

Laos



*Sri Sathya Sai Foundation
Lao PDR*

Sri Sathya Sai Foundation Laos continues to support local communities and hospitals for COVID 19 prevention efforts. The Foundation members distributed medical masks – N94 and N95 to Saysettha District Hospital and its frontline workers; Monks of Naxangphay and Non KhoNeua pagodas; Village offices of Ban Naxangphay and Nonkho Neua; and to the teachers and staff of our school.

40 residents are being served food at 'Home of Light – School for blind children' on a monthly basis.



Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



Sai Ananda Values-Based Early Education Centre – ‘Tadika Murni Sai Ananda’

Providing education is essential to every child in the world as they are the hope for a prosperous future—as beautifully quoted by Mother Teresa, “*The child is the beauty of God’s presence in the world.*”

There were multiple qualms about children, especially in the locality around Sai Ananda, who mostly belonged to the low-income group, being unable to attend pre-school education due to financial crisis, etc. Hence, Sai Ananda Foundation, Malaysia started a values-based early education centre named, ‘**Tadika Murni Sai Ananda**’ – **Sai Ananda Values-Based Early Education Centre**. The Centre was officially inaugurated in 2020 at the premises of Sai Ananda Foundation, but due to certain COVID restrictions it was shut down. Seeing the need of the hour and as the restrictions were lifted by the government, the Centre started refunctioning since February 2022. This early education centre provides education for **needy children completely free of cost**.



Currently, the Sai Ananda Values-Based Early Education Centre consists of **three trained teachers** and **20 students**. The classes begin as early as 8 a.m. in the morning and conclude at 12 p.m. in the noon, from Monday to Friday. The curriculum is designed as per the Malaysian Schooling Structure which includes core subjects such as Mathematics, Science, and languages such as English, Malay and Tamil.

Apart from the academic curriculum, various activities such as mantra chanting, yoga, aerobics, silent sitting, water play, kindy outing, music, playtime, storytelling, kindy cooking, arts & crafts, indoor jogging, etc. are held regularly for the tiny tots.

Students are also provided with free commutation to and fro home and school. Scrumptious vegetarian meals—breakfast and lunch are cooked and served to all the students and teachers on a daily basis. Teacher training sessions are held on a weekly basis by sharing pedagogical approaches that are child-centric and also the ones that will imbibe human values along with education.



Region 2

Middle East



Distribution of Sai Love Kits

In the month of February 2022, Sai Love kits were distributed to **83 blue-collar workers**, such as the laundry workers, house helpers, security personnel...etc. Each kit consisted of groceries such as rice, dal, wheat flour, tea powder, sugar, cooking oil, various spices, biscuits and toiletries like bath soaps, tooth paste and washing powder. These kits were able to feed a total of **4,980 meals**.

Few factory workers were also provided the kits, and seven individuals received kits worth preparing **430 meals**.

OMAD – One Meal A Day

Envisioning a world where nobody is hungry, ‘One Meal A Day’ is carried out to provide atleast one meal a day to the hungry. ‘When I eat, I ensure others eat too’ – is the intention behind this initiative. The volunteers serve cooked meals, fruits, biscuits, beverages like tea and coffee to the beneficiaries. In the month of February 2022, **316 meals** were served to the hungry.



Region 2

Nigeria



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Aruke Specialty Hospital (ASH) runs two clinical facilities in the remote rural areas in the States of Enugu and Imo. These Hospitals are meant for rural dwellers that cannot access quality healthcare services. Both the Hospitals offer a wide range of paediatric and maternity healthcare services, absolutely free-of-cost, while also treating children and adults from all age groups. On an average, the Hospitals treat **72 patients** on a daily basis absolutely free-of-cost.

In the month of February 2022, a total of **350 children, 740 adults** and **120 eye patients** were provided with world class treatment. Around **13 deliveries** were performed and numerous surgeries such as circumcision, catheterisation, and manual vacuum aspiration were conducted. Close to **317 medical investigations** were also conducted.



Region 2

Sri Lanka



Sri Sathya Sai Karuna Nilayam Foundation



Although the Sri Sathya Sai Karunalayam Medical Centre continued to remain closed due to the restrictions imposed due to the pandemic, the distribution of food to the villagers of Kirankulam continued. Over **4,000 meals** have been served since January 2022 and a total of over **22,000 meals** have been served since the commencement of the service in 2020.

The Sri Sathya Sai Sanjeevani Super Speciality Hospital is steadily taking a shape despite facing several obstacles due to the pandemic situation. It will be ready to serve the public in the near future.



Region 3



Zaklada Ananda (Ananda Trust Croatia)



Hills of love

Volunteers from the city of Rovinj gathered to visit remote villages on the hills of the Municipality of Krnjak to share their love with the elderly and few under-privileged families during the month of January 2022. Local Social Service helped to procure the list of individuals in need.

Cakes, gifts for children, jackets for the elderly, animal feed were distributed to people based on their need.



Region 3



*‘Ιδρυμα Μοιράζομαι’
(Foundation of Sharing)*



- Large quantities of medicine comprising of paracetamol, antibiotics, vitamins, etc., were delivered to an organisation called ‘Doctors of the Heart’, whose active participation in providing healthcare to the needy in many poor countries is a visible fact
- A beautiful and inspiring children’s book, ‘**The Power Within You**’ created by Eva and Anna, two of the members in the team, was circulated and offered to the children of other Foundations which are being supported by ‘Ιδρυμα Μοιράζομαι’. The kids received the books with enthusiasm and were marvelled at the sight of the colourful artwork that accentuated the messages on every page
- **60 boxes of food supplies** equivalent to **5,000 meals** were packed by the volunteers and were delivered to the churches at Anavyssos and Vari which will in turn serve the poor families
- **Four boxes of food supplies** were given to few poor families at Grava area
- On two consecutive weekends, the volunteers packed **300 sandwiches** and distributed them to the homeless at Pireaus port and to an institution for the homeless in the vicinity

- **70 pizzas** were offered to children and adults with disabilities of EGNIA Foundation, and **35 pizzas** to the orphans of St Andrew Children's Home
- Just like every month, boxes with food supplies were distributed to about **80 poor families** in Anavyssos area with ingredients that can **1,840 meals**
- **1,200 portions of yogurt**, **720 litres of milk** and **40 kilograms of feta cheese** were provided to both the Old People’s Homes of Athens and Palea Fokea
- In order to support children’s education, one electronic tablet was provided to a family with seven children



Region 3

Kazakhstan



*Общественный фонд «САИ»
(Public Foundation “SAI”)*

Feeding the Needy

Every Sunday, the volunteers distribute meals to the needy people on the route from the Church to the Mosque in Almaty city. Meals include sandwiches, sweets, cookies and tea. In February 2022, around **200 meals** were distributed in this way.



Supporting Single Mothers

The volunteers engaged themselves in providing assistance to single parent families, primarily targeting the single mothers and widowed mothers, who were raising their children under difficult circumstances. Basic necessities such as food and hygiene products were distributed. **16 families** were provided with monthly assistance.



Region 3

Poland



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

At the end of February 2022, considering the war-related emergency, Misja Prema supported Warsaw Seva Association in cooking, delivering and serving food to the refugees who were crossing the Ukrainian border to enter into Poland. In a span of two days about **450 meals** were served at the border. The Association also helped in the commutation of refugees to Warsaw.

Misja Prema continued its activity of recovery and distribution of food, thereby saving food from being wasted and delivering it to individuals, families and institutions in need. The volunteers visited **six nursing homes** in Warsaw, twice a week, to cook food and serve to about **900 individuals**.

The Uvacha team works relentlessly to translate and disseminate Swami's messages among Polish devotees, through a newsletter. Every month workshops for bhajan singing and children's education are organised.

The volunteers from Bialystok provide educational assistance for two girls in India.

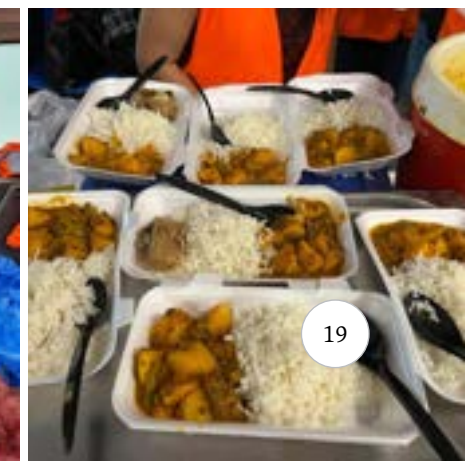
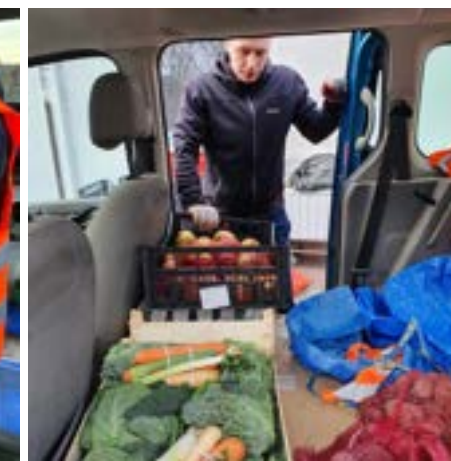


*Stowarzyszenie Love All –
Serve All (Love All – Serve All
Association) Poland*



The Polish Association 'Love All – Serve All' distributed packages containing food items such as oil, fruits, cheese, sugar, milk, juices, etc., to **21 families** almost equivalent to **92 individuals**.

The Association continued to co-operate with Association Warsaw Seva to serve hot Indian meals, three times a week, and complemented it with a cup of cool lemonade serving around **1,327 needy individuals**.



Region 3



Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)



Once a week, grains or pastas with legumes was cooked and served alongside milk or yoghurt, and bread. A total of **1,315 meals** were distributed door to door in the districts of Şişli, Pendik and Ömerli.

In the district of Uskumruköy, grocery boxes along with hygiene products such as toilet paper, bleach, laundry detergent, dish washing detergent, dish washer detergent, wet wipes etc., were distributed to **10 families**. A needy family in the district of Şişli, was also helped in this manner.

Wood for heating homes was distributed to **50 families** in Pendik. The volunteers of the Trust helped **13 economically deprived families** by paying their house rents and bills for utilities such as electricity, water and gas in the district of Şişli.



Region 4



Sai Global Service Foundation of Canada

The city of Edmonton has transformed three hotels to offer long-term housing for the homeless individuals. The suites will undergo extensive renovation, transforming the properties into supportive housing site which will be managed by Niginan Housing.

SGSFC is collaborating with Niginan Housing – a non-profit charity organisation which provides housing for homeless individuals. Efforts will be taken to provide nutritious food packets to the inhabitants. Over **50 packets** which included buns, chocolate milk and fruits were served in the month of February 2022.



My Inner Journey

An Instrument in the Divine Hands

By Mrs Desak Ketut Dewi

Mrs Desak Ketut Dewi (Dewi Yoga) is one of the ardent devotees of Sri Sathya Sai Baba from Bali, Indonesia. She is the Founder of Prema Sai Pooja Foundation, Indonesia and plays multiple roles such as Indonesian Medical Care Co-ordinator, Indonesian Youth Co-ordinator, Supervisor of the Foundation, etc. An ever-enthusiastic lady, ready to plunge herself into the various service projects in the Divine Mission of Sadguru Sri Madhusudan Sai, Mrs Dewi, in spite of her professional life, manages to shoulder many responsibilities efficiently with a pure heart and with noble intentions, complemented with unshakable faith and dedication towards her guru.

In October 2003, I came to the lotus feet of Sri Sathya Sai Baba and this day—I can never forget in my life. When the Divine romance thus began with Swami, in a few years' time, there was this news that came like a bolt from the blue—it was a Sunday morning, to be precise April 24, 2011, when a Balvikas event was being conducted in our āśram, and that day Swami left His mortal coil. Listening to the news, my heart sobbed in grief. At first, it was hard to believe that Swami had left us all. Yet, the only strength was that, Swami physically leaving us did not mean that He had left us, for isn't He the indweller within all of us?

In July 2011, I, my husband and few others travelled to Prasanthi Nilayam for the auspicious guru purnima celebrations, when Swami's mahāsamādhi was opened to public. I kept shedding tears unable to bear the pangs of separation from Swami. Before returning to Bali, we thought of paying a visit to the āśram in Muddenahalli, as we had heard a lot about the



place. Upon our arrival at Muddenahalli, a warm welcome was extended to us and the history of the āśram and its functions, the schools, etc., were explained to us in detail. Thereafter a short trip around the āśram was arranged—we visited the school and the Divine abode of Swami – Prem Deep. In Prem Deep, we had the vision of Swami in yellow robe. The very sight connected us to Him and tears of joy kept flowing incessantly. We were stunned to listen to the story of the Campus, which is yet another abode of the Lord. We headed to a place in the Campus where a training session in music was about to happen. To our utter surprise, we saw Swami's photo wearing the same yellow robe, as we had witnessed few minutes back at Prem Deep. We were flabbergasted and absolutely frozen. I felt blessed to have come to this place – Sathya Sai Grama. The buildings were simple, yet the aura and the deep silence were felt in the deep recesses of our hearts. Swami's love and presence was perceived everywhere. Thus the holy place of Sathya Sai Grama turned out to be yet another home for us, after Prasanthi Nilayam.

It was in May 2015, when we flew from Bali to Singapore to attend a satsang at Mr Ravi Pillay's home. This was the very first time when we saw, heard and met Sadguru Sri Madhusudan Sai, who was a communicator of Swami at that point in time. Many of us were puzzled and were unable to decipher the Divine līlā of Swami. Umpteen thoughts and questions rushed in my mind, when I saw Brother Madhusudan sitting down, cross legged beside Swami's chair and repeating as Swami speaks – who was he? How was this

happening? and so on... After listening to the discourse, I was pretty sure that it was only our Swami speaking to His dear devotees. In that discourse, He also revealed His plans to visit the Pooja Sai āśram at Bali, Indonesia.

In November 2015, we visited Muddenahalli to participate in Swami's 90th birthday celebrations. It was a month filled with rains and extreme cold weather, but the enthusiasm of the devotees was extraordinary. It was a celebration of happiness and love, a hallmark of the relationship between Swami and His devotees. The devotees from Region 1 were blessed to enact a short drama based on the life of śabarī, a devoted lady, who waited for years together to receive her Lord Sri Rama in her small hut. I was so fortunate to be able to play the role of śabarī, which I did with all my sincerity and purity.

The experience that śabarī must have had with Lord Sri Rama, I too had when Swami in His subtle form set His feet in our house, located in a small alley, which He lovingly named as 'Sai Prema Mandir'. In His maiden trip to Bali on March 24, 2016, all the devotees were well prepared to receive their Lord and the trip went on smoothly. During this trip, whenever Swami came and spoke to me, He suggested me to continue working till my retirement.

In the immediate next year, we received an invitation from Swami to join Him on the holy trip to Rishikesh in November 2017. It was indeed a sacred pilgrimage of service and spirituality that started with laying the foundation stone for one of the Sri Sathya Sai Sanjeevani Hospitals, and continued till Rishikesh where we were thrilled to touch the cool waters of Ganges. Witnessing the glory of the event induced a big question within me – Could all this happen without God's intervention? I knew in my heart that all the service and spiritual activities conducted by Sri Madhusudan Sai were divinely ordained. I longed for an interaction with Swami during this trip.

This wish of mine was fulfilled on November 23, 2019, when we came for Swami's Birthday celebrations. At the Premamrutham Auditorium, Swami came and spoke to me personally by revealing the entire story of my life, right from my childhood to the present day, and told me why I arrived at His Divine feet. This was the most priceless moment of my life, for it gave me the much needed clarity and convinced me to do all in my capacity to serve Him by serving all.

The COVID 19 pandemic brought many changes along with it. We have been fighting together for the past two years with this vicious virus—a virus that shook the entire world without sparing any country or person! Many people were laid off from jobs. People died due to the infection and for other reasons that were born out of starvation, unaffordability or inaccessibility to healthcare services...etc. We, who are still able to survive to this day, are indeed blessed and are protected by God. Even though the condition of the world has not recovered yet, we must continue to maintain an optimistic attitude, while being vigilant in order to avoid illnesses.

Carrying out sevā in the midst of a pandemic was and is a great challenge for all of us. With various restrictions imposed by the Government, there were limitations both financially and humanely, yet we managed to undertake various sevā activities, with the belief that our efforts will always be supported and protected by God. 'Love All Serve All' is the mantra which I try to follow every single day of my life. This is helping me shed all that which is not Divine. I offer my gratitude at the feet of Swami for showering His blessings on me and for standing by my side—always guiding, guarding and taking me towards my destination – mergence with Him.



My Inner Journey

A Golden Opportunity, Yet Again!

Ms Maria Buffa

Ms Maria Buffa is an Italian entrepreneur. For more than 20 years now, she has been a devotee of Sri Sathya Sai Baba, and ever since 2018, she recognised the same Divinity working through Sadguru Sri Madhusudan Sai. She is the guardian, as Sadguru calls her, of the 'House of the Divine' in Rome, which houses Sadguru and His entourage during their visit to Italy which usually comprises of Rome and the Centre for Human Development – Casa del Divino at Assisi. Ms Buffa co-ordinates the satsang activities at Rome and the service activities at Grace Kitchen, since December 2018. She is also serving as the Vice-President of Casa del Divino Foundation.

In 1992, while I was going through a very difficult period in my life, I had asked for help from an absolute stranger—this was the turning point in my life—I lived a unique transformative experience then. For seven days, I was in a state of Oneness with the surrounding nature. I vibrated with the wind; I was one with the bird's song; I felt as if someone had pulled me out of the dark pit I was in and carried me to the top of a mountain. At the end of the experience, I gradually descended and landed safely back to my consciousness, but I had profoundly changed. I began to ask myself questions, to seek explanations, to see life from a completely different perspective. I could say that—at that very moment, *ātmavicāra* (inquiry into the Self) had begun for me.

After searching for answers to my questions, I engaged myself in a 'Western' spiritual journey, until I was struck by the words of a dear friend, who compared Sri Sathya Sai Baba with Jesus



Christ. I followed my heart and travelled to India to see Baba. I didn't know anything about Baba, nor had I read any of His literature or biography. Yet there was a strong inner pull that catapulted me to Puttaparthi. I sat on the *darśan* ground waiting for hours, amidst the crowd, for a Master whose language was unknown to me. Thus began, in July 2000, the greatest love story that can ever exist—the one between *jīvātmā* (individual soul) and *paramātmā* (Supreme Spirit).

Trips to Puttaparthi became habitual and my stay became longer every time. After coming in contact with that immense energy of love, my wounds started healing, transformation was visible and my bonding with Him had grown deeper. I was never called for an interview by Him. Our relationship was exclusively internal, but He always answered all my questions and doubts, with a look or a smile, that I asked mentally or through a letter. It was amazing to witness the way He interacted with everyone at the same time – a 360 degree reach! Only God can do it! We were completely drenched in His love. Only those who have lived through such an experience can understand and relate to it.

I started engaging myself with the service activities at the Sai Centre in Via Arno, Rome and tried to serve to the best of my ability. My joy and fulfilment during this beautiful period of my life was suddenly interrupted by the news of Sai Baba's illness and His subsequent passing over. I was shocked, and I couldn't believe it. A blanket of sadness engulfed me and I went to Puttaparthi. I remember that day as if it was yesterday—the great pain I felt when I suddenly realised that I had lost the opportunity of my life. In spite of having such a Master, I was not able to fulfil the

expectations I had set for myself spiritually. Once again, like so many other lifetimes, I believed that I had failed to make the most of this sacred opportunity.

However, in 2014, I learnt of the presence of Sri Sathya Sai Baba in His subtle body and, after a revelatory dream, I rushed to Muddenahalli to meet Swami and his 'communicator' – Sri Madhusudan Sai. During the afternoon *darśan*, I was in such a state of bliss that I didn't need any proof of His existence. I was in the presence of my Master in His subtle form. My heart had no doubts at all. I came back to life—to my beloved once again! Later on, we had the great opportunity and blessing to organise five divine trips to Italy, wherein Swami came and blessed the people of Italy. My heart exclaimed, 'What a grace to serve you O Lord, what a gift to receive you in Rome in your Divine House!'

Everything had changed in my life since then and my relationship with the Divine deepened. I plunged myself into service activities, and now I am happy more than ever to have found Him and to be able to love Him. I also had the great opportunity to witness, during *guru pūrnimā* in 2019, man's ascension to God, right in front of my eyes. This only showed that ascension is possible for every human.

Change is the nature of life. The COVID 19 pandemic changed the normal way of life. No more travel or Divine visits and no more meetings except via online platforms. Despite the challenges, the *sevā* of feeding the homeless which Swami had blessed us with in Rome, continued undeterred. In the silence of a forced isolation, the discourses of the 'Master the Mind' series induced an inner strength. Sadguru Sri Madhusudan Sai, through the 30 discourses, gave us a step by step direction that served as a road map to reach the destination of the Self. It urged us continuously, with infinite love, not to miss the opportunity of human life to attain Self-realisation. I remember the agony I felt for not having achieved realisation at the physical departure of Sri Sathya Sai Baba.

This is the moment, this is the golden opportunity—this time I must not fail. I look forward to the translations of the talks and earnestly practice the *sādhana* of turning inward regularly. My transformation is still an on-going process and has not yet ended. There is still a long way to go, but I pray with all my heart to Sadguru Sri Madhusudan Sai, who embodies the essence of Sri Sathya Sai Baba, to help me in this path to reach Him.



How to get rid of our ego?

If you think you are the body and its master, and you have to look after it, and when you worry only about your own future—then the ‘I’ within you won’t go. Rather, if you think – ‘I have been put here as part of the Divine plan and everything that happens is also part of the Divine plan. When difficulties come, Swami will look after things, and when good times come, it is Swami’s gift’—thus, keeping your mind always thinking about Me and not on the circumstances, will help you get through difficulties.

As long as the mosquito coil is burning, mosquitoes will not enter. The moment the coil is finished, mosquitoes start entering. When you keep thinking of Me, evil can’t enter you; the moment you stop thinking of Me, evil creeps in.

“When you keep thinking of Me, evil can’t enter you; the moment you stop thinking of Me, evil creeps in.”

In everything that you do – studying, house work, going to school, driving – if you do it for My love, it will prevent ego from entering you. When the sun rises, all the dewdrops disappear. Similarly, when you realise that God is inside you, all ego will disappear on its own.

Everything that you undertake, you should do it for the love of God. ‘Will Swami be happy with this? Will Swami be pleased? Will it take me nearer to Swami?’ Keep asking yourself such questions and do only that which brings you closer to Me, all the time. Then, there will not be any ego.

