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कुटुम्बकम्

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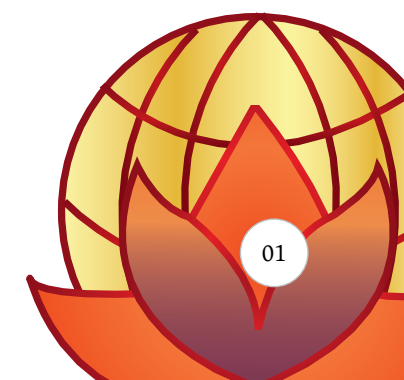
Message from *Sadguru Sri Madhusudan Sai*

Aniketa Sai

God is called as Aniketa, the one without a home, yet his home is in all the hearts. This was the feeling as we travelled most of the April in the USA and Fiji islands. Everyone received us with joy and there were celebrations galore. The high point of USA, was the opening of another People Shores Centre at Florida, which will bring more jobs to more people, especially the ones who were left behind. The Fiji island was agog with the second anniversary of the only children's heart hospital for the whole of South Pacific that we built for them. Tears of gratitude flowed copiously from the eyes of the parents who were relieved now that their loved ones were cured. Words were spoken in praise of the Fiji team and the team of medical professionals from many countries who helped this set of children. The Heads of the State acknowledged the good work and considered it a blessing for their people, and we simply rejoiced in the celebrations of One World One Family.

A new residence was inaugurated by the sea in the *ashram* at Fiji, to afford a few days of rest and respite from the two month long tour, and from the balcony we watched the waves come and go, yet the ocean not change even a bit. A lesson in spirituality was taught to all those who were keen to learn from the sea.

Meetings, partings, promises and festivities all rolled into one was the month of April. But most of all, we bowed down in humility and reverence with renewed commitment to His name and His mission in this month of April, for we ought not to mourn the past nor dwell in old memories, but must better the present and build a brighter future for all as His legacy, who resides in all our hearts – our Aniketa Sathya Sai.



At the Forefront

03 April 2024 – Honorary Doctorate of World Peace was bestowed on Sri Madhusudan Sai by the Maharishi International University at the Golden Dome, Fairfield, Iowa

Presented by Tony Nader, esteemed leader of the Transcendental Meditation Movement, this honour celebrates Sri Madhusudan Sai's lifelong commitment to serving the global community and fostering a happy, healthy, peaceful, and enlightened world.

The Award recognises Sri Madhusudan Sai's dedication to conducting collaborative research on Vedic Technologies of Consciousness and their societal impacts, exemplified by his initiative to establish a permanent group of 10,000 practitioners of Transcendental Meditation.

It acknowledges his tireless efforts in providing free-of-cost healthcare, education and nutrition to the rural, underserved communities, all grounded in the profound belief of *vasudhaiva kuṭumbakam* – One World, One Family.

An Extract from Sri Madhusudan Sai's Speech

"I am honoured to receive this degree at this holy place of Maharishi Vedic Village on behalf of all the people who work with me for the welfare of the world. I accept this honour and convey my gratitude to all of you, the University and Maharaja Ji for inviting me. My gratitude to Maharishi, who founded this great mission of bringing transformation through transcendental meditation and vedic techniques to so many people. I also place my gratitude to our master, Bhagawan Sri Sathya Sai Baba, who taught us to walk the path of spirituality and service, which is why we do what we do."



At the Forefront



It is my most sincere feeling that the need for world peace is being felt now more than ever before. In this 21st century, when most of the world is much better than what it used to be a couple of hundreds of centuries before, yet one thing we have not learnt is how to be peaceful within and how to spread that peace without to everyone else. This is where the work being done over here resonates so much with the kind of work we are doing at our organisation to bring peace within and without. Without inner peace, there is no way to world peace.

I appreciate all of you for all you have done for millions of people across the globe. You have brought so much peace, happiness, fulfilment, and joy to many people.

Our scriptures say, tyāgāt śānti anantaram – we can attain peace from sacrifice alone. Without sacrifice, there is no peace. The little sacrifices that we make for each other will make the world a better place to live in.

At our organisation, with so many hundreds and thousands of volunteers and millions of lives being touched and transformed, the core principle is that we should be able to express our love through service and sacrifice for each other. Indeed, we cannot not even call it a 'sacrifice' because when your right leg takes the weight of your injured left leg, it's not doing any service to you. It is natural, spontaneous and effortless. It's an effortless way of expressing your own love for yourself. When we learn that we are one consciousness – sarvam

At the Forefront



khalvidam brahma, prajñānam brahma, which are our ancient mahāvākyas, we don't do any favour to anyone in the world. Whosoever we help, we help ourselves; whosoever we harm, we harm ourselves. With this understanding of one consciousness that unites us all, we can become better human beings and create better societies, communities, and a better world for all.

The work being done here, which is helping people transcend the limited mind into that boundless, unlimited infinity of consciousness, is the solution to all the problems in the world. We are happy to join you in spreading this work to more parts of the world, where people are taught how to transcend their minds and touch base with their true selves, which is that supreme presence of consciousness that unites us all as one. The moment we realise this, I think that will be the end to all disharmony, conflicts, wars, discrimination, and hatred that still plague the world.

At the Forefront

We will work together towards this one common goal of achieving world peace in our lifetime so that we all can see that day when we live together as one family. One World One Family is our motto and goal, and I am sure we can achieve this together. This is my prayer, commitment and promise and we shall achieve this together”.

A team of scientists led by Dr John Hagel presented captivating studies and research on the profound effects of Transcendental Meditation (TM) to Sri Madhusudan Sai.

Following the presentations, the guests were taken on a tour of the campus, where they visited the remarkable Maharishi Vedic Observatory. This unique observatory, featuring an array of masonry sundials, is unparalleled in its ability to display the entire structure of the universe in a compact form, including the movements of the sun, planets and stars.



In Focus

24 April 2024 – Sri Sathya Sai Sanjeevani Children's Hospital at Fiji celebrates two years

Sri Sathya Sai Sanjeevani Children's Heart Hospital stands tall in the tiny island nation of Fiji, in the middle of nowhere, running completely free of cost, bringing the right kind of medical professionals, managing the infrastructure, procuring equipments from around the world, looking after the patients like their own family, and saving the lives of children. This is one-of-its-kind ever in the history of Fiji.

Milestones achieved by the Hospital

- **Hosted 10 international visiting teams** since inception
- **Teams from six countries** have volunteered to treat children – United States of America, National University Hospital Singapore, Sanjeevani Hospital India, Starship Hospital New Zealand, Queen's Land Children's Hospital Australia, and the European team
- **Procedures performed:** Patent ductus arteriosus, Ventricular septal defect, Atrial septal defect, Tetralogy of Fallot, Pacemaker insertion for congenital heart block, TAPVR-Total anomalous pulmonary venous return, AV (Atrioventricular) Canal defect repair, Pulmonary valvotomy, Mitral valve repair, Aortic valve repair, Coarctation of the aorta, etc.
- **17 life-saving surgeries** were performed from 14 April to 20 April 2024 by 20 members of the visiting teams from the USA, Australia, UAE, and New Zealand led by Dr Shaun Setty
- **277 little hearts mended** in the last two years



In Focus



Hon'ble Prime Minister revealing the logo digitally

Future Plans for Fiji

- Sri Madhusudan Sai Institute of Higher Medical Sciences and Research will be established in Fiji by collaborating with the Government of Fiji.

This institution will herald a new era of excellence in healthcare in Fiji and the Pacific. It will stand as a centre of excellence and innovation. This institution will offer free medical scholarships for the students and the medical professionals in Fiji.



The digital logo of Sri Madhusudan Sai Institute of Medical Sciences and Research Fiji

In Focus

- An Infection Prevention Training Centre will be opened under the Sri Madhusudan Sai Institute of Medical Sciences and Research in Fiji. This centre will extend training to all the medical staff in Fiji across the Ministry of Health, hospitals, and medical centres nationwide.
- A centre for adult cardiac care



Dr Gavin and his team launching the Programme for Infection Prevention Training



From left to right:

- Dr Shaun Setty – Paediatric cardiac surgeon from the USA
 Mr Issac Tigrett – Founder of Hard Rock Café
 Mr Mahendra Tappoo – Chairman of Sai Prema Foundation of Fiji
 Mrs Suluweti Rabuka – Spouse of Honourable Prime Minister of Fiji
 Honourable Prime Minister of Fiji – Mr Sitiveni Rabuka
 Sri Madhusudan Sai – Founder of Sri Sathya Sai Sanjeevani Children's Hospital
 Deputy Prime Minister of Fiji – Prof Biman Prasad
 Dr Rajni Chand – Spouse of the Deputy Prime Minister of Fiji
 Mr Sumit Tappoo – Chairman of Sri Sathya Sai Sanjeevani Children's Hospital

In Focus

'Gift of Life' Ceremony



In Focus

Speech Extracts

Mr Sitiveni Rabuka – The Honourable Prime Minister of Fiji

“Sai Sanjeevani is truly a God-sent gift for Fiji and the Pacific region. It is good to note that Fiji is the first nation in the Pacific and Oceania region to have such a hospital. This hospital is an answer to the prayers of thousands of mothers and families. Heart disease is the number one killer amongst children and the high prevalence rate of heart disease is of great concern. There are hundreds of confirmed cases of heart disease diagnosed just through the Sai Sanjeevani Children’s Heart Centre. These numbers are staggering and of course very concerning.

The Government aims to provide quality, affordable, and efficient health services for all, but it is like a dream given our economic challenges. However, the incredible success of Sai Sanjeevani Hospital is

a fantastic hard-to-believe tale. The Sai Sajeemani Hospital is the largest investment in healthcare done by an NGO in Fiji’s history.

Despite the charitable nature of the project, the Sai Prema Foundation has created a world-class facility with the aim of providing the best possible surgery and treatment to the children of Fiji and the Pacific. I’m told that the cost of overseas treatment for a paediatric cardiac surgery would be in excess of Fiji \$100,000. However, at Sai Sanjeevani, all the surgeries and treatments are given completely free of cost. The Government of Fiji has also contributed towards the operational expenses of the hospital by extending a grant.



Felicitations of the Medical Team



Felicitations of the Medical Team

In Focus



Felicitations of Dr Shaun Setty

Since the inception of the ‘Gift of Life’ programme by Sai Prema Foundation, 260 children have received free life-saving heart surgeries. I urge everyone to send their children for the free heart screening that the Sanjeevani Heart Screening Centre conducts. In addition to the children of Fiji, the hospital has opened its doors to children from all Pacific Islands. Within the first year, the hospital has fulfilled its promise to become the hub of paediatric cardiac care for the Pacific region. This is indeed a proud moment for Fiji.

We are grateful to Sadguru Sri Madhusudan Sai for being the inspiration behind the hospital and the various humanitarian projects and initiatives in Fiji. He spearheads a unique global mission across 32 countries. Since 2011, he has established Institutes of Excellence in education, healthcare, nutrition, and spirituality across the world.”

In Focus

Sri Madhusudan Sai

“Bula Vinaka! To all the dignitaries present here from over six countries just to celebrate the second-year anniversary of the Sai Sanjeevani Hospital, I extend my gratitude. We cherish this partnership, collaboration, and solidarity that you have all shown in building a better Fiji and the South Pacific.

We work for the children of the world, for the less privileged and the marginalised. If it takes a village to raise a child, it takes the whole world to save a child that is suffering from congenital heart disease.

Fiji has been a shining example of this collaborative effort, because so many countries came together

to build this hospital, to run this hospital, and so many doctors and medical professionals have lent their support from around the world. It's truly an example of what can be done when the world comes together as one family to save its children and its people.

We love Fiji and the children of Fiji. We, as a Global Foundation are committed to doing whatever we can to help more and more children and people of Fiji. I am sure that in times to come, Fiji will grow into a very important healthcare destination for the whole of the South Pacific and provide life-saving healthcare treatment to all the people without any discrimination.

In Focus



Felicitation of the Hon'ble Prime Minister of Fiji Mr Sitiveni Rabuka by Sri Madhusudan Sai

What is a life without a purpose, and what could be a greater purpose than to give life to another person, and more importantly give a life of purpose to another person! The children whose lives are restored at our hospitals will carry forward the legacy of love and service for the betterment of the society. A whole new generation of Fijians will transform the world; they will bring greatness and goodness to the society. This is the investment that each one of us are making.

A heart full of love and compassion, which has space for everyone in this world is what the Fiji Children's Heart Hospital stands for. A heart which expands in love is where God resides. We must recommit ourselves to carry forward the legacy of 'Love All Serve All' by thinking that the whole world is one family and everybody is our own.

God is good. So, in every good, there is God. When we do good, God blesses us. So, let us keep doing more good to more people in more ways in this year and for all times to come."



Felicitation of the Hon'ble Deputy Prime Minister of Fiji by Sri Madhusudan Sai

In Focus

At USA – Fireside Chat with Sri Madhusudan Sai

The What, Why and How of Everything We Do

How did you get all the doctors and staff to a rural place like Muddenahalli to serve, while they could have made a lot of money in the urban areas?

Getting the right kind of people to run the institutions is far more important than building the institutions. The question that was asked to us was – ‘Who will come to work in a rural institution?’ Nevertheless, we put out advertisements and invited applications, and were overwhelmed to see that we got more applications than we thought.

When we spoke to few of our medical college faculty, all that they had to tell was that, when they graduated as medical doctors from medical schools, they were an inspired bunch, who wanted to serve the society. However, with passage of time, due to family demands and other pressures, their inspiration took a backseat. When they found an opportunity in ours, they were inspired to join, not just to earn a salary or living, but to contribute back to the society.

The Director of our Medical College was the very first student that our institution produced 50 years ago. After 50 years, he has joined us back again as the Director of the College. This is his way of giving back to the institution. These are the kind of inspired individuals that we have. You have to see it to believe it.

What is the purpose of getting all these girls from the rural areas to study in your school and what would have been their fate otherwise?

In the Indian rural societies, girls do not get the same opportunities as boys get. Most rural societies think that a girl is a liability that needs to be gotten rid of at a certain age, as soon as she attains puberty, and so they want to get her married off, so that they do not have the additional responsibility of protecting and providing for her. Only 1% of rural girls go to higher education in India. Most of them drop out from schooling and many girls are pushed into marriage even before they are 18 or 19 years old.

In Focus



Keeping this as the background against which we are working, we wanted to ensure that girl children are given priority, and their talents are incentivised in a way that the parents would be motivated to admit their girl children.

- Education is free. So, parents don't feel that they are spending on a girl child, which according to them may not pay them off in future
- Being a completely residential model, their stay is also not charged. So, parents feel comfortable to leave their children a little longer in our institutions as they feel that their children are protected and taken care of in a safe environment
- In spite of education that is given completely free of cost, we further give stipend to students who enter the undergraduate and postgraduate programmes, so that their parents can be supported financially too. This is an innovation adopted in our methodology, so that parents are prevented

from stopping their children from pursuing higher education. A lot of convincing, conversations, discussions, and sometimes even arguments with parents is what it takes to educate a girl child, to help her pursue higher education in India

In our medical college, there are 17 girls out of the total strength of 50 students. Most of these girls come from underprivileged backgrounds, except for a girl or two. When I enquired with this minority section of the girls as to why they joined our medical college, while they could have afforded it else where also, their answer was that their parents feel that our medical college is a safer place for them and will make them cultured. This is another major factor why parents prefer that their girl students are admitted in our institution.

At our medical college, we not just give clinical and technical training, but also teach them the human aspects of compassion, culture and spirituality.



In Focus



66% of the overall student population in our institution is girls and most of them are first-generation literates. Their parents, especially their mothers have never been to school. But their daughters are now confident personalities; they speak good English; they are adept at using computers. They are also getting trained through the internship programme, after which they shall continue to serve the institution by getting employed.

Seeing these girls, their own younger siblings are motivated to join our school. There is reverse pressure on parents now to put their younger daughter also in our school.

Can you talk a little bit about your future plans?

Till the last child gets access to free healthcare, we are not going to stop. This is our future plan.

- Capacity building is one of our primary foci, because rural doctors, nurses and

paramedics are a demand in rural areas. Also, we need the right kind of professionals to run our hospitals for perpetuity. So, we built the medical school. We are trying to implement innovative courses so that the students can get educated about paediatric heart surgeries in a shorter time

- We are also looking into preventive healthcare. Because, it is not all about building tertiary care hospitals. The only solution is to stop the disease from happening. And this is possible only through a lot of education and preventive work. And so, we are coming up with a model of small Sai Swasthya Primary Healthcare Centres that are manned by just one paramedical nurse or medical doctor. They will look after a cluster of 20 to 30 villages and do preventive healthcare work, to avoid the disease from happening. For example, Congenital heart disease happens by birth, but can be still prevented if malnutrition and anaemia in pregnant women are tackled

In Focus

- We are trying to tackle the nutritional problem in rural areas for expecting and lactating mothers, infants, adolescent girls and school children through a fortified millet-based nutrition product called SaiSure
- We are training around 4,000 ASHA Workers and upskilling them to help in various ways like diagnosing anaemia, etc.
- Expecting mothers who are diagnosed at our preventive healthcare centres are referred to our Mother and Child Hospitals (secondary care facilities) for further treatment and care
- We are also working on a lot of education programmes where we educate teachers and students about health programmes

Every child deserves access to quality education, healthcare, and nutrition to begin with. It may not happen in my lifetime, but the message remains for eternity and somebody will get inspired. This mission will continue beyond my lifetime and your lifetime.

In 2025, we will have a new completely free of cost multi-speciality hospital spread across 500,000 square feet, with over 5 to 6 floors, 12 OTs and 600 beds.

Are you also educating about hygiene in rural areas?

- The Annapoorna Morning Nutrition Programme, apart from providing children with morning nutrition, also works in the area of hygiene, where they educate children in the rural areas about health and hygiene
- Our nursing students go to rural areas and teach them about hygiene, especially menstrual hygiene for girls. They also teach about methods to prepare nutritious meals with the available local ingredients like millet, grains, jaggery...etc
- Annapoorna programme offers tasty and healthy nutritional products which are distributed free of cost to rural women, especially expecting and lactating mothers



In Focus



- Clean drinking water is being given to the villages through Water ATMs, where they will be given a card to swipe to get 20 litres of water for 24 hours duration for every card. This way, the distribution of water was rationed and everybody gets their share. This helps in preventing a lot of waterborne diseases

How can we embody the philosophy of One World One Family in our daily lives?

vasudhaiva kutumbakam is the original idea of India which says that the whole world is one family. This idea came into being thousands of years ago when there was probably no civilisation on earth. That is the time when Indians gave a clarion call to the whole world and said everybody is our own and that we are a family.

A family is about supporting each other and helping each other, especially the vulnerable and the weaker members. So, the idea of our mission is that, if everybody could think that everyone on this Earth is part of their family, they would know what to do with them. If we have the capacity to help a member of our family, then we should be able to do that, irrespective of our religion, ideology, fanaticism and radicalism.

The problems of the world could be enormous, but our capacities are also infinite. If every single capable individual in this world takes care of one more individual who is incapable, the world will be a better place to live in. We belong to the race of humanity. In fact, animals and plants also form a part of our ecosystem. If we can do something for each other, we will find joy that we have done something for the members of our family.

What are your thoughts and philosophy behind empowering the rural population break through the cycle of poverty?

Poverty is a worst crime against humanity. It is more about a lack of opportunity which eats into the entire family, society and community and gets very corrosive. Poverty is worse than the COVID pandemic and spreads faster.

Our idea of poverty alleviation or breaking the cycle of poverty is to give everyone an opportunity and make them capable of utilising that opportunity. This will be the lasting solution to help people pull themselves up using their own strength.

Children who are very intelligent and meritorious want to study, but they cannot because they cannot afford it. This is about denying them an opportunity to do something with their lives. By giving them education, you pull them and their entire family out of poverty.

An opportunity could be education for a child, healthcare for the breadwinner of a family, and employment for the youth. People Shores (in the US) and Rural Shores (in India) are initiatives that help rural youth who have fallen through the cracks, by training them, upskilling them, employing them and empowering them.

In Focus

How can organizations and individuals leverage today's technology?

In today's times, technology is an integral part of our lives.

- All the students in our institutions are given laptops for higher education and simple tabs for lower education. It helps them explore free reading material and access digital libraries from other institutions
- Some of the technology companies have sponsored internet connectivity, basic devices and software systems for hospital management, education management...etc.
- We are embarking on a large preventive telemedicine programme with the Wheels Foundation to reach out to rural areas, collect and feed the data. The idea is to educate at least 6,000 young rural boys and girls and train them to manage 6,000 telemedicine centres
- We have signed up with Emory University that already has a strong public health

programme to train the youth in line with the highest global standards

- The biggest challenge in India is connectivity. Thus, designing software devices that can run on low internet bandwidth to help collect data and transfer the data is the need of the hour to help rural India
- Evolutionary ideas like analytics which comes with AI can be implemented
- Training children in simple technology will go a long way in making them efficient

How do we blend spirituality into our daily lives?

Spirituality is all about selfless love and selfless actions. Having selfless thoughts, speaking selfless words, and performing selfless actions by not expecting anything in return is the way to purify ourselves. God is nothing but selflessness. When one goes to God not to gain or get something, but to give others what one can, he turns into a spiritual person from a religious person. Offer all your selfless actions to God as a gesture of gratitude.



Service and Spiritual Activities



“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”*

Region 1

Australia



Heart of Love Foundation, Australia



Healthcare

Health in Kind Foundation

Health in Kind (a registered NGO in Australia) was established in 2015 as the first foundation under the guidance of Sri Madhusudhan Sai. Since its inception, it has been working across Australia, providing free health checkups, free dental treatments, and free health education to indigenous, refugee and disadvantaged communities.

The partnership of Health in Kind with Sai Sanjeevani Fiji team started through medical camps in remote villages where Australian health volunteers would go and assist in the camps. The assistance also focussed on the development of the first-ever Sai Sanjeevani Children's Hospital in Fiji. This was done by supporting the building

of the hospital and the acquisition of equipment and supplies. Today, the assistance continues by funding Australian clinical nurses, supporting the hospital for other operational needs and conducting free children's surgeries.

At the second anniversary of Sri Sathya Sai Sanjeevani Children's Hospital, Fiji, Mr Sunil Naidu, Chairman of Health in Kind, exchanged a Memorandum of Understanding with the Chairman, Mr Sumeet Tappoo of Sri Sathya Sai Sanjeevani Children's Hospital Fiji, in the presence of the Prime Minister of Fiji and Sri Madhusudhan Sai.

Health in Kind Foundation will continue to advocate for and spread awareness about congenital heart disease amongst children in Fiji and the Pacific, to the people of Australia.



Region 1

Hong Kong



Feed Hong Kong



Nutrition

In the month of March 2024, **700 boxes of meals** were distributed on a weekly basis at several places in Hong Kong.



Indonesia



Yayasan Prema Sai Pooja (Prema Sai Pooja Foundation)



Nutrition

In the month of March 2024, **400 meals** were served to students at SDN 3 school in Sidan, Gianyar, Bali.

Educare

Gamelan, which is a traditional Balinese instrument, is taught to children to keep the Indonesian culture and tradition alive.

Region 1

Malaysia



Sai Ananda Foundation, Kuala Lumpur



Sociocare

Sai Ananda Foundation, in collaboration with the Rotarian Club of Melawati, had embarked on a new initiative last year to empower women around the vicinity of Sai Ananda by conducting a 12-month tailoring course so that they can learn a skill and enhance their living conditions. A teacher was hired to instruct and coach on various sewing techniques which includes machine operation, stitching methods, cutting and designing basic women and children clothing to about 10 participants.

At the end of the 12-month period, eight participants graduated successfully. Upon graduation, the participants were assisted in establishing a small home bound business through the new machine gifted to them. They will now have a sustainable income and will be able to support their families from their homes.



Singapore



Educare

Value Formation Class at the Children's Home

Weekly values-based classes were conducted for the girls in Marymount Children's Home. Many new children joined the classes during the month of March 2024. The topic for the month was – 'the importance of loving oneself.'

A snippet from a child's inherent wisdom

In one of the classes, the facilitator of the class asked the children as to why it was important that we love ourselves. A six-year-old girl spontaneously responded, "So that we can love everyone!!"



Region 2



05 April 2024 – Annapoorna Morning Nutrition Programme was launched at Alike, Karnataka

The Annapoorna Morning Nutrition Programme was launched in the village of Alike and surrounding areas, covering government and government-aided schools. The launch was graced by the presence of Pujya Sri Sri Sri Mohandas Paramahansa Swamiji of Sridhama, Manila.



Region 2



27 March to 31 March 2024 – Inauguration of four new Sai Swasthya Wellness Centres

Four new Sai Swasthya Wellness Centres have been inaugurated – one each in Bihar and Orissa, and two in Jharkhand. These centres, an initiative of the Sri Madhusudan Sai Institute of Medical Sciences and Research, offer free healthcare services to remote villages.

- Bihar – One centre – 10 villages
- Jharkhand – Two centres – 25 villages
- Orissa – One centre – 6 villages

Services offered by Sai Swasthya Wellness Centres

- Medical consultations
- Monitoring for chronic ailments
- Distribution of monthly medicines
- Periodic investigations
- Surgical referrals
- Health awareness programmes
- Geriatric care

Objectives of the centre

- Offering free preventive primary health care in remote rural areas
- Alleviating the burden on tertiary care facilities
- Solving the problems of healthcare accessibility in rural areas
- Ensuring timely and quality healthcare services reaches those in need



Region 2



21 April 2024 – Sri Sathya Sai Sarla Memorial Hospital exchanged a Memorandum of Understanding with Rotary Prime Club and Global Offsite Hospital

A Memorandum of Understanding was exchanged between Sri Sathya Sai Sarla Memorial Hospital (SSSMH), Rotary Prime Club and Global Offsite Care.

Aligning with the goals of Rotary Primary Club and Global Offsite Care, this collaboration aims to establish 10 telemedicine centres to bridge the gap in healthcare access for underserved communities.

Leveraging technology, these centres will connect specialist doctors with generalist healthcare providers in remote areas, ensuring timely and quality medical care for all and promoting healthcare equity to create a lasting impact on the well-being of underserved population.



Region 2



Spiritan Self Awareness Initiative

Joy Village Enugu, Nigeria



Educare

Nursery School Education

A debate on nursery schooling was conducted to discuss about early childhood education, ongoing research, play-based learning, teacher-student ratio, screening and eligibility criteria, integration of technology, bilingual education and evidence-based approaches. Deliberating on some of the important areas in nursery education is crucial to ensure that the nursery programmes cater to diverse needs of children.

SPAEE (St. Patrick's Award for Academic Excellence)

Saint Patrick's Award for Academic Excellence (SPAEE) is a prestigious recognition given to TELA students who have demonstrated outstanding academic achievement and excellence.



Students who have performed exceptionally well in the subjects of English, Mathematics, Humanities and Sciences are honoured with this Award. The Award was given away on the 18 March 2024, to commemorate the life of the Foundation's mentor, Late Father Charles Ogada, whose birthday was also celebrated.

Celebration of Father Charles Ogada's Birthday

On the 18 March 2024, the staff and students of TELA (The Embodiment of Love Academy) celebrated the life of Father Charles Ogada, who is their inspiration for a life led with selflessness, kindness and devotion.

It was a special day filled with songs by the Amazing Grace Student's Choir, TELA Teacher's Choir, solo songs, drama, visit to Enugu State Correctional Centre (Prison) and students rendering poems composed on Father Charles Ogada.



Region 2

Nigeria



Healthcare

Aruike Speciality Hospitals at Enugu and Imo offered its free healthcare services to several needy individuals.

Healthcare Reach for March 2024

- Children: 537
- Adults: 933

Healthcare Services in March 2024

- New Admissions: 234
- Deliveries (SVD): 19
- Ophthalmology: 520
- Immunisation: 36
- Ultrasound Imaging: 21
- Family Planning: 2

- Surgeries (Appendectomy, Catheterisation, Circumcision, Cesarean, Herniorrhaphy, Tump Excision, Myomectomy, Hydrocectomy): 21
- Lab investigations: 2,175
- Antenatal Care: 180

Overview of Healthcare Services since inception

Out-patient Consultations: 133,313

Deliveries: 533



Region 2

Nigeria



Nutrition

Biarenu Breakfast programme serves children of two government schools at Ezeagu, which is a local government area of Enugu State.

About **9,500 meals** were served to the students in the month of March 2024



Sociocare

TELA Skills Acquisition Centre imparted some basic skills like sewing, computer repairs, application and servicing to students of TELA and other needy youth in the area to make them self-sufficient and feel self-worthy.

Old is Gold

The Foundation also offers elderly care by supporting those who need help due to age, disability, illness and other challenges.

The Foundation supports **147 elders**.



Region 2

Sri Lanka



**Sri Sathya Sai Karuna
Nilayam Foundation**



Healthcare

Overview of Healthcare Services since inception:

Out-patient Consultations: **39,496**

Cath Lab Procedures: **828**

Cardiac Surgeries: **11**

Meals Provided: **72,880**



Region 3

Greece



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

Nutrition

During the month of March 2024, the members of the Greek Foundation continued their weekly gatherings at St. Dimitrios area of Athens. They cooked pasta with tomato sauce or cheese, rice with veggies and spinach pies, and delicious vegetable sandwiches, including juicy Greek salads.



Meals packed with the above cooked items were delivered to the following institutions:

- **120 meals** to St. Alexander Girls Home
- **212 meals** to Association for the Protection of Minors of Piraeus
- **1,248 meals** to ‘Tsougkraneion’ soup kitchen
- **80 boxes** containing dry ration and other items such as legumes, pasta, rice, milk, oil, cereals, snacks, as well as other necessities like soap, washing powder etc. were delivered to **80 needy families** at Anavyssos area, in the South of Athens. Approximately 1,840 meals can be prepared from the provision items provided
- **1,200 portions of yoghurt, 720 litres of milk and 40 kgs of feta cheese** were donated to the Old People’s Homes of Athens and Palea Fokea
- **70 pizzas** were offered to the children and adults with disabilities at EGNIA Foundation
- **35 pizzas** were delivered to the children of ‘St. Andrew Children’s Home’

Region 3

Kazakhstan

Общественный фонд «САИ»
(Public Foundation "SAI")

Nutrition

In the month of March 2024, **around 190 meals**, including sandwiches, sweets, cookies and tea were distributed to the needy on the route from the Church to the Mosque in Almaty city every Sunday.



Turkey

Karşılıksız Hizmet Vakfı
(Selfless Seva Trust)



Nutrition

1,600 meals cooked with grains or pasta with legume, milk or yoghurt and bread were distributed door to door at Sisli, Pendik, Ömerli and other districts of Istanbul on a weekly basis during the month of March 2024.

Sociocare

- **330 animals** in need throughout several districts in Istanbul were provided with food, water, and, in some cases, with the necessary medical care
- **Two home rentals and 11 utility bills** were paid for needy families
- **Two medical students** were assisted with scholarship every month

Region 3

Ukraine

Nutrition

In the month of March 2024:

- **500 meals** were distributed to the needy, elderly, disabled and the homeless at Kiev. On a weekly basis, hot meals, tea, sweets and gingerbread were distributed along with diary products, shoes and gloves
- **90 kgs of fruits** were distributed to children with special needs at the Odessa region. Many toys and sweets were distributed to children from resettled families in the Kharkiv region



One of the volunteers who participated in the service activities said:

"Today, our service at Podil, a neighbourhood in Kiev, began with a joint prayer for peace in Ukraine and gratitude to God for food. It didn't take even 10 minutes, and the noise of the siren started. Despite the siren, the breakfasts were served, and more than 100 elderly and needy were able to eat their meals. We are so grateful to God for this opportunity to be able to serve the elderly people during these difficult times."



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 March 2024:

- A total of **2,450 meals** and **3,472 breakfasts** were provided to the needy in the following cities:
- Escobar City, Buenos Aires Province: **460 meals** and **777 breakfasts** were distributed in the following soup kitchens – La Amistad, Urbino, Encendiendo Luceitas, Copa De Leche and Cazadores de Escobar. Food assistance was also provided to **three families**.
- La Plata City, Buenos Aires Province: **1,750 meals** and **2,515 breakfasts** were distributed in the following soup kitchens – Somos su Esperanza, Los Gurises, Alma Corazón Crecer and Los Angelitos. Food assistance was provided to **three families**.
- Bariloche City, Río Negro Province: **80 meals** and **80 breakfasts** were distributed.
- San Luis City, San Luis Province: **60 meals** were provided at the soup kitchen, Corazones Solidarios.
- Oran, Salta Province: **100 meals** and **100 breakfasts** were distributed



Sociocare

- At La Plata City, Buenos Aires Province, volunteers distributed clothes to more than **75 people** and gave away **33 pairs of shoes** to needy children and adults
- Easter celebration at School N°11 in Escobar took place by distributing **90 Easter eggs and chocolates**
- At Orán, Salta Province, volunteers held a holiday camp for **25 children** for four days at the Cóndores School of Football and Human Values. The school educates **60 children** and **24 teenagers**
- At La Plata, **four yoga workshops** on values and cooking were held for children

Spiritual Care

At Amor y Paz Centre for Human Development, the following activities were carried out in the month of March 2024.

- Weekly Yoga Classes
- Meditation
- Monthly family constellation (a group therapy which helps to identify, understand and reconcile issues that led to breakdowns within the family)
- Virtual Yoga Training attended by more than 120 teachers and parents, in turn to teach their children
- Mantra chanting conducted by the Latin American Mantra Group on Wednesdays and Thursdays, and attended by participants from Argentina, Brazil, Chile, Bolivia, Mexico and Spain
- Translation of the messages of Sadguru Sri Madhusudan Sai into Spanish

Region 4

Brazil

Amar e Servir Association (Love and Serve Association)

Spiritual Care

In the month of March 2024, a prayer session was conducted for the sick by offering prayers for their speedy recovery.



Canada

Sai Global Service Foundation of Canada

Nutrition

Sai Global Service Foundation of Canada served **110 beneficiaries** with nutritious meals during the month of March 2024.

- **60 meals** were distributed to the needy at the Ontario Region
- At the Alberta province, **50 snack packets** were served to the needy living in street tents in the city of Edmonton. The snack packets consisted of Go Pure granola bars, bananas and orange packet juices

Region 4

United States of America

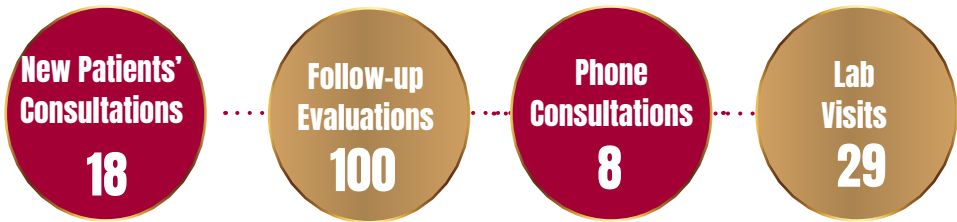


Divine Will Foundation
Clarksdale, Mississippi



Sathya Sai Sanjeevani Medical Centre
(Inaugurated in June 2019)

Healthcare



Mental Health Counselling:



Region 4

Happenings at the US

06 April 2024 – Sri Sathya Sai University for Human Excellence exchanged a Memorandum of Understanding with Rollins School of Public Health, Emory University, Atlanta, USA

Sri Sathya Sai University for Human Excellence and the Rollins School of Public Health, Emory University at Atlanta, USA signed a memorandum of understanding to enhance collaboration through student/faculty exchange programmes, joint research, and initiatives focusing on behavioural change in disadvantaged communities. This partnership aims to foster academic excellence, cultural exchange and other impactful contributions.



Region 4

09 April 2024 – Inauguration of People Shores Centre, Tampa, Florida

An Extract from Sri Madhusudan Sai's speech

A new People Shores Centre starting this day is a significant step to revive joy, beauty, progress and growth in our lives and in the lives of all the people of this community.

People Shores brings the right kind of opportunity to people who have fallen through the cracks, who lack the opportunities to grow, develop and progress in their lives. A lot of immigrants in the US have come from many parts of the world, and they didn't have jobs because they were not given the right opportunities. People Shores helped such immigrants and their transformational stories are really heart touching. Hence this work is very dear to me.

If you want to create a happy world and happy communities, then we must keep our people happy. One way to do this is to help them do something good with their lives, so that their lives find fulfilment, and they can positively impact other lives. People Shores are enriching several lives in this manner.

Collaborative partnership-based models are the way to solve the problems of the world. It takes the whole community to help the whole community. We must work together with the feeling of one global family.



Inauguration of People Shores Office at Tampa by Sri Madhusudan Sai



Sri Madhusudan Sai with People Shores Members

Region 4

15 April 2024 – Sri Sathya Sai University for Human Excellence exchanged a Memorandum of Understanding with Better Health Research Organisation



Region 4



Sri Madhusudan Sai at Nasdaq, New York



Sri Madhusudan Sai inaugurates Mr Harsha's new office, New York, USA



Sri Madhusudan Sai at Nasdaq, New York

Region 4



Sri Madhusudan Sai launches the company website of Quality Engineering Foundation headed by Mr Atluri



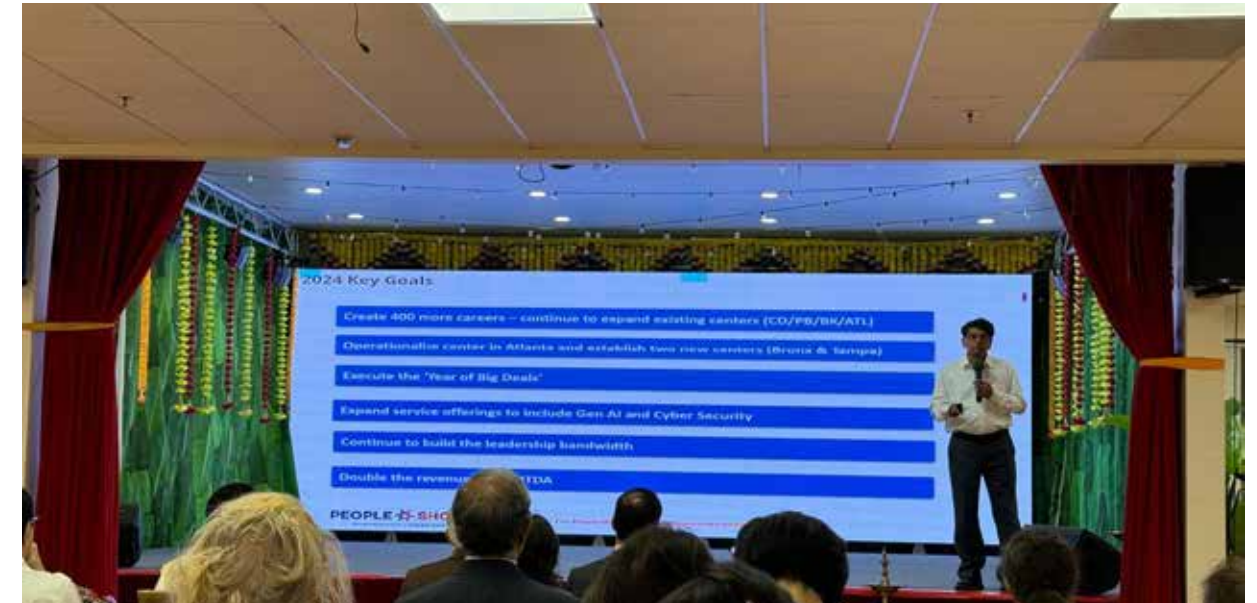
Sri Madhusudan Sai visits Medstar Washington Hospital Centre, Washington DC, USA

Region 4



Sri Madhusudan Sai visits Office of Share our Strength, USA

Region 4



Sri Madhusudan Sai at the Annual Meet for investors of People Shores at the Silicon Andhra University



Sri Madhusudan Sai visits Methodist Hospital, Houston, USA



Sri Madhusudan Sai interacting with doctors from the American Association of Physicians of Indian Origin convened at the residence of Dr Sunny Anand

Region 4

Learn from Sri Madhusudan Sai's Discourses – Exclusively from the US

What is God busy doing in *kali yuga*?

In the olden times, Gods and Goddesses resided high up on the hills or deep in the forests where it is generally difficult to reach and only people with that kind of perseverance will go in search of God. But in this Kaliyuga, nobody wants God. Hence God makes him accessible to people.

What happens to the one whom God has touched?

They get a taste of what it is like to be with a divine being, what God is like and His love is like. Once they taste it, they get addicted to it.

What motivates people to work for a noble cause?

Our New Year motto for this year is “*Do more good to more people in more ways.*” Things will happen when we are ready to give our everything to it. You have to give every single piece of your being to whatever you commit to. People do that not for payment or for the amount of work, but only when they receive the currency of love, which is

the rarest to find in this world. When they get this currency, they are ready to do anything in this world.

What is the nature of love?

There are no calculations in love. It is of the nature of *satyam jñānam anantam* – it is true, wise/ aware and infinite. There is no limit to love. It works all the time and never gets tired, bored, or burdened.

Do you know what to fear and what not to?

People believe that there is fear of God in this world because God might curse or punish or harm if one doesn't listen to Him. So, the question is – ‘why is this fear being portrayed in our scriptures when we know that God is loving, compassionate and kind?’ The fear is not that God will harm us if we don't do what He asks us to do. The fear is about upsetting him, hurting him or doing anything that would make him feel bad. The best way to discipline children is through nurturing love in their heart towards the teacher and not by creating fear towards the teacher.



Region 4



Are you feeling lost and wonder why you are doing what you are doing? Follow this advice

Every day there are a lot of beautiful stories to tell in our mission. One has to be there to know and to understand by taking some time out of work and going to the hospital, sitting with the patient, and listening to their story. One should sit with a child who is studying at our school and listen to his/her story. This will motivate, because we know that our work is making a difference to somebody's life. Without us, they would have nowhere to go. **Don't be too far from the zone of action. Then you will never understand the beauty of it.**

Having the right motivation by knowing that you are making a difference to someone's life is very important. You should always be mindful that impacting a person's life in a positive way is what that pleases God.

How to cultivate enthusiasm in work?

Whatever we do, we do it with all our heart. Giving our best 100% to everything we do, every moment we are in, will keep us in the present, without carrying the past, and worrying about the future. Right now, I simply do what I need to and then move on to the next task with the same

completeness.

Here is a tip to feel completely unburdened

The nature of the Self is complete, full, entire, and whole. Divinity is always 100% present in the moment, and hence there is no burden. It feels like you are doing everything for the first time. Doing anything, from one task to another becomes equally exciting. This is the way to work and never get tired.

How do you know if you have surrendered to God?

Surrender means to give yourself to God naturally and spontaneously. God should always be your first choice. That is surrender. If you turn to God as the last resort, that is called helplessness. You should do the things that are in your capacity and do it with complete understanding. But sometimes when it is beyond your capacity and you feel overwhelmed and you are unable to handle things, the first person you should remember is God. That is surrender. A surrendered mind does not have any ego, doership or enjoyership. The Divine inspires and shows the way. We must simply follow God with faith and place everything at God's feet and say – “*I could do all this only because of your grace.*”

Region 4



Before, during and after work – Watch your mind in these three states

Our mental state should remain pure and calm before the work, during the work and after the work. Excitement before the work, anxiety and fear during the work, and a sense of relief after completion of work are not signs of a surrendered mind. A true instrument of God works physically, applies intelligence mentally, but deep inside is always aware of his/ her true nature.

Law or Love – Which is more powerful?

The real solution to all the problems of social justice, liberty, freedom and human rights is realisation of the Divine within. Only this kind of a spiritual conditioning where one becomes a channel of true and unconditional love can heal the world and solve the problems of the world. Let's apply love and not law. Apply love, heal yourself and others.

Reset and Restart is the way to begin a new journey

Whatever happened in the past has already happened. But, when we begin a new journey, we keep the lessons from our past with us, and then look forward to implementing it in our future by doing it the right way.

How should one restart?

Consolidate things for yourself, remind yourself of what your goal is, what your journey is all about, and what lessons you have learnt. Hold this moment as a coming together of the past, present, and future.

The Omnipresent – 'All in One'

The present is called 'omnipresent' because the present carries with it a bit of the past and the future in it. Today is the seed that contains everything of yesterday and also of tomorrow.

Region 4

So, everything is included at this moment. That is why we must make best use of the present moment. Don't keep dwelling in the past or the future. Give your best at this moment and the next moment will be looked after.

'Time' – How should one handle it?

Time controls everything. The best way to deal with time is to do your best in the time that has been given to you without thinking about what happened in the past and without being anxious about what will happen in the future.

Giving your 100% to everything, makes your every moment a celebration.

Does your mind listen to you?

The weakness of the mind is that it cannot be at the present. It doesn't have the ability to stay steady. Training the mind is the most important *sādhana* (spiritual practice) to do. This means that your mind should be willing to listen to you at the first place. Only a pure mind will be willing to listen. A purer mind will obey and will remain steady.

What is a pure mind?

A pure mind is nothing but a selfless mind. Devoid of any selfish desires and nurturing only selflessness keeps a mind very pure and clean. Rendering service to others is the best way to purify the mind. Only then, it becomes easier to do *sādhana*. Only a desireless mind can be a steady mind.

You either have desires or no desires. There is no scope for a middle ground here.

Man minus desire is equal to God. God plus desire is equal to man.

What is the *sādhana* to be done?

Simply hold your mind in the present moment. This might take some time, but one must practice.

Mind and body may not work together. Minds are older than bodies. The kind of mind you possess defines your spiritual progress.



Region 4

Your measure of spiritual progress

Spirituality is a measure of more steadiness and less distractions and deviations. Your spiritual evolution depends on how quickly you come back to the steady state, even though disturbances might bother you externally.

A steady mind is a mindful one

To be steady happens only when you are in the present. A fluctuating mind is not in the present. It is either thinking of the past or planning for the future. Being just there, neither thinking nor planning means to be in the present. Like children, whatever comes at the present should be grasped, without any parallel thoughts running in the mind.

A sense of separation from the mind is rewarding

Just watch your mind without interfering with it or trying to pull it back. Do not exercise any force over the mind, but simply observe what it is doing, and slowly allow it to settle down. 20 to 25 minutes of practicing this every day will help in a big way. By distancing yourself from the mind and observing it, you feel a sense of separation and the burden disappears. But the moment you identify yourself with the mind and get attached, then it becomes very difficult.

Selfless Service with a Steady Mind makes the best alliance

A steady and equanimous mind in the inside and selfless service on the outside should work together. This is why, I have given the formula of both service and *sādhana* for the current generation.

Even for 10 seconds, if you can keep the mind in one place, you can achieve something.

Consciousness and Mind – What is the relationship?

- **Consciousness is the substratum that holds the mind:** The universal consciousness does not control things. It provides you the platform or the substratum on which things can happen. It is like the electricity which enables the fan to rotate or the light to glow, but on its own does not exercise any control over it. The electricity is only an enabler, but not a controller
 - **Consciousness is beyond attributes:** The consciousness enables the mind. The mind comes from the consciousness. It is the mind that has the *guṇas* of *sattva*, *rajas* and *tamas* which forms the *prakṛti*, and *karma* is a layer on the mind. But the consciousness is *guṇātīta*
- This is similar to how electricity does not have a quality of its own, but when it passes through a bulb, it becomes light. Similarly, consciousness is that ability which powers the mind, but depending on the quality of the mind, it is expressed differently at different times. This is when *karma* comes into play
- **Consciousness enables, Mind identifies:** It is the mind that identifies itself with a particular action. The consciousness does not identify itself with anything. This is why training the mind is very important, for it is the mind with its *guṇas* and *karma prabhāvas*, that we get into the loop of birth and death.

Region 4

Hence, cleaning the mind and our *guṇas* is very important

- **Consciousness is a witness:** The consciousness is a witness that watches everything, but it does not get involved in anything. Without the consciousness, nothing functions including the mind. But the mind has its own impressions, ideas and agendas according to which it acts and creates *karma* and *karma prabhāva*

Be like the doctor

A good doctor would treat his/ her patient without any emotional involvement with the patient. He would just study, diagnose, analyse,

make a treatment protocol and leave the rest. While the family might be very anxious, the doctor simply does his best and leaves the rest. In this way, we must do our job like a doctor helping people solve their problem with an objective attitude, without any personal attachment.

My job through many years has been to put concerted efforts to make things better for everyone, especially those who have no face, no voice and no representation.

Seeing everything as God does not mean physically or mentally seeing it. It is a way of experiencing everything as Divine by feeling it in our own hearts.



My Inner Journey

Mr T Sutharshanom

Finding fulfilment in doing the Divine's work



TSutharshanom, or Sutha as he is commonly known, was born in Colombo, Sri Lanka. Having studied in many countries and travelled extensively, Sutha is now a British / Australian citizen. He is an Accountant by profession, and is currently based in Singapore working as a CFO for an Oil & Gas and Renewable Energy company. Hailing from Kaluvanchikudy, Batticaloa, Sutha and family have contributed to various welfare projects for the upliftment of people in the Eastern Province of Sri Lanka.

I was born in Colombo but grew up all over the world, as my father Tharmaratnam worked for the United Nations. Our family came to know about Sathya Sai Baba when we lived in Botswana, as Baba had then visited Uganda in the year 1968. When my father was posted to Indonesia in 1973, we started attending Sai *bhajans* regularly.

My father was an ardent devotee of Tirupati Balaji. He instilled in me the love for God when I was still a child. It was a practice that as soon as I got back from school, I had to have a quick wash, perform *ārati* to Baba and only then eat. My study room was converted into a puja room.

The Lord showed His presence by manifesting showers of *vibhūti* from Baba's photo and Lord Balaji's photo. I was admitted into a boarding school in Bangalore so that I could adopt Indian

values. My local guardian, a Sai devotee, often took me for Baba's *darshan* in Whitefield.

In deference to my father's wishes, I studied accountancy so that I would be able to run our family estate in Sri Lanka in the future. However, destiny had other plans. Due to the ethnic riots of 1983 in Sri Lanka, I had to cut short my annual summer holidays in my hometown and return to the UK. During that tumultuous time, the sight of the refugees moved my father's heart so much that he donated fifteen acres of our family land for houses to be built for them on that land.

However, before the houses could be constructed, the UN posted my father to Geneva. In 1984, he was all set to return home for the inauguration of the village. Unexpectedly, he passed away just a week earlier in Edinburgh after a heart attack. So, it was my father's body that was brought back on the same British Airways flight he had booked earlier. With tears of anguish and gratitude, the refugees received my father who had given them refuge, and the village was re-named 'Dharmapuram' in his memory.

Thereafter, Baba became my father-figure. Those were my years of inner growth. Meanwhile, the two-hundred acres of family estate at Batticaloa was occupied in turns by the IPKF, the Tamil Tigers and finally the Sri Lankan army. Only the inner link with Baba helped me keep my mental balance.



After qualifying as an accountant, I worked for several multinational companies. In 1994, I was posted to Singapore where I became an active member of the Sai Youth Seva Wing. I decided that as an accountant, the best way to express my love for the Lord was to coordinate and administer the voluntary donations and resources that poured in for the Lord's projects. The 'Water Project' that was announced by Baba in 1997 was one of the major projects that I took part in.

In April 2000, together with a group of like-minded youth friends, we decided on a 'ceiling on desires' programme. We sacrificed dining out once a week and pumped the savings into seva. The initial group of nine swelled to ninety in a matter of a few short years, enabling us to support the Sri Sathya Sai General Hospital in Whitefield.

In another instance, when an expensive scanner was needed for Baba's Super Speciality Hospital, Baba answered my prayer by miraculously granting many months of salary as an unexpected bonus, and the scanner was paid for!

In 2000, twenty-five years after my first Darshan of Baba, He called me for my first interview with Him. Baba materialised a three-diamond ring for me, which He changed into a nine-stone ring the following year. Prasanthi Nilayam became my second home, and I would be there every now and then for some seva. In 2009, Swami chose to bless the Singapore group with the chance to help fund the new university campus slated to come up in Muddenahalli. A concurrent project was to build Baba's Residence – 'Sai Anandam', which would eventually become home to the Lord when He manifested in the subtle. And so it continued, till Baba left the physical in 2011.

I also had an opportunity to represent Singapore at the ground-breaking ceremony of the school at Gulbarga on 21 November 2011. In 2014, I was invited to Kodaikanal to experience Baba through the instrumentation of Sri Madhusudan Sai, where he suddenly asked me – "Where is the chain I gave you?", the answer to which only Baba and I could have known. In that instant, I knew that I was with my Lord.

My Inner Journey

Mr T Sutharshanom

Finding fulfilment in doing the Divine's work

Subsequently, Baba visited my home in Singapore and also performed my marriage to Selina in India. Both of us have been actively taking part in Baba's service activities.

In 2010, I visited Sri Lanka and managed to get back my family estate. As far back as 2000, I had offered the estate to Baba, but the right time came only in 2015 when Baba accepted fifty acres of the land for the Sri Lankan Ashram, and aptly named it 'Sri Sathya Sai Karuna Nilayam'.

The mission of selfless seva in Sri Lanka that the Lord initiated is growing at breakneck speed with the cath-lab service benefiting more than 1,000 patients to-date. We are all not just witnesses to it but are participants as well.

To be able to play a part in the Divine's work is not only worthwhile but it is only in doing His work that I find my fulfilment.



Lessons for Life

How to progress from the 'form' to the 'formless' while meditating?

We are all human beings with physical attributes. It's very difficult for us to imagine something which is non-physical. Similarly, when we think of divinity, it's very difficult to think of nothingness. It's not possible. So, the first level is to think of one form of God, which is very close to your heart, and which makes you feel very happy. The idea is that when you have a form that inspires your devotion, you will be able to meditate longer. It helps your mind to remain focused and steady, because you love that form so much. When you are in pure love with anyone, you can meditate on them for a long time. This kind of meditation does not even require you to sit in one place. You may be walking, talking and moving, but your mind is always on that. So, this is the idea behind why you should meditate on some form, to begin with.

But after some time, you must try to believe that the form is just a representation—like a mother is the representation of the love of a mother; a sweet is a representation of the quality of sweetness. In reality, the sweetness is what you enjoy, not the sweet. Likewise, through the form, you are only trying to enjoy and experience the divinity, which is the essence of that form. At the same time, if you love that form purely, and not for any selfish sake, wisdom will dawn on you, sooner or later. The imperishable divinity is what every divine form represents. One you realise this, you are not lost to Him and He is not lost to you. This kind of *bhakti* and meditation is required to realise the Truth.



