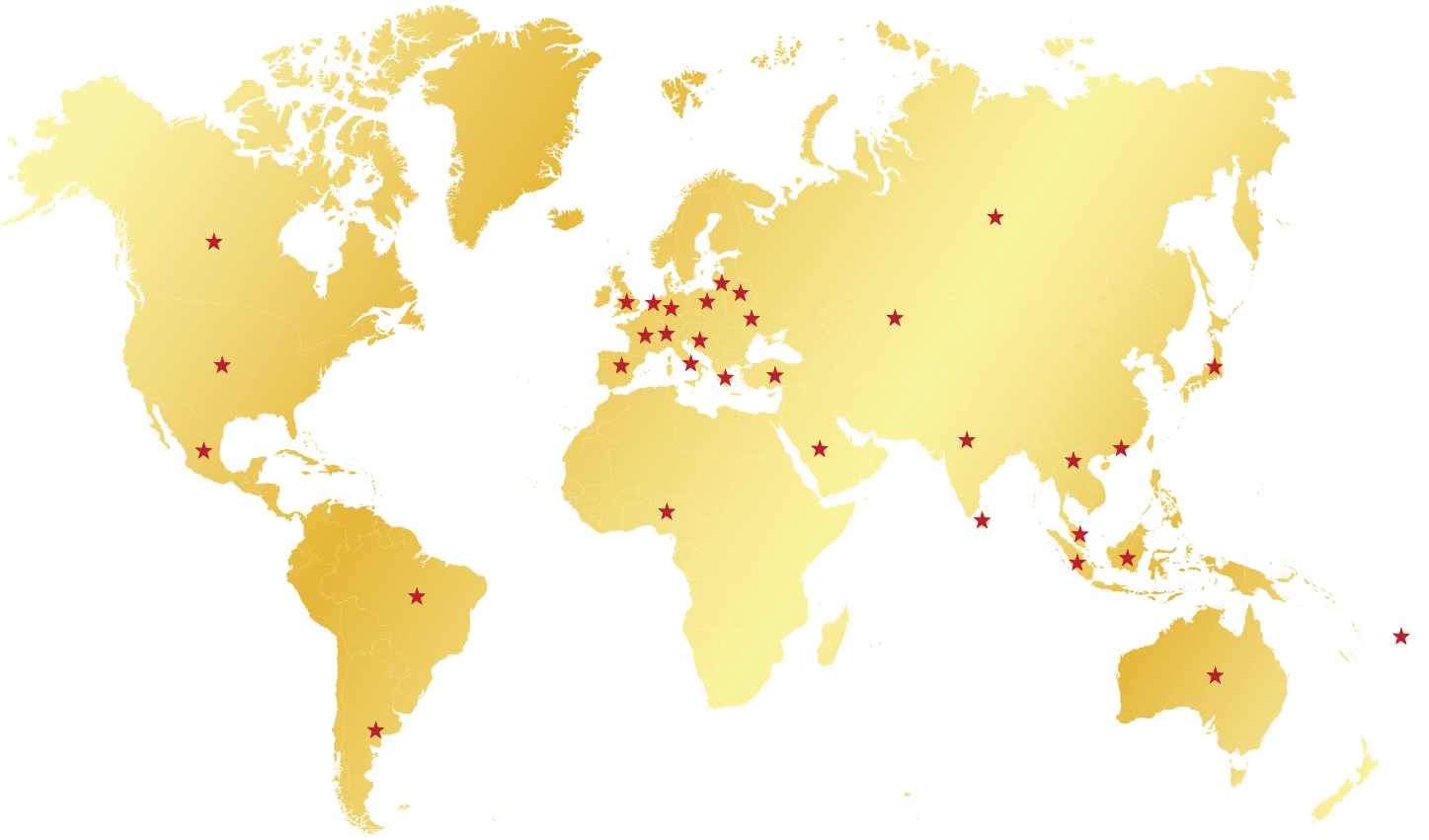




वसुधैवकुटुम्बकम् vasudhaiva kutumbakam

MONTHLY GLOBAL NEWSLETTER



Issue 28

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Message from *Sadguru Sri Madhusudan Sai*

Two dates!

There are two important dates that are fixed by the producer of goods – the date of manufacturing and the date of expiry. Likewise, the creator of all beings, fixes the date of birth and the date of death for all. But those two are not the most important dates!

The most important two dates for a human being are – the date when he knows the purpose of his life and the date when he achieves that purpose.

While many may think of many different purposes for themselves, but the true common purpose of every human born on earth is to know God, not as someone different from oneself, but rather as one's own true self. The first date of knowing our true purpose has happened to all of us, and the second date of realising the purpose is to happen for many.

The month of July is most important for me, not because this lifetime of mine began in one such July, 44 years ago, but because it was during one July of 1996 that I came to know of the true purpose of my life and in another July of 2019, I realised it.

Now, all days are nothing but mere expressions of that divinity within, and in all the actions without. Life is simply an effortless flow of Divine will, with no one day greater than the other. To love and to be loved seems to be the only way, well, how else could it be, for was that not the very purpose of creation, to love and be loved!

All dates and days are now spent in the celebration of love!

**With much love,
Sri Madhusudan Sai**



At the Forefront

26 July 2023 – 44th Birthday Celebrations of Sadguru Sri Madhusudan Sai

Birthday Wishes to our dear guru:

सुदिनम् सुदिना जन्मदिनम् तव । भवतु मंगलं जन्मदिनम्
चिरंजीव कुरु कीर्तिवर्धनम् । चिरंजीव कुरु पुण्यावर्धनम्
विजयी भवतु सर्वत्र सर्वदा । जगति भवतु तव सुयशगानम्
जन्मदिवसस्य हार्दिक्यः शुभकामनाः

*sudinam sudinā janmadinam tava, bhavatu
maṅgalaṁ janmadinam
cirañjīva kuru kīrtivardhanam, cirañjīva kuru
puṇyāvārdhanam
vijayī bhavatu sarvatra sarvadā, jagati
bhavatu tava suyaśagānam,
janmadivasasya hārdikyaḥ subhakāmanāḥ*

*“May this day of your birthday be auspicious
and beautiful.*

*May this day bestow immortality and a
meritorious life on you.*

*May you succeed in all your endeavours
always.*

May this earth sing your praises.

We wish you a very happy birthday.”



Divine Discourse

bhagavad-gītā – a mother who is also a guru

She is the mother of all the spiritual scriptures. She holds our hands and compassionately guides us to the ‘Truth.’ She caresses us with her knowledge, nourishes us with her wisdom, and protects us from all kinds of fears of life. She teaches us to play the game of life, and is by our side all the time till we succeed.

In a world of no guarantees, the only thing that is guaranteed are the words of Lord Krishna when He says – “Be with me and you shall succeed. There is no doubt about it.”

Do you have any fear? Refer to the bhagavad-gītā

There are different kinds of fears:

- Fear of losing things that we are so attached to or people whom we so love
- Fear of the future that holds so many uncertainties
- Fear of facing the end of this earthly surgeon

All these fears can be overcome by the central message of *bhagavad-gītā* which says, **“You are the Dehi – the indweller; You are not the Deha – the body.”**



To Share is My Joy

I have experienced, enjoyed and benefitted from understanding and practicing the scriptures, especially the *bhagavad-gītā*, and I know that this can benefit everybody around the world. This is what is needed at this point of time to change the world.

How to play this game of Life?

Celebrate every day by following the Master; fight the devils that are evading us from realising the teachings of our Master; stop not till we achieve it; and finish the game of life with flying colours. The ultimate victory is to become one with the Master.

I Followed My Master

12 years ago, when we lost the charming persona of Bhagawan Sri Sathya Sai Baba, I was devastated just like many others. But I decided that I have to spend my life working for my Master. And I found that my Master was working for all the beings in the world. Hence, I decided to do the same.

A Special Mention – The Students of Vedic Studies

The students of the Vedic Studies stream were the first ones to trust me when we started the graduate course in Vedic Studies, leaving behind all doubts about how this course will secure their future. Today, these students have independently and unitedly conducted the *gītā sāra saritā*. This is the kind of students we want – spiritually rooted in our scriptures, yet very professional and efficient in all that they do.

How is this Mission unique?

In this mission, spirituality is not just spoken and taught; it is practiced. This mission is about producing a whole new generation of people, who are not merely spiritualists, but are also dedicated to the emancipation of all, especially the poor and the marginalised.

This mission is not just about one guru and thousands of followers. This is about everyone being a guru and a leader in their own might.

My Students Will be the Light for the Whole World

This is not just the pride and the boast of a father or a mother that I am to my students; but it is pure truth. You will see thousands of them going to so many countries of the world, preaching and practicing these greatest truths of our scriptures and that is how the transformation of this world will happen.

The One and Only Dose

There is no other way to transform the world other than knowing our innate Divinity, which is our ultimate truth. This is the responsibility of each of my students. And this University will produce such youngsters, who are not just *thyāga jīvīs*, but are *yoga jīvīs*.

At the Forefront

26 July 2023 – 44th Birthday Celebrations of Sadguru Sri Madhusudan Sai



Who are *yoga jīvis*?

yoga jīvis are the ones who will be immersed in the Divine feeling, and always thinking, speaking, and acting from that Divine feeling. A combination of both spirituality and service is what our staff, students and devotees must embody.

My children will do it much better than me and the message of love and service will spread to every country of the world. These are not empty words. I have seen the future; so, I am saying what I am seeing. These are the children who are going to take the mantle of Selfless Love and Spirituality to the whole world. We are all going to be a witness to that. This Mission is going to expand.

Man's Effort and God's Grace

From tiled roof buildings and mud floors with hardly any facility, this place (referring to Sathya Sai Grama) was born; but it nurtured a lot of sacrifice, purity, and love right from the beginning. Bhagawan Baba graced this place because there were *dhanur dharas* like Arjuna here who were ready to sacrifice.

Bhagawan's grace flowed in, the mission expanded, and today, it is one of the largest organisations of the world rendering all services absolutely free of all costs, without any discrimination what so ever. In just the last 10 years, so much has been achieved, because of the sacrifice of so many of you.

God's Instruments are Invaluable. God's instruments achieve God's mission.

Bounties of Blessings

This mission has been blessed by the selflessness of so many people. Every time a patient is healed, a child is educated, a hungry person is fed or clothed, there is a pure positive energy that is released into this Universe from their hearts. These beneficiaries bless this place and all the people who work behind it.

If we do not do it, nobody can do it.

If we, who are here in this place, and who are getting trained to do this, do not take up this responsibility; nobody can take up this responsibility.

Great Souls' Glee

Many saints and sages have appeared in their *sūkṣma rūpa* and have spoken to me through mental conversations to convey how happy they are to see all these spiritual and service activities happening. These are the pending tasks of many great souls of this country and the world. They are so thankful and grateful, because they know that this is what is going to change the world.

Be an Instrument and Be Free

पूर्वमेव निमित्तमात्रं भव सव्यसाचिन्

pūrvam eva nimitta-mātraṁ bhava savya-sāchin

"I have already slayed these warriors. You are only an instrument of my work", says Krishna to Arjuna. And Arjuna says, करिष्ये वचनं तव – *karīṣyē vacanam tava* – "I shall act as per your instructions."

God will do everything. Just allow Him to use you as His instrument to do whatever He needs to do.

Our Time Together is Precious. Let's Use it to the Best Possible Way

It is by God's will, all your prayers, and the blessings of many souls that my life was extended. The Divine wanted this work to continue, and it couldn't have stopped mid-way.

It is the Divine Command that I leave behind people, who are better equipped, more capable and spiritual, so that they can continue this legacy.

Hence, all the more it is your responsibility to take care that, whatever time we have together, we use it the best possible way and ensure that each one of us live up to what is expected of us.

Redeem yourself by knowing the highest truth, that you are Divine.

A guru's right on His *dakṣiṇā*

Realise the truth of your Divinity and help thousands more to walk on this path. This is the birthday gift that I expect from each one of you. This is the *guru dakṣiṇā* that you have to give me every day, every week, every month and every year of your life.

You will realise that you are the Supreme Brahman, and at the same time your heart, mind, and hands will be constantly engaged in uplifting many more and helping many more.

This is your promise to me. Keep up your promise and fulfill it. You may not succeed in the first attempt, but be rest assured that nothing will be wasted on this path. So, don't lose hope and don't give up. Keep walking.

If I am a *yoga avatār*, so are you

What is *yoga*? *yoga* is complete absorption of your mind in the Divine mind. You become one with the Divine. Anybody who achieves this, is a *yoga avatār*.

Our Mission's True Purpose

Our mission is to divinise the whole world. Everything else is secondary. Together, we can change the world, we will change every human being into a Divine being. That is the golden age that we are all dreaming of; that our sages have prayed for; that our ancient *ṛiṣīs* and Masters have worked for tirelessly—but it could not be achieved in its entirety.

Now is the time, this is the place, these are the people, through which that golden age will be achieved.



At the Forefront

26 July 2023 – 44th Birthday
Celebrations of Sadguru
Sri Madhusudan Sai

You are God's Children

All of you are my children. I will take care of every need of yours. You do not have to bother your parents for anything. You just focus on your goal, your purpose, walk on this path and inspire many youngsters.

The Next Generation Needs You

50% of the world is very young. They need live examples of spirituality and service. This new generation does not believe in empty words. They are not interested in talking about scriptures, philosophy and spirituality. They want to meet men and women who are practicing what they are teaching.

So, you are the people who can inspire the new generation. Through your service, you will teach them spirituality. This is how the world is going to change.



Our Devotees' Role

Our devotees should take care of these children and ensure that everything is provided for them, till they grow up and shoulder these responsibilities. They have to ensure that our hospitals serve everyone free of cost, so that nobody needs to worry or postpone their treatment just because they are unable to pay for it.

If they need it, they deserve it. This is the simplest formula.

I place this responsibility on the shoulders of our students to take this forward. I am there with you, the devotees are there with you, all the followers are there with you to help you to do what you are born to do. Stay steady, stay focused and never give up this pursuit of *ātmano mokṣārtham* (salvation of the soul) and *jaḡat hitāyaca* (welfare of the world).



44th BIRTHDAY CELEBRATIONS OF
SADGURU SRI MADHUSUDAN SAI

SATHYA SAI GRAMA, MUDDENAHALLI



In Focus

05 July 2023, New Delhi
 26th Elets World Education Summit
 – Outstanding School Awards 2023

Sri Sathya Sai Loka Seva Gurukulam
 Group of Institutions won two
 prestigious titles under Outstanding
 School Awards:

- Innovative School of the Year
- Leading School Chain

This Summit in the field of education is known for its unparalleled global reach. Two days of exhilarating and enlightening knowledge sessions, prestigious award ceremonies and an innovative expo were conducted. The Summit established an unprecedented standard of excellence in the realm of education. To every staff and student who has toiled to learn and be together, to



everyone who has kept our house and cooked our food, to every corporate partner who believed in our journey, to every devotee who supported us with all their heart, and last but not the least, to our dearest Sadguru Sri Madhusudan Sai who lives every moment for the sake of the children, and persistently and patiently guides us, we offer these Awards.



In Focus

10 July 2023, Dubai
 20th Edition of Asia-Africa Business
 & Social Forum 2023 by Asia One

Goodness and Selflessness Always
 Triumphs!

Greatest Leaders 2023
 Sadguru Sri Madhusudan Sai



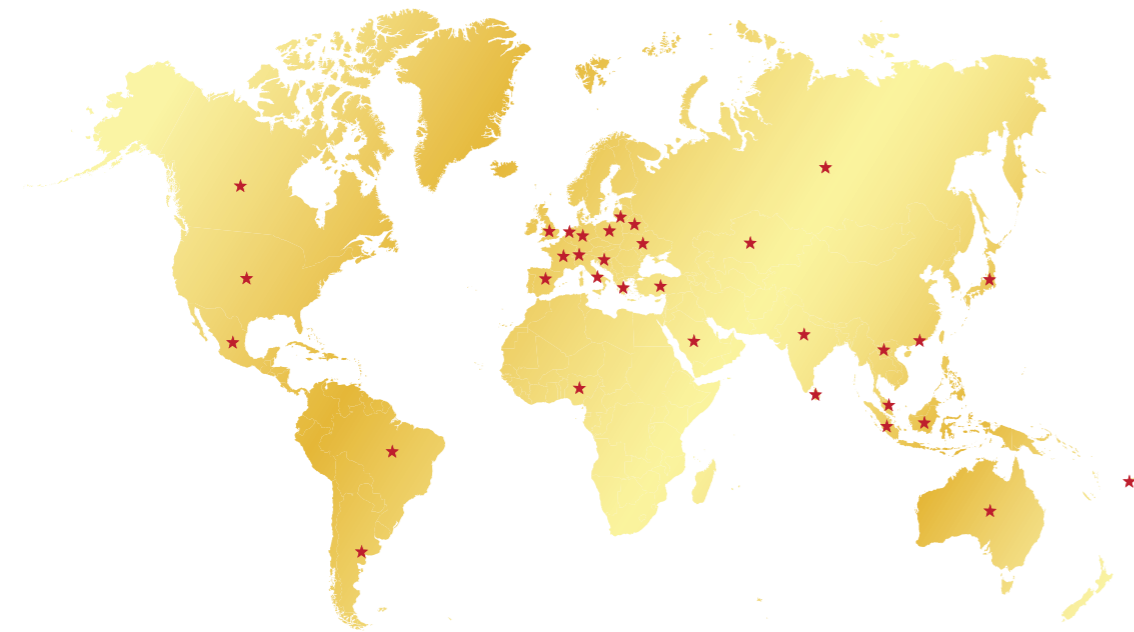
Greatest Brands 2023

- Sri Sathya Sai University for Human Excellence
- Sri Madhusudan Sai Institute of Medical Sciences and Research

AsiaOne is an international business magazine which does research-based listing and features exemplary brands and leaders. It is an intellectual property of URS Media Consulting PL, where winners are determined based on the jury votes and consumer survey.

More power to the power of our selfless work!





“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.

Sai Global Federation of Foundations (SGFF) brings together an international community of organisations which share the common goal of alleviating human suffering, promoting

environmental responsibility and creating new opportunities for those in need. It is a non-religious, non-denominational, non-political group promoting harmony by serving humanity, transcending the barriers of gender, caste, creed, ethnicity, nationality and colour. All Foundations and Trusts under SGFF work independently, collectively and in collaboration by exerting efforts in a focussed and purposeful manner, creating significant impact, throughout the world.

“Service is the ultimate
expression of Love”

Hong Kong



Nutrition

About 3,000 food packets were distributed in the month of June 2023. The food packets were prepared at the Feed Hong Kong kitchen, which is open thrice a week.



Region 1



Laos

Sri Sathya Sai Foundation Lao PDR

100% pass result was achieved by the Fifth Graders for the Fifth Grade Primary Board Examination. Certificate of Academic Excellence was awarded to all the students, except one, who made more than 80% in all subjects.



Certificate of Appreciation to the Sathya Sai School for continuing to record a 100 percent success rate of students graduating at the Primary and Secondary Levels



Graduating Students of Secondary Board with Certificates of Academic Excellence



Graduating Fifth Grade Students with Certificates of Academic Excellence (Awarded by the Ministry of Education)

Region 2



India

05 July 2023 - Launch of 'Praying Hearts' - A YouTube Channel for Morning Prayers

A YouTube Channel that offers soul-stirring prayers followed every day at the Sri Sathya Sai Loka Seva Gurukulam Group of Institutions, was launched on 05 July 2023.

The spiritual chants and songs have been recorded professionally by the students and staff of the Institution, primarily for their own brothers and sisters at the Institution.



Currently the channel offers the following chants:

- omkāram*
- prātaḥ smaraṇa stotram*
- gāyatri mantra*
- sāi gāyatri mantra*
- śānti mantra*
- samasta lokāḥ sukhino bhavantu*
- jaikāra*
- dhyēya vākya*
- iśa upaniṣad*



Launch of 'Praying Hearts' - Students and Staff

Region 2

India



05 July 2023 to 25 July 2023 gītā – sāra – sarītā

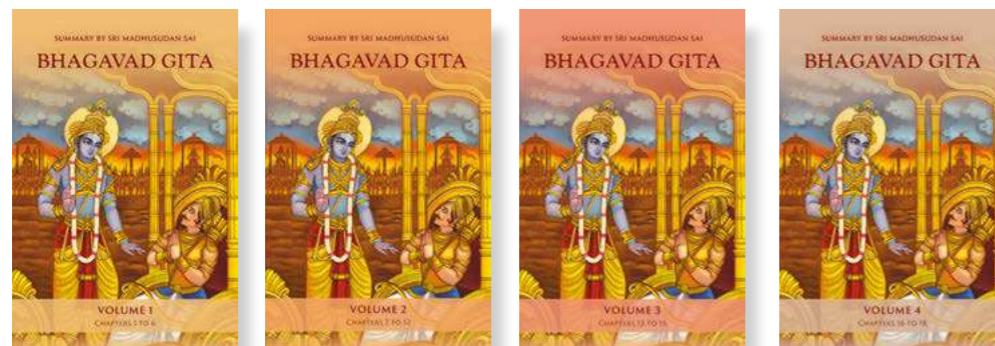
A limpid stream of sublime spiritual wisdom flowed, touched and nourished the thirst of parched hearts, and filled in those empty spaces in their hearts that longed for love, and emptied those spaces in their hearts that yearned for cleansing.

The source of this stream is a storehouse of perennial pure wisdom. How can one describe this source – the Krishna of the *dwāpara yuga*, or the Sai of the *kali yuga*, or an Ascent of this *saigam yuga*?

Whatever one may call this source, its Divinity was experienced by all in their hearts, in the clear elucidation of the *bhagavad-gītā*, as spoken through the Divine personification of Sadguru Sri Madhusudan Sai.

Key Messages

- *sanātana dharma* is unique because it allows for questioning, debating, arguing, examining, experiencing, and then accepting
- This *dharma* has perpetuated and sustained through the *guru śiṣya paramparā* for ages together
- In this *paramparā*, a *śiṣya* is allowed to question the *guru* provided he knows what he wants to learn, and surrenders to the *guru* completely; then asks the right kind of questions after having thought enough about it; renders service to the *guru* to win His grace; and then the *guru* gives His *upadeśa* – the nectar of the highest truth to the *śiṣya*
- It is only when Arjuna surrenders himself to Krishna as His *śiṣya*, does Krishna teach Arjuna through one of the best ways of teaching and learning – Questions and Answers



Click here to know more: <https://www.saiprakashana.org/product/bhagavad-gita-summary-by-sri-madhusudan-sai/>

- Krishna is the best teacher. The methodology of teaching adopted is 'tell-tell-tell.' Tell what you are going to tell, then tell, then tell what you have told
- *bhagavad-gītā* is the practical manual for life, and hence should be read while in the stage of *brahmacharya* itself, so that we learn about life, its purpose, and the right way of lead life
- It is the most authentic manual about life, creation and the creator, since the creator has expounded on these aspects Himself
- *bhagavad-gītā* is the essence of all the *upaniṣads*, which apart from elucidating on *brahma vidya*, also teaches how to attain it. Hence, it is also called as *yoga śāstra*
- *punarjanma* (reincarnations) and *karma* (consequences of actions) are the two basic principles of *sanātana dharma*. To understand these two concepts is important to understand the *bhagavad-gītā*

arjuna viṣadā yoga

- Sometimes it is the setbacks and failures in life that connects one back to God. Hence, in a way, sorrows and pains are also a form of *yoga*

sāṅkhya yoga

- Raise above the dualities of losses and gains, pleasures and pains
- Be steady and equanimous
- *stitha prajña* means steady consciousness. In this state, one is not affected by the happenings of the world, and this indeed is the highest state of human existence
- How to attain the state of *stitha prajña*? – Be satisfied within yourself; have firm faith that whatever happens it is for good only
- Know that you are the *ātma*; you are not the body; you don't die; you are never born



Region 2



05 July 2023 to 25 July 2023
gītā – sāra – saritā

karma yoga

- Enjoying or suffering the consequences of actions is the main reason for rebirth
- Action does not mean only physical; every thought, feeling, speaking and acting are all actions that will bear consequences. Hence, to know how to act becomes very important
- Act selflessly for the welfare of all to the best of your ability, offer it to God and do not worry about the results
- All actions are meant to purify the mind

jñāna karma sañyāsa yoga

- Think about, ‘who is the doer of an action, and who is the enjoyer of an action?’
- The *jīva* thinks that he is doing everything; but the truth is that the Divine only does everything
- The one who sees action in inaction and inaction in action is a *jñāni*
- The *jīva* is in truth Divine only and not different from Divine. Actions must be performed with this awareness
- The *jīva* is an instrument through which the Divine energy flows
- The attainment of *jñāna* alone will help to perform actions correctly and establish one in undisturbed peace
- ‘I am not the doer; I am not the enjoyer’ – this is the ultimate truth
- The *ātman* or the Divine Consciousness is the ability behind everything. It is the power that gives us the ability to think, speak and act; yet it does not think, speak and act
- The mind with its *vāsanās* and *guṇās* drives us to think, speak and act in a certain way
- By surrendering your mind totally to God, God will do everything and there is nothing that can go wrong



Divine Consciousness - The Ability Behind Everything

Region 2

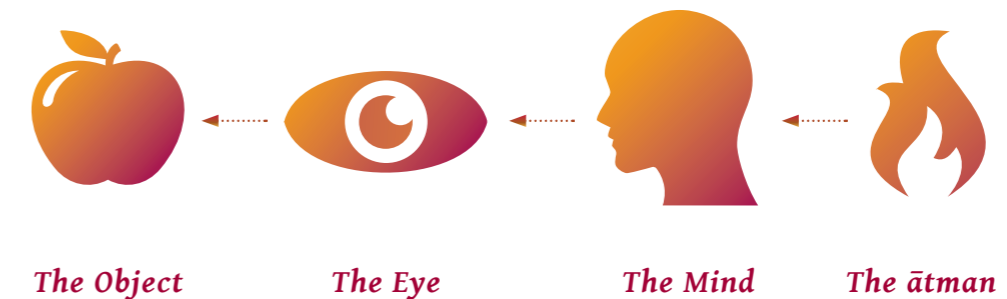
karma sañyāsa yoga

- Through the path of selfless actions, detached from doership and enjoyership, and unaffected by the fruits of the actions, yet completely involved in the action, one attains the status of *nitya sañyāsa*
- When actions are done like this, it purifies the mind, and in such a mind, *jñāna* dawns automatically
- A perfect *jñāni* will be a perfect *karmayogi* and a perfect *karmayogi* will be a perfect *jñāni*. No action ever binds them
- A true *jñāni* is the one who does not discriminate, differentiate, judge or hold any prejudices and preferences. He sees only the Divine in all
- Doing actions outside, and being established in the Self inside is the way to go about
- Perfection in *karma* is attained when we go about doing whatever we do selflessly without any attachment, aversion and anxiety
- Let your *karma* match with your *guṇa dharma*, so that you do it effortlessly

dhyāna yoga

- After purifying the mind through *karma yoga*, it is important to steady the mind through *dhyāna yoga*
- *dhyāna* becomes *dhāraṇa* when we focus on the same thought for a long time
- Where ever there is *śraddha*, *dhyāna* becomes easy
- An external object is seen by the eye, the eye is seen by the mind, the mind is seen by the *ātman* or the *sākṣi*. To be established in the *ātman* is *dhyāna*
- The practice of discriminating and distancing yourself from the mind will bestow peace immediately
- Focus on the middle of the brow and constantly be aware of your true identity, which is Divinity. This helps in complete detachment and constant centeredness

ḍṛuḡ ḍṛuśya viveka



Region 2

India



05 July 2023 to 25 July 2023
gītā – sāra – saritā

jñāna vijñāna yoga

- Lord Krishna says – “I am the manifest as well as the unmanifest Supreme energy. I am the brilliance of the sun, the taste in water, the buddhi and the prāṇa or life breath in humans.” The same energy pervades everything
- The *prakṛti* with its five gross elements and subtle elements like mind, intelligence and ego, are also His manifestation, through His *māyā*
- *vijñāna* means to know that God is everywhere and in everything in the form of energy
- This energy is conscious and aware, and has got its own intelligence. It gives the property of water to water, and fire to fire
- The supreme divine consciousness permeates and pervades everything. No place, no space, no object is bereft of it

Every time you lose faith in God, smell that first fragrance of rain that falls on the earth and you'll know there is God. Everywhere there is God and God alone is. Everything else is just manifestations of the same God.

Develop this vision and you will be ever happy; you will never be lost to God; God will be never lost to you because everywhere you are surrounded by God.

akṣara brahma yoga

- The one who identify themselves with their true identity as Divinity itself will reach their ultimate abode while breathing their last breath. Hence it is extremely important that we constantly live in truth, since we do not know when our end might come
- Only if we live correctly, we will also be able to die correctly
- All the time, at all places, keep thinking about God, keep contemplating about Divinity
- Think of Divinity constantly, do everything for His sake, be a *jīvan mukta*, and ultimately finish this game of life never to be caught again in the cycle of birth and death

The most important thing is what you are doing with yourself today. Are you living your life in accordance with the Divine will? Are you completely in tune with the divinity within and without? If 'yes', you are ever ready. This confidence comes to us when we are ever ready.



Divine Intelligence Permeates Everything

rāja vidya rāja guhya yoga

- This world is only an illusion which seems to exist on the substratum of pure divine consciousness. This is similar to seeing the snake on a rope, wherein the snake is only an illusion
- The world that we experience is because of God, however the world does not really exist. Only God exists
- Just like how snake is an imagination, the world and its happiness and sorrow are only an imagination and not real
- Just like how only the rope exists in the imaginary snake, similarly it is only Divinity or consciousness that exists in the imaginary world
- In other words, the world appears to be existing on Consciousness, but the truth is only Consciousness exists
- Everything that exists is because of God, yet God does not exist in these, because what seem to exist actually does not exist
- The world with all its characters is only a dream and not real
- Seeing only the Divine consciousness in everything is real wisdom



Region 2



05 July 2023 to 25 July 2023

gītā – sāra – saritā

vibhūti yoga

- The ability to experience everything is because of consciousness. He is the eye of the eye, ear of the ear, speech behind our speech, and mind of the mind
- The mind which is born out of Divinity, is itself the reason for obstructing the complete expression of divinity
- The purer our mind is, Divinity expresses there in all its splendour
- Practice discriminating the real from the unreal and attach your mind to the real (Divinity) constantly
- Though He is in everything, He manifests best in all those that are pure and perfect
- See God, know God and thank God in every situation

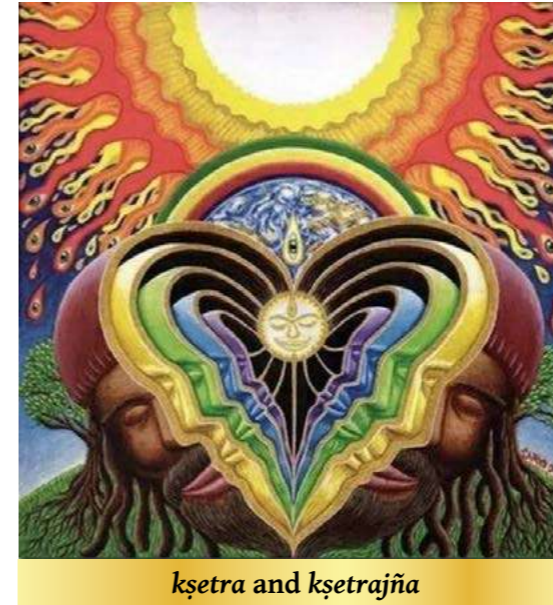
viśwarūpa darśana yoga

- To see Divinity everywhere is the real *viśwarūpa darśana*
- Once we experience that God only pervades everything, our ego dissolves and delusion disappears
- *ananya bhakti* or *vikampa bhakti* or love for God alone makes one deserving for such an experience. Only the grace of a *guru* or Divine can give this ultimate experience
- Just be an instrument of God. He will do everything through you
- Consider God as your everything – Father, Mother, Friend, and Beloved. Develop this kind of *bhakti*. This will ultimately help you see God everywhere

bhakti yoga

- God only expects your pure unconditional love and nothing else
- God's love is so pure and elevating, unlike the worldly love
- Anything done with pure love for God becomes perfect and immortal
- Supreme devotion for the Divine is the highest *dharma* of every human
- Worshipping the form and name of God is the easiest to begin with. This will gradually lead to releasing the Divine as the formless and nameless
- Keep your mind completely absorbed in God—if this is difficult, through *abhyāsa yoga* keep bringing your mind back to God—if this is also tough, do everything for the sake of the Divine alone and give up attachment to the fruits of your actions
- A true *bhakta* will neither trouble others nor be troubled by others
- A true *bhakta* develops acceptance towards every situation and peacefully addresses it without reacting, but responding
- A true *bhakta* is in the state of complete surrender to God, without any ego and attachment

Region 2



kṣetra kṣetrajña vibhāga yoga

- The *pancamahābhūtās*, the *karmendriyās*, *jñānendriyās*, *manas*, *buddhi*, *cittā*, *ahankāra* are all the *kṣetra*. These are the modifications of the Divine
- The Divine is the *kṣetrajña* which is a witness to everything including the mind
- The *kṣetrajña* is the ability to experience everything, but it is beyond all experiences
- The *kṣetrajña* is always constant and changeless, unlike the *kṣetra*
- The *kṣetrajña* is the same in all, and by this way we are all connected
- Knowing to discriminate between the *kṣetra* and *kṣetrajña* will help us stay stable, at the same time feel connected to all and empathise with all

guṇatrayavibhāga yoga

- The three fundamental qualities (*guṇās*) that shape human thoughts, behaviour and perceptions are *sattva* (goodness), *rajas* (passion), and *tamas* (ignorance)
- *sattva* leads to clarity, wisdom, and balanced actions. *rajas* fuels desires, attachment, and restless pursuits. *tamas* results in confusion, inertia, and darkness
- Aligning with *sattva* and gradually diminishing the dominance of *rajas* and *tamas*, elevates our consciousness and moves us closer to Self-realisation
- Ultimately, transcending the *guṇās* makes us one with the Supreme



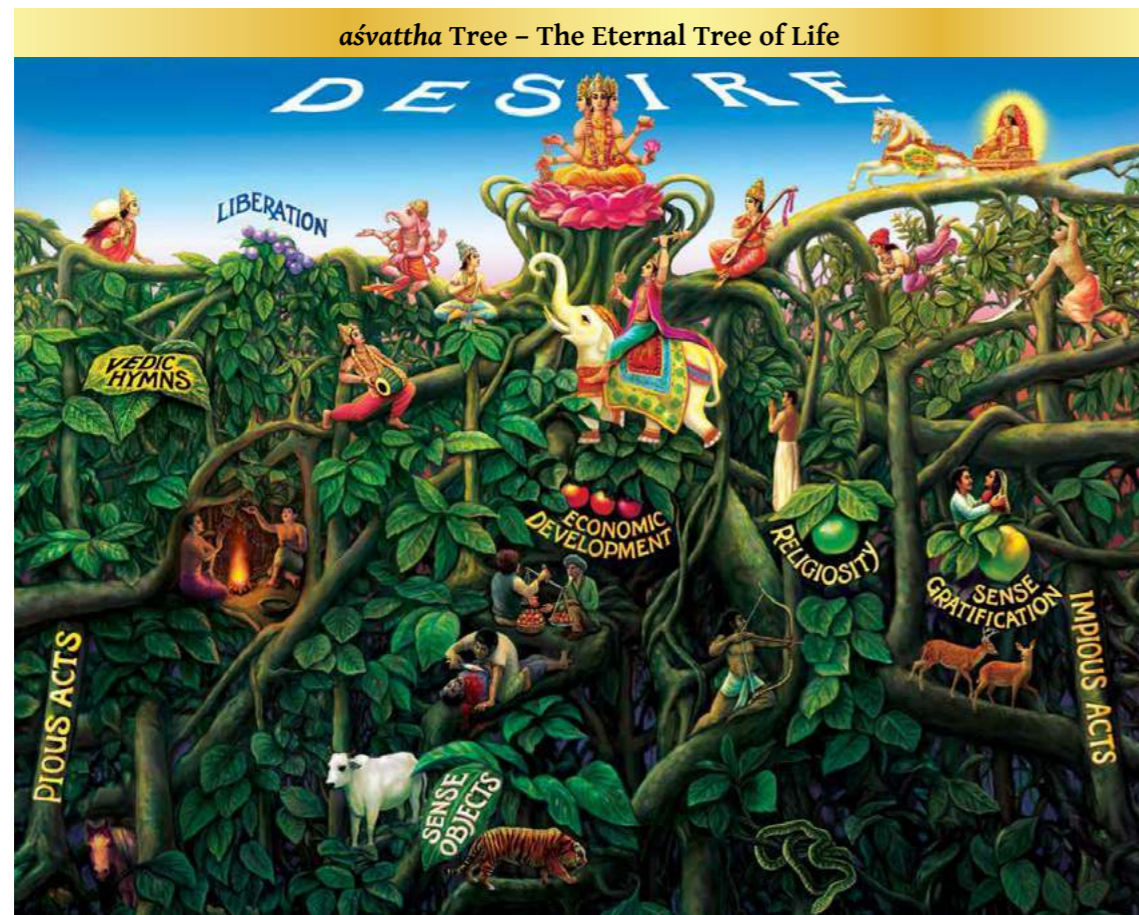
Region 2



05 July 2023 to 25 July 2023
gītā – sāra – saritā

puruṣottama yoga

- The metaphor of an eternal tree has roots above and branches below. This symbolises the system of the world, which has its origins in the Divine, and its manifestations in the material realm
- Recognising the distinction between the eternal consciousness (*puruṣa*) and the transient material world (*prakṛuti*) leads to profound transformation. This insight awakens a special intelligence that allows one to discern their true nature and detach from the illusory aspects of existence
- The ultimate reality, the *puruṣottama*, is beyond the perishable physical world. Those who comprehend this truth and develop unwavering devotion will reach the Divine abode, by transcending the cycle of birth and death
- Understanding the *puruṣa-prakṛuti* dynamics empowers individuals to cultivate detachment. This awareness reveals the impermanence of material experiences, facilitates genuine spiritual progress, leading to realisation of the Supreme consciousness.
- The knowledge of being inseparable from the *puruṣa* brings a sense of completeness and permanent peace



Region 2



daivāsurasampadvibhāga yoga

- The divine (*daivi*) and demoniac (*āsuri*) qualities are inherent in every human
- Divine traits like fearlessness, purity, self-control, and compassion lead to spiritual growth
- Demoniac traits like excessive greed, desires, anger, selfishness, and delusion obstructs spiritual progress

śraddhātrayavibhāga yoga

- There are three types of *śraddhā* – *sāttvic*, *rājasic*, and *tāmasic* which is connected to our inherent *guṇās*
- *sāttvic śraddhā* embodies purity and devotion, *rājasic* is driven by desires, and *tāmasic* indicates delusion and ignorance
- *sāttvic* food is pure and it nourishes the body and mind; *rājasic* food is spicy, overly salty, and it causes restlessness and craving; *tāmasic* food is stale, impure, and obtained through unethical means, and it causes lethargy and confusion
- *sāttvic* sacrifice is that which is performed selflessly, with pure intentions, and without expecting any returns. *rājasic* sacrifice is driven by personal gain and recognition. *tāmasic* sacrifice is performed improperly without any proper consideration and faith

- Cultivate *sāttvic* qualities and actions to progress on the spiritual path with purity, selflessness, and disciplined devotion

mokṣa sañyāsa yoga

- God is always by your side, whether He is physically present or not, guiding you back onto the righteous path whenever you go astray. This is the testament to His supreme love and patience.
- Even the gravest of sinners are protected and saved by God's boundless love. He ensures that no one is left behind
- Surrendering to God's will, will guarantee His protection
- Fulfill your duties towards the Divine, the society, and your own spiritual emancipation
- Recognise the importance of selfless service and align your actions with divine principles
- Fill your head with God's thoughts, heart with God's love, hands with His work to divinise the whole world
- Do your best, but never give up
- Being surrendered instruments is the perfect way of practising *bhagavad-gītā*

Region 2



21 July 2023 – Sadguru Sri Madhusudan Sai at the Inaugural Edition of ‘WMG Reasonomics: The Making of a New India’ as the Guest of Honour and Keynote Speaker

A Brief Introduction on WMG

WMG (We Make Good) works towards identifying the best-in-class investment products and structure optimal wealth management and advisory solutions to help clients achieve their financial and strategic goals.

Reasonomics brings together minds that matter in finance and economics on a common platform. The objective of this forum is to share insights and knowledge with leaders responsible for taking business and finance decisions in commercial organisations of importance across Bangalore.

The Forum, through its enriched knowledge sessions and conversations, brings forth diverse, dynamic and critical aspects of its role to the forefront, including the strategic role of CFOs in an organisation, continuously delivering sustainable value to the ecosystem, and enabling financial transformation, seamlessly, across diverse business setups.

Key Points from Sadguru’s Speech

- In order to achieve the target of \$30 trillion dream by the 100th year of independence, we must all come together
- Building a new India, especially in this Amrit kaal of the next 25 years, can be done based on the ancient principles of our spiritual heritage
- In the last 100 years, we have seen that several countries have come out of poverty, and many of them are developed nations. However, they have all focused on economic progress, leaving a lot of other social and cultural aspects, especially spiritual aspects, behind



Region 2



- We as a Nation, always believed in the oneness of everything and everyone
- The world’s GDP standards today is 100 trillion US dollars and increases by 2% to 3% every year. Yet at the same time, there are 700 to 800 million people in the world who go to bed hungry. Is this the new world order that we want to create?
- Our *upaniṣadic* idea is One World One Family. The moment you think of the world as a family, our attitude towards everyone around us changes. We feel more compassion, kindness, camaraderie, fraternity, and connection with each other
- The whole universe is permeated by the same Divine force. We are all equal in a way. We feel the same hunger, same sleep, and same sadness. And with COVID, we all have felt the same pain and suffering. COVID was a great leveller. So, how should we behave in this world?
- ‘*tena tyaktena bhujjithā* – Consume with Sacrifice’, said our *upaniṣads*. Consume only as much as you need and not as much as you want
- Whatever is not needed by you, does not belong to you. If you don’t need it, even if you have earned it rightfully, it does not belong to you. It belongs to somebody whose need is greater than yours

Region 2

India



21 July 2023 – Sadguru Sri Madhusudan Sai at the Inaugural Edition of ‘WMG Reasonomics: The Making of a New India’ as the Guest of Honour and Keynote Speaker

- The ideas of equality, inclusivity, prosperity for all and equitable growth can be achieved only by this way
- The four quadrants of Sustainability are:
- The need of the times today is to Give More and Take Less, and these are the spiritualists. This is the only way to keep our resources sustainable
- The biggest challenge of the world today is social polarisation, which is the divide between the haves and the have-nots. This has led to a lot of social unrest and conflicts



- VUCA – Volatility, Uncertainty, Complexity and Ambiguity is the state of the world today. Social polarisation is only making it worse
- The idea is that we are all equal, we are all one, we are a family, and it's our responsibility to look after each other's welfare. Unless everybody is happy, we cannot be happy
- The tripod model of Sarkar (Government), Samaj (Society), and Sanstha (Institutions) should be the way forward

There cannot be a happy individual in an unhappy family. There cannot be a happy family in an unhappy society. There cannot be a happy society in an unhappy country. There cannot be a happy country in an unhappy world.

Region 2



From Left to Right:

Mr Avinash Satwalekar, President, Franklin Templeton India

Mr Lakshmi Narayana, Chief Endowment Officer, Wipro Foundation

Sadguru Sri Madhusudan Sai, Social and Spiritual Leader

Mr CA T N Mandharan, Chairman of IDBI

Dr R Balasuramaniam, Member HR, Capacity Building Commission, Govt. of India

Mr Robin Singh, Former Indian Cricketer

Region 2

India



23 July 2023 - Grama Seva
(Serving the Villages)

jana sevā is janārdhana sevā

Service to Humanity
is Service to God



33
Villages



23,000
Beneficiaries



20
truckloads
of packed
sweets



500
Students and
Volunteers



Region 2



24 July 2023

- Inauguration of Skill Development Centre, Sathya Sai Grama, Muddenahalli

A Skill Development Centre was established by Sri Sathya Sai University for Human Excellence to equip rural youths with sustainable life skills that can bestow on them sustainable livelihoods and a meaningful life.

Objectives of the Centre

- To support the diverse interests, passion and abilities of students
- To empower rural youth who may not be inclined towards pursuing traditional academic education

Highlights of the Centre

- Offers 2+1-year Certificate Course in Flow Piping (Plumbing) and Electrical technologies
- Open to students aged 15 years and above, who aren't inclined to pursue regular academic education



Left to Right:
Mr Abhay Math, Chairman of Dnyanada Institute of Flow Piping Technology
Mr Milind Dange, Director of Dnyanada Institute of Flow Piping Technology
Sadguru Sri Madhusudan Sai, Founder of the Sri Sathya Sai University for Human Excellence

- Empowers rural youths into skilled workers by offering comprehensive and practical-oriented programmes in the above domains
- Opens up career opportunities by providing an employment guarantee within our own institutions
- Instilling human values along with technical expertise



Region 2



Evening Cultural Programmes

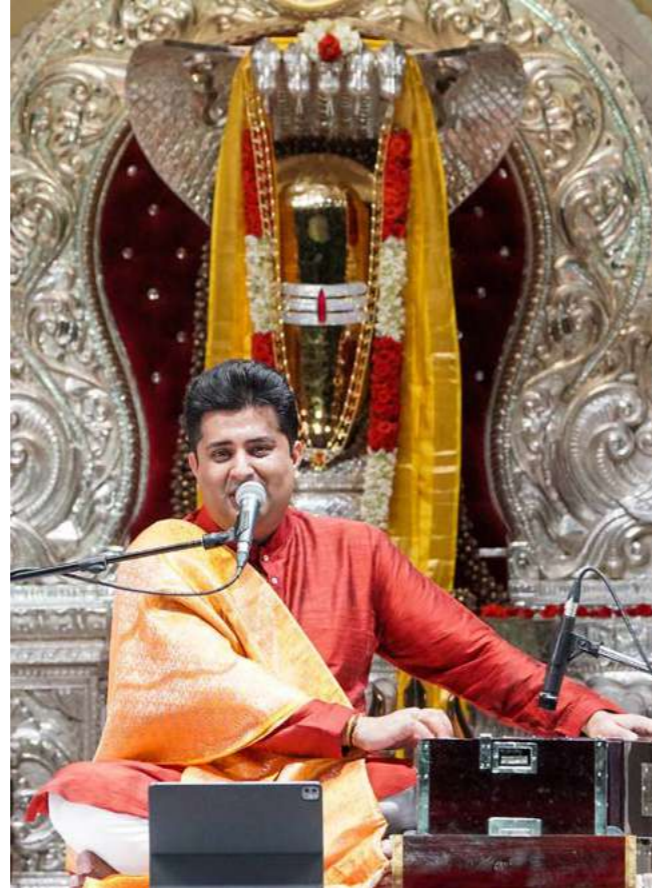
20 July 2023 – Dance Performance by Smt Anitha Guha and Team



Region 2

India 

22 July 2023 – Musical Offering
by Sri Sumeet Tappoo and
Troupe



Region 2

India 

23 July 2023 – Musical Offering
by Sri Siddhartha Belmannu
(Hindustani Vocalist)



Region 2

India



24 July 2023 – Dance Performance by Mrs Tanusree Shankar and Team

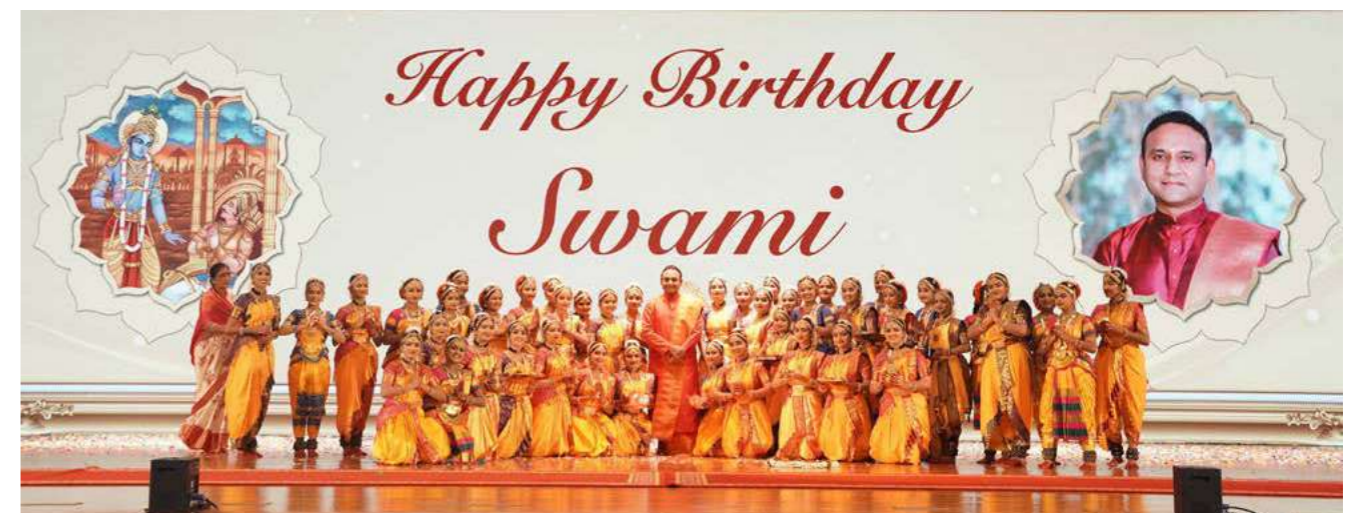


Region 2

India



25 July 2023 – Dance Ballet on the bhagavad gīta by the students of Sri Sathya Sai Loka Seva Gurukulam Group of Institutions



Region 2

India



26 July 2023 – Musical offering by Students and Staff of Department of Music, Sri Sathya Sai University for Human Excellence



Region 2

Middle East



Nutrition

In the month of June 2023, close to **6,638 meals** were distributed by the volunteers of Sai Hrudayam.

- **11 Sai Love Kits** which contained groceries for one month was provided to unemployed needy workers at the Sonapur labour camp and to a boy who distributes daily newspapers. Each kit would serve about 990 meals

One Meal a Day (OMAD):

158 meals in the form of biscuits, laban, tea, and freshly cooked food were distributed as part of 'One Meal a Day' initiative.



Desert Seva

Sai Hrudayam volunteers handed over a total of 61 kits to the camel caretakers based out of the interior desert areas. The kits consisted of wheat flour, rice, pulses, oil, spices, and condiments along with regular household cleaning supplies. It will serve an equivalent of **5,490 meals**.



Region 2

Nigeria

Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Healthcare

Aruike Specialty Hospital (ASH) runs two clinical facilities in remote rural areas in the States of Enugu and Imo. These hospitals provide quality free healthcare services to rural dwellers. Both the hospitals offer a wide range of paediatric and maternal healthcare services, while also treating children and adults from all age groups. In the month of June 2023, the following services were provided:

- Outpatient consultations were conducted for **497 children** and **680 adults**
- **159 patients** got their Ophthalmic treatment
- **18 deliveries** were performed
- **178 expecting women** were given the necessary antenatal care
- **28 children** were given immunisation
- **21 surgeries** were performed, which included caesarean section, circumcision, catheterisation, appendectomy, herniorrhaphy, wound repair, and incision and drainage
- **1,174 lab investigations** were conducted
- **72 patients** were admitted in the hospitals as inpatients



Educare

- The students of Senior Secondary School 3 and Junior Secondary School 3 had appeared for the West African Examinations Council, Junior National Examinations Council and Basic Education Certificate Examination under the African boards
- TELA organised and conducted the Parents Teachers Association meeting for the third term of the 2022-2023 academic session. During the meeting, the parents were updated on the school's programmes and discussed about students' improvement and well-being
- **86 Students of Nursery 3** went for an educational excursion to Unity Park and Oaklands Resort
- TELA Primary School conducted a debate competition. Winners and participants were rewarded
- TELA Skills Acquisition Centre conducted an examination for the students who were learning tailoring to take it up as their profession

Nutrition

School Breakfast Programme

- Nutritious meals are being provided to over **200 students of TELA** every school day
- Biarienu (Come to Eat) programme provided free nutritious meals to **over 300 school children** at two Government Schools at Ezeagu LGA in Enugu State, in the month of June 2023
- Staff and workers of TELA and expecting mothers were provided nutritious food every day



Region 2

Sri Lanka

Sri Sathya Sai Karuna Nilayam Foundation



Healthcare

Sri Sathya Sai Sanjeevani Hospital at Batticaloa in Sri Lanka has conducted **over 100 cath interventions** at the newly inaugurated Cath lab.



Sri Sathya Sai Sanjeevani Hospital, Batticaloa, Sri Lanka (Inaugurated in August 2022)



Region 3

Greece 

**‘Ιδρυμα Μοιράζομαι’
(Foundation of Sharing)**

Nutrition

The Association for the Protection of Minors of Piraeus (EPA – The Good Shepherd) honoured the Foundation with an Award for their constant and continuous support.

In the month of June 2023, **8,225 meals** were served in total. The meals were prepared by the members of the Greek Foundation and it included cheese pies, potatoes au gratin, spinach pies, Greek-style peas, sandwiches, salads, juices, and chocolates.

The following institutions were the recipients of the meals:

- **762 meals** – ‘Tsougraneion’ Church-Run Soup Kitchen
- **118 meals** – Association for the Protection of Minors of Piraeus (EPA – The Good Shepherd)
- **30 boxes** containing of legumes, oil, milk, flour, sugar, pasta, etc. were delivered to St. Panteleimon Church at Alimos. This will provide **2,000 meals** to the impoverished families supported by this church



Region 3

Ukraine 

Sociocare

In the month of June 2023, the volunteers of ‘Heart to Heart’ at Kyiv and ‘A Light for Ukraine’ provided aid packages to **35 children** which consisted of 18 sets of bed linen, food, sweets, stationery items, gifts, toys and books.

Volunteers from Kharkiv delivered humanitarian aid to Avdiivka, one of the most badly destroyed towns in the East of Ukraine. The aid package consisted of chainsaw, oil, clean drinking water, medicines, food, coffee and candies benefiting 40 needy individuals.

The people of Kherson needed to evacuate to another place and volunteers stepped in to assist. They offered 30 water filters, 20 spare cartridges, 15 sets of towels and bed linen, personal hygiene items, food for both people and their rescued animals. Additionally, 300 litres of fuel were provided to support the rescue teams.



- **48 boxes** of cooking ingredients along with snacks were delivered to St. Theodori Church of Anavyssos, which are equivalent to preparing **3,400 meals**
- **80 beneficiaries** at the Anavyssos area, in South of Athens received boxes consisting of different food items such as legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities, like soap, washing powder, etc. These items shall help in the preparation of **1,840 meals**.
- **1,200 portions of yogurt, 720 litres of milk, and 40 kgs of feta cheese** were donated to both the Old People’s Homes of Athens and Palea Fokea
- Pizzas were delivered to the following institutions:
 - **70 pizzas** were delivered to the children and adults with disabilities of EGNYA Foundation
 - **35 pizzas** were delivered to the children of St. Andrew Children’s Home

Educare

The Foundation gifted **23 boxes of toys** and **4 boxes of books** for the children who are looked after by the Association for the Protection of Minors of Piraeus (EPA - The Good Shepherd).



Region 4

Argentina



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



Nutrition

- In the month of June 2023, a total of **2,416 meals** and **3,038 breakfasts** were provided to the needy
- **1,119 meals** and **963 breakfasts** were provided to the soup kitchen, La Amistad at Escobar City, Buenos Aires Province
- In association with Asociación de Cazadores de Escobar (Escobar, Buenos Aires) and Encendiendo Lucecitas, food assistance was provided to **three families**
- At the city of La Plata, **1,287 meals** and **2,075 breakfasts** were delivered to several soup kitchens



Sociocare

The volunteers of the Foundation distributed clothes to **30 needy individuals** and **10 pairs of shoes** for children and adults along with **five woolen blankets** made by the volunteers to the needy visitors of the soup kitchens in La Plata

Educare

Volunteers of the Amor Y Paz conducted a few activities in the Ashram

- Taketina – a musical meditative process to develop awareness of rhythm
- Group Meditation
- Chanting of Omkar in a group
- First level of training in Reiki
- Workshop on the constellation
- Workshop on how to focus
- A delegation attended a meeting with Brahma Kumaris held in Escobar for the International Yoga Day



Region 4

Brazil



Fundação Sai Amor Do Brasil (Sai Love Foundation Brazil)



Nutrition

In the month of June 2023, **104 food packets** consisting of vegetarian sandwiches, packaged sweets, cereal bars and bottled water along with blankets and clothes were distributed to **104 needy individuals**.



Canada



Sai Global Service Foundation of Canada

Nutrition

In the month of June 2023, **50 packets of snacks** were distributed to needy people. The packets contained banana, apple, 100% banana strawberry fruit juice, and Boulangerie Bocata buns. Due to the hot weather conditions, **200 bottles of water** were distributed.



Region 4

United States of America



Divine Will Foundation Clarksdale, Mississippi



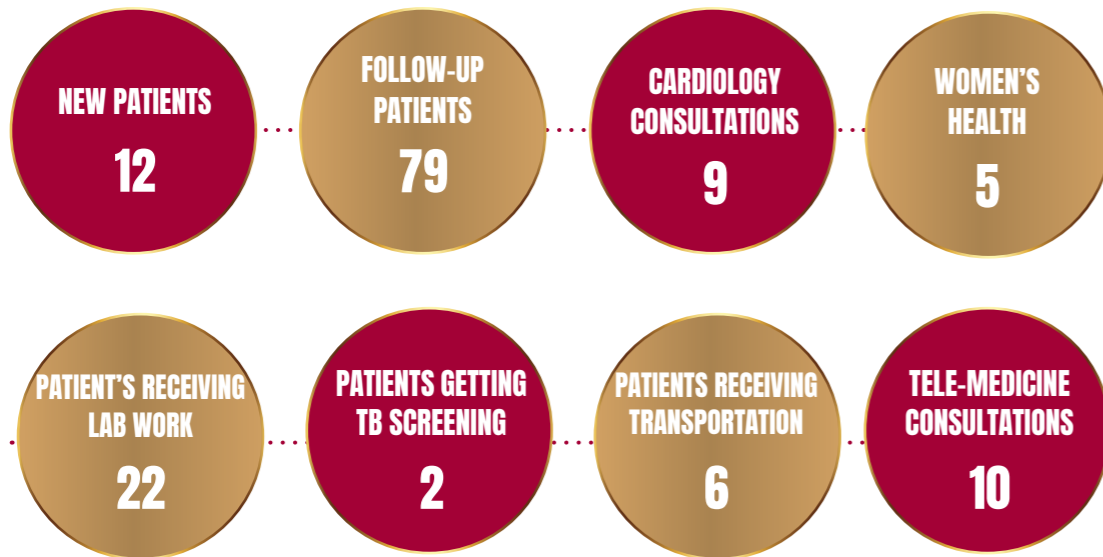
Healthcare

Clarksdale, Mississippi

In the month of June 2023, **145 patients** were treated at Sathya Sai Sanjeevani Medical Centre at Clarksdale.



**Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)**



Lessons For Life

What is Love?

Ambitions, ego, selfishness, craving for position or authority—none of these exist in love. Love by itself knows what it wants to do, how it wants to do, when it wants to do, where it wants to do, and with whom it wants to do. Love has an interesting intelligence of its own. Let that love happen, everything else will happen on its own. Place 'Love' as the single cardinal value in your heart, let that be the core, and everything else falls into place.

Our love happens on Monday, turns into attachment on Tuesday, transfigures into disappointment on Friday, converts into heartbreaks on Saturday and from Sunday we do not want to love anyone anymore. This is the story of love in the modern days. That love is not love that ends in heartbreaks.

Love is soothing, healing, purifying, elevating, and enlightening - that love alone is true love and that love is what we stand for.

If you can love everyone with the same pure love as you have found in me, you don't need to do anything else in your life. You don't have to know any scriptures, you don't have to know any *upanishads*, you don't have to do meditation—nothing is required if you are able to love purely, selflessly with the highest welfare of all in your mind.

In fact, love can take many shapes and forms. Sometimes the rains come as drizzles, sometimes rain is like a storm or a hailstorm where it hits hard and falls right on your head, and hurts you. Sometimes rain could be very cleansing and purifying. Sometimes it's just the humidity in the air. But it is all H2O that has come in various forms. Likewise, love also takes different shapes, sizes, forms and names.

To understand love, you have to simply love. So, this is how you should think in every situation, and remember 'Love knows everything.'



My Inner Journey

From I to We to He – The Unfolding Path of my Inner Journey

- Ms Sangita Naidu

Sangita Naidu works for the Queensland Government in Australia. She has a Masters in Education and is currently pursuing a Ph.D. on Swami's command. She also has an Advanced Diploma in Values Education from the Sathya Sai Institute of Thailand. She has been involved in values education for the past 25 years and is passionate about teacher development as a role model in values education, and helps in India and Australia with various projects. Her husband, Sunil Naidu is one of the Directors of the Heart of Love Centre for Human Development in Australia and also started the 'Health in Kind Foundation' as directed by Sadguru. Their son, Sai Kishan has joined the Sri Sathya Sai Loka Seva Gurukulum. Sadguru in one of his speeches said, "I brought Sunil from New Zealand to Australia to do my work. While Sunil looks after 'Health', Sangita looks after 'Education.'"

There is a saying just before you enter the building, Sai Dham in Muddenahalli which says, "Those who work for God, become God." This is my path.

Three great teachers or Gurus – Bhagawan Sri Sathya Sai Baba, Dr Jumsai and Sadguru Sri Madhusudan Sai guided, lifted and inspired me into taking my inner journey. As I grew up, these three gurus appeared at different times, when I needed them the most, and enabled me to take a step closer to my Self, to be moulded into a perfect instrument in His Hands.



Bhagawan Sri Sathya Sai Baba

My story begins as a child praying at the altar in my house, where my mother had placed an old black and white photo of a man with fuzzy hair amidst other Gods and Goddesses, and I used to wonder who He was. My mother had told me His name was Bhagawan Sri Sathya Sai Baba, and that she had taken the picture out of a book she had come across, where she was teaching and she still has the black and white photograph of Baba for the last 60 years. That is all I knew of Him at that stage.

I was born in Fiji. I adored Lord Jesus from being in a Christian Primary School, where I attended Bible courses and sang glories of God, and longed to join Mother Teresa's mission at the time. However, my parents had other ideas. So, when I was sixteen, I received a scholarship to study in New Zealand. The night before my flight, I sighted, what looked like the corner of a card in the wall of our house; so, I pulled it out like a visiting card—it was a colour photograph of Bhagawan Sri Sathya Sai Baba, under which was written "Do not depend on others to serve your personal needs, become your own servant, before proceeding to serve others", and that message became my guiding principle on my journey away from home.

I completed High School in New Zealand and received another scholarship in Electronic Engineering. I used to meet other Fiji students at lunchtime at the University. One day, a student gave me a book named 'Sai Baba – Man of Miracles', and my life took a whole different meaning after I had read it. I realised I found who I had been looking for, or shall I say, what I had been searching for all my life—someone who not only taught but practised the teachings in every way about the unity of religions and of love all and serve all. Here was a person who resonated with what was in my heart all along.

I began attending the Sathya Sai Centre in Auckland and learnt of Bal Vikas classes held on Sunday mornings and Thursdays. Herein, started my journey of conducting values classes, which I prepared for during the week, memorised the *ślokā*s and taught the little children on Sundays. I also joined the Youth Group and attended study groups on the *upaniṣads*, followed by the *bhagavad-gītā* on Wednesday evenings. We also participated in leadership training run by Lt Gen Dr Chibber, who wrote 'The Mahavakya of Leadership.' Our youth leader was a lecturer who helped at the Sri Sathya Sai Institute of Higher Learning in India and Sathya Sai Baba told him to bring the youth of New Zealand for His birthday in 1994.

It was November 1994, that I joined a group of youth on my first trip to meet Sathya Sai Baba.

The first time I saw Him in physical form was in the Poorna Chandra Hall. He was as majestic as I had imagined, full of love and His energy went straight into my Heart. He sang, 'satyam jñanam anantam brahma' and I was in total bliss. On that trip, lasting six weeks, He granted us many interviews and spoke at length to us about food, knowledge, spirituality, three types of teachers – one who complains, one who explains and one who inspires etc.

I was married before I went on that first trip. My husband, Sunil was born into a Sai family. In their house in Fiji, *vibhuti* or holy ashes used to appear on the pictures of Bhagawan Baba. Bhajans were held in their house on Fridays. He had also attended Bal Vikas classes, with his three brothers, and his father was involved in values education then. Swami had brought us together, as he also got a scholarship for the same school as I did, in New Zealand.

After our first trip, we visited Swami's abode every year for the Christmas programme, and also assisted and participated in various World and Youth conferences. In fact, when we went in 1995, we had the desire to stay for good. Swami asked when we were having a child. He told us to go back as He has some work for us. Our life continued in His service, where I got more involved in Values Education and Sunil in various leadership and service projects. We moved to Australia after some time, as Sunil's father was unwell and had moved to Sydney.



My Inner Journey

From I to We to He – The Unfolding Path of my Inner Journey

- Ms Sangita Naidu

My Second Teacher – Dr Jumsai

Sathya Sai Baba led me to Dr Jumsai, who was the second teacher to inspire me through to the next phase of transformation, as He also embodied 'To Be, To Do, and To Tell' leadership model. While in New Zealand, I attended a Values Education teacher training session by Loraine Burrows from Thailand, and this had a deep impact on me. She had mentioned about Dr Jumsai, who had started the Sathya Sai Institute and School in Thailand. It so happened that Dr Jumsai visited Australia and his talks on Values resonated with my heart, as I found him to be a role model in Values. Thus, I ended up at the Thailand school, which was about living in a Gurukulum environment and learning by being around the Guru, Dr Jumsai. I learnt that we cannot teach Values through words, we teach by **Being the Value**, as students learn from 'who we are than what we say.' It was Love that transformed me, and I needed a lot of it. I learnt that love transformed the students and I understood the importance of unity of head, heart, and hands. I found that immense LOVE in Sathya Sai Baba and again in Dr Jumsai.

The Sathya Sai School in Thailand was for me, 'Love in Action.' The students would run to Dr Jumsai as he arrived at the gate of the school—such was his love. There were times when children used to see Sathya Sai Baba walking into the school (visions). Sathya Sai Baba once appeared in a class as I was teaching the students a song for His birthday. There was much to learn from being with the students—experiences during meditation, stories, and values songs every day in the morning and evening, planting rice with students in the rice paddies, witnessing miracles in Buddhist temples, and participating

in community service with the students. After three months, I completed my Diploma in Values Education and received the medal and certificate from Bhagawan Sri Sathya Sai Baba's hands in Puttaparthi. I wished to stay longer in Thailand by His Grace, so I decided to do an Advanced Diploma, which involved research work and a thesis, and to receive another medal from Swami's Divine Hands! Sunil also joined me in Thailand, as was His Divine will. Dr Jumsai asked Sunil to do the Diploma course, where Sunil presented on leadership and management in Values education and returned to Sydney. We both had our graduation in Puttaparthi, from Swami's hands in 2001.

Inspired by the Values Education and the love of the students in Thailand, I completed a Bachelor of Education with Honours from the University of Sydney and went on to teach at the Sathya Sai School in Murwillumbah, Australia. We also bought land in Murwillumbah, as an inner voice kept prompting me till we had got the land. Incidentally, when Sadguru visited the house in 2017, He explained how He had instrumented the purchase and built the house on that land. Sadguru had told us which room was His when we had shown Him the initial plans. In addition, Sadguru provided a large 'Sri Yantra' and told me where to put it in the house, when it was completed. We had moved to the Gold Coast by then for Sunil's work. He had been very sick, had healed through Swami's grace, and dedicated his life to Swami.

We continued to visit Sathya Sai Baba every year when He would ask every time – where is our son? Then in 2008, almost 15 years after Swami had said, "have a son", He blessed Sunil and me with Sai Kishan. I left work to be with Sai Kishan as Swami had taught us that children need their mothers when there are young. We took him to see Swami when he was 18 months old and Swami blessed him by saying 'very happy'. That was the last time we had darshan of His physical form.

We were deeply at a loss when Sathya Sai Baba left His physical frame as we wanted Sai Kishan to experience His Divine presence the way we had. We also moved to Brisbane, after our last trip to Puttaparthi, as Sunil's mother lived there and his father had passed away, and, also for Sai Kishan's school. Sai Kishan loves music, so he attended Piano and guitar lessons, plus choir classes after school. He would play piano for hours at home,

so we would often do bhajans/songs together. However, we missed the Divine presence of Sathya Sai Baba. I now realise why He was born after so long, as Swami wanted Sai Kishan to be with Him at this stage of the mission.

Sadguru Sri Madhusudan Sai

In 2014, we attended a Satsang in Murwillumbah, where Sadguru Sri Madhusudan came for the first time. And as soon as He spoke, I had no doubt that Sadguru Sri Madhusudan Sai was my Guru after Sathya Sai Baba had left His physical form. Sadguru spoke of many things that only Sathya Sai would know and had said in our personal interviews. At that Satsang, He held Sai Kishan's hand and walked with him to the front of the gathering of youth. We experienced Sadguru's omnipresence when He had mentioned in a gathering that Sai Kishan was sharing his food at school and his mother was asking why was he doing it. He also materialised a chain with Sathya Sai Baba embedded in a locket for Sai Kishan, when he sang, 'Love is God.' Sai Kishan sang the same song, 'Love, Love, Love is God', a few times, in Singapore, Japan, Kodaikanal, and Australia. He had said then, Sai Kishan would join his school one day.

Another incident happened in September 2017, when Sadguru visited Australia and came for a brief visit to His house that we had built. He materialised a Radha-Krishna necklace for me. I remembered that years ago, a couple of Hare Krishna devotees had visited our house in Fiji to sell some books and pictures, and my father had bought a large painting of Radha Krishna from them, which he had framed and placed in our lounge. Whenever I sat there, I would gaze at the beauty of Radha Krishna and chant the Mahamantra written under the picture – 'Hare Rama Hare Rama, Hare Krishna, Hare Krishna, Krishna, Krishna Hare Hare.' Hence, when Sadguru gave the necklace to me, He showed His Omnipresence again.

In an interview in March 2017, in Japan, Sadguru asked me to study further, which I am currently doing, while working as well. He also asked both Sunil and me to speak on Values Education in Singapore in 2015 and then invited us to Japan with Him on two occasions, where He talked to a few of us about the Teacher Education Programme. Our life continues in Values

education and service, as His instruments, to do as He wills. At another Satsang in Australia, when Sadguru asked Sunil to speak, He said that "I had brought Him to New Zealand, then to Australia to do my work." So, the lines on our hands have been drawn by Him only, to take us where He knows is best.

I am inspired and grateful every single day for what Sadguru Sri Madhusudan Sai says, what He does, and how He does everything. Millions of lives have benefitted from His work, and He is a living example of selflessness and perfection. Last year, Sadguru asked Sai Kishan to join the school in Muddenahalli in one year. This school year, Sai Kishan was told to come and join the Sri Sathya Sai Loka Seva Gurukulum without any possessions, as all students of all the campuses received everything from toothbrushes to uniforms to basic needs. By this He is teaching us, "All are ONE family" which resonates within His institutions. He provides and takes care of everything; He says we just need to surrender to Him.

I feel most blessed at being able to attend the *bhagavad-gītā* sessions this July, in His Divine presence. Each day of the Gita session has been tremendously enlightening. Sadguru has patiently taken us step by step to understand 'how to live in this world and beyond'. Bhakti Yoga has been my favourite, as I long to be Radha when He is Krishna.

I am grateful that this life has been given a purpose by Sadguru. My only prayer is that each person reading this comes to understand His profound message and realises his or her True self, to serve in whatever capacity they can, and to become Him. I am eternally grateful to Sathya Sai Baba, Dr Art-Ong Jumsai, and Sadguru Sri Madhusudan Sai for paving this life's pathway. I know that without Sadguru's grace and guidance at this juncture, my life would have lost its true purpose. All I have written is not enough to describe everything that Sadguru embodies and keeps doing out of His concern and Love for us – I pray to be of service till my last breath, "to Be His Flute", and to reach the goal of selflessness in this journey.

**Love & Light
Sangita**

