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## Message from Sadguru Sri Madhusudan Sai

### When Love Beckons

Khalil Gibran, in his epic work, 'The Prophet' talks about love and its ways. His first sentence says – *'When love beckons to you, follow him, though his ways are hard and steep.'*

It was a month of beckoning of love, all over India and the world, as we travelled on a mission to give and get love. From hospitals and schools in India to the far away *ashrams* abroad, it was one whirlwind of love that swept across the world with the tours and travels that the month of march saw.

While Shiva – the deity worshipped on Shivaratri, brought the auspicious tidings of spiritual sweetness in Muddenahalli, the visit to Banaras for a conference of the University to promote *vedic* knowledge and an hour long worship of the ancient Vishveshwara Linga in Kashi, completed the spiritual circle.

The service projects spreading good around the world, accelerated, as our travel to Europe and USA began soon after. Covering about nine countries in Europe and heading out to USA during the last week of March, sent the onlookers into a dizzy, and they remarked, 'just looking at you travel, we get tired!' But then,

love knows no labour nor expects any rewards. The beauty of love is that it is sufficient unto itself.

In every country, from Turkey to the UK and beyond, the only feeling that dominated the hearts was of pure unconditional love. How I wish we all remain immersed in that experience for ever, which is the highest that one can ever experience in this world. But then, we shy away from giving ourselves completely and hold on to some of ourselves for our own desires, and that ruins the experience.

Gibran says, *'But if you love and must need have desires, let these be your desires: To melt and be like a running brook that sings its melody to the night.'*

Melting and merging is the way of love that knows no boundaries or barriers. Who ever truly loves must give, and give all of oneself to loving, for anything less than that, would be insufficient to love.

May we follow the path of love with all of ourselves, withholding nothing, for rarely does love beckon anyone, and when He does, just follow him to the end of time.





## 'Best School Chain of the Year' goes to Sri Sathya Sai Loka Seva Gurukulam Group of Institutions

Announced FE India Education Awards 2024 on 28 March 2024

Sri Madhusudan Sai Global Humanitarian Mission's education vertical has achieved a remarkable feat by being recognised as the 'Best School Chain of the Year' at the prestigious FE India Education Awards 2024.

This accolade is a testament to the institution's unwavering commitment to providing exceptional, values-based, free-of-cost education to boys and girls from Grade 6 to 12 across 28 campuses in India and two campuses overseas.



The awards ceremony, organised by the Financial Express, a leading media publication in India, took place in Delhi and was graced by the presence of eminent educationists and policymakers from across the nation.

The FE India Education Awards 2024 aims to acknowledge and celebrate schools, institutions, educators, and corporate entities that have done exceptionally to deliver quality education, promote innovation, and shape the leaders of tomorrow. By recognising such excellence, the awards inspire others to strive for greatness and continually raise the bar in the field of education.



Mr Sathyanarayan R Kumar – Director of NIOS and Skill Development Centre at Sri Sathya Sai Loka Seva Gurukulam Group of Institutions receiving the Award along with Ms Harshitha Padyana and Mr Rahul Rao – young professionals pursuing 'Media and Communications' at the Institution

## In Focus

### 08 March 2024 – Maha Shivaratri Celebrations, Sathya Sai Grama, Muddenahalli

#### The Importance of Preserving Vedic Tradition

##### (In the context of the students and the ācāryās of Sri Sathya Sai Loka Seva Veda Gurukulam performing the morning worship for Shivaratri)

*svasti prajābhyaḥ paripālayantām nyāyena mārgaṇa mahīm mahīśāḥ |*

*gobrāhmaṇebhyaśubhamastu nityam lokāḥ samastāḥ sukhino bhavantu ||*

**Meaning:** Let good happen to everyone, especially to the *brāhmaṇas* who keep the consciousness of the society alive through their *sādhana* and *śraddha* to lead an austere life of spirituality, and to keep up the tradition and culture of this country.

Sri Sathya Sai Loka Seva Veda Gurukulam is an effort to preserve, promote, and propagate the culture of our ancient *vedic* spirituality, which is the only way to bring prosperity to the entire world.

Our Veda Gurukulam was established to propagate Indian culture and *sanātana dharma* through *vedas* and *vedāṅgās*. The seed has been planted and I could see that it is germinating really well. With *bhakti* and *śraddha*, the children of the Veda Gurukulam are growing well. This is *dharma saṁsthāpanā*.

#### It's all about energy

The vibration and energy of the sacred *mantras* chanted can rejuvenate the entire world with positive energy. Sound is energy. The sound of the *mantras* was received by the *mantra dṛṣṭas* and *ṛṣis* centuries ago and they are being chanted the same way for years together.

## In Focus

The job of the *brāhmaṇas* who are dedicated to serving the society was to create positive energy in the society. Chanting the right kind of *mantras* with the right intonations in the right way and performing rituals as prescribed by our *śāstras* with great *śraddha* is very important—not for some paltry gain, but to uplift the society with positive energy and thus bring prosperity for all.

Our job is to uplift the world with positive energy by thinking good, speaking good and acting good, so that everybody benefits from our efforts.

Our words and thoughts are energy. A positive atmosphere can be created when we say good words, think and speak in a good way. We are made of atoms; atoms are nothing but energy. A positive aura is created when energies interact in a positive way.

#### Shiva – No Nouns to Name Him

One attains peace and happiness if one pleases God through *śraddha* by doing everything with great sincerity, honesty, integrity, and faith. This is the best way to please Lord Shiva. Lord Shiva is *Bhola Bhandari*. He is very easy to be pleased if our devotion is pure.

Shiva means purity, auspiciousness, and goodness. He is nameless. All the names attributed to him are only adjectives, not nouns. The good that he has done to the world has earned him many adjectives. This is how we must live in this world. We must keep doing good to the world that we are known by adjectives like – compassionate, kind, helpful, sincere, and humble.



With the *vaṭus* and *ācāryās* of Sri Sathya Sai Loka Seva Veda Gurukulam





## In Focus

### *karuṇa* (Compassion) is His Nature

The nature of Lord Shiva is compassion. His heart melts with compassion for all. He offers himself in compassion for the service of all. If we have developed compassion, we have developed the Shiva Tattva within us.

A heart that melts with compassion for everybody becomes very powerful. He attracts God to himself. He becomes an agent of change, an instrument of the Divine. All that is needed comes from all directions to such a person, because God who is the resident of everyone's heart motivates and inspires all. God's grace, strength and power is with such a person in abundance.

Everything in this mission has manifested only when our hearts moved and melted with compassion and love.

### Let's Graduate

Bhagawan Baba has said that His mission can be called into three phases – the primary school where he kept his children engaged and entertained with miracles, fulfilled their prayers, and created a sense of faith and surrender; the high school where he taught the message of doing service and sacrificing more than one's might for the welfare of all. Now it is the university level where one has to learn the highest truths of life and know who one truly is. Graduating from the University level means *ātmāsākṣātkāraḥ* – understanding our divinity and experiencing it within and without.



Primary School – God is there

High School – God is in all, and hence love all and serve all

Graduate School – I am God

Sri Sathya Sai Baba once told me, “As long as you are selfless, nobody can stop this mission.” Selfishness arises because we identify ourselves with our body and mind. To know ourselves, we have to first lose ourselves.

The very first advice that Lord Yama gives to Nachiketa when he was eager to know the truth beyond life and death was – begin by doing the right things. Thus, to be selfless, we must first start with doing the right things.

## In Focus

### The Night of Shiva

On Shivaratri, it is easy to transcend the mind and know the Self. Once the Self is known, there is no fear left.

Developing the spiritual strength to ultimately realise who we truly are is the only goal of life. Doing and experiencing everything else is a waste if we finally do not realise who we are. Being born a human, attaining *ātma jñāna* is our true purpose. This *jñāna* has to be an experiential one, and for this experience ‘absolute purity’ is required.

Shivaratri is the journey from the smaller ‘i’ – identification with the body and mind, to the larger ‘I’ – ‘I am Divine, I am *brahma*, I am everything.’

You are Shiva and everything that you see around you is Shiva. This realisation alone can lead you to attain ultimate peace, happiness and auspiciousness.

*Sarvam Shivam* – may there be absolute peace, harmony and auspiciousness in the world!





## In Focus

### 10-26 March 2024 – A Sweep Across Europe with Sri Madhusudan Sai

#### 11 March 2024 – Sri Madhusudan Sai visits Istanbul, Turkey

##### Inauguration of a new Clinic

Sri Madhusudan Sai inaugurated a new clinic next to the Prema Yoga Centre for Human Development at Istanbul. This clinic will eventually grow into a hospital and address the healthcare needs in the surrounding villages.



## In Focus

### Satsang with Sri Madhusudan Sai at Turkey

#### Divine Discourse – A Summary

##### Life is an offering to the Divine

On this auspicious month of Ramadan, people practice austerity, devotion and charity to purify themselves and offer themselves as an offering to the Divine. Everyday should be lived as an offering to the Divine. God accepts those who walk in His footsteps and follow His message all through their lives. While Ramadan helps one practice God's message for a whole month, it should be practiced for one's whole life.

##### A sacred desire is always satisfied

Late Kaya Günata, an ardent devotee of Sri Sathya Sai Baba, a man of very sweet demeanour, kind-hearted and soft-spoken, a great healer who helped hundreds of people with their problems, dreamt of this spiritual centre in Turkey, which manifested by the efforts of Rafi and team. It took 25 years for this centre to start with a home on one side and a beautiful amphitheatre. Now this building will also serve as a clinic for the local villages.

Kaya was an incarnation of a great being who had lived centuries before. He had it in his heart to guide humanity on the sacred path. The only thought in his mind even during his last days was to do good to the world. It is my bounden duty to fulfil his sacred desire.

This ashram land is a very sacred one; the mountains here are also sacred. Hence, this place itself is destined to do a lot of good to the world. Many people led spiritual lives here with a deep connection with God. We are born again and again to fulfil a purpose and our presence here today is with a purpose.



##### A clinic for the heart

Professor Kalangos, a renowned cardiovascular surgeon, and his wife are part of this healthcare mission, and they have pledged to help build and run the hospital here. With so many good people working together to build a centre of compassionate service, this project is sure to succeed. This clinic can start with doing heart screenings for people in and around this area, and provide further medical help based on the need.

### Treat the physical heart, Tend to the spiritual heart

While we do heart screenings for the health of the body, we also have to screen our spiritual hearts. It is easy to correct a broken human heart through surgery, but transforming a human heart into a divine heart requires a lot of effort. Therefore, prema yoga is recommended as the treatment for our spiritual heart.

*yoga* means union with God. There are many ways to unite with God. *bhakti yoga* is the path of devotion. *karma yoga* is the path of action. *jñāna yoga* is the path of wisdom. *prema yoga* is the combination of all three. Putting together work, worship and wisdom, becomes love. Serving with love by giving others what they lack without any limits, conditions, and selfishness is true love. *prema yoga* means practising love that gives and forgives. While giving is physical, forgiving is spiritual.

### Forgive yourself and others

The month of Ramadan is all about giving. But it is important to also remember to forgive. God forgives us for our mistakes. So, we must also forgive each other, and more importantly forgive ourselves for our shortcomings. While working together, there could be some differences, but we must all unite together with love—the kind that gives and forgives.

The eyes forgive the finger that hurts them, or the tongue forgives the teeth that bite them sometimes, because the finger is also mine, as

are the eyes, tongue, and teeth. The secret of forgiveness is to know that everything is you only and everybody is yours. To know God and be God, one has to practice this prescription of *prema yoga*.

### Be empty and only 'be-ing' remains

By being instruments of the Divine, anything is possible. Being selfless, fearless and shameless to do the right things is how one can become a perfect instrument of God. All work will be done not by us, but through us. For the last 12 years, so much good has happened, only because the Divine worked through us. He fulfils any selfless desire when we fold our hands in surrender and bend our head in obedience. Submitting our ego, mind, and ideas to the Divine and being empty is important, to be one with the Divine.

### The Dance of Dervishes

The famous dance of Dervishes in Turkey is a quest for Divine union through circular and meditative movements, with one hand below and the other hand above, similar to the Prema Yoga logo. It denotes connecting the *jīvātma* (the individual soul) with the *paramātma* (the universal soul). The Dervishes allow whirling movements wherein the dancers lose their body consciousness and mind consciousness, to become one with the Supreme Self.

Every action must lead us to the Divine. Do everything with complete surrender and pure love.

### 13 March 2024 – Sri Madhusudan Sai visits Athens, Greece

Sri Madhusudan Sai visited the Acropolis – the temple of Goddess Athena. Goddess Athena, who symbolised wisdom, good counsel, war and arts was worshipped by the people of that region and hence the name Athens.





## Satsang with Sri Madhusudan Sai at Greece

### Divine Discourse – A Summary

Greece and India share a great culture that stood the tests of time and served as a beacon of hope for the whole of humanity. The ancient Indian idea is *udāracaritānam tu vasudhaiva kuṭumbakam* – for the broad-minded ones, the whole world is one family. When Socrates, the famous Greek philosopher was questioned, he said, “*I am not an Athenian or Greek, but a citizen of the world.*”

George Sioufas is leading the ‘Foundation of Sharing’ at Greece with this idea of ‘One World One Family.’ Taking care of the needs of the people around us, without expecting anything in return, like how a mother or father do for their child, is the idea of ‘One World One Family.’ If the whole world lives with this feeling of loving and serving everyone, this world itself will be a heaven.

At our mission, spread over 30+ countries, activities of love and service happen every day. Anybody who comes our way is served in whatsoever way we can, with the capacities that we have. An individual who is hungry is fed, the naked is clothed, the homeless is sheltered, the illiterate is educated, the sick is treated, and the lonely is given company. This is the way we spread love and service to the whole world.

Sometimes, to serve is to simply be around someone who is lonely, to speak kind words during difficult times, to put your arms around someone’s shoulder to assure you are there for them, to pray for someone’s welfare and safety, and to show someone a better way of leading their life in the society by loving and serving all. These small acts go a long way in building healthier and happier societies.

We are here for a purpose. The purpose is not just to make ourselves happy, but to make everyone happy around us.



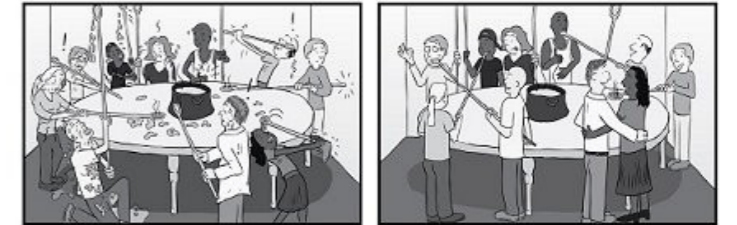
### The Parable of Heaven and Hell

Once a saint went to the heaven and hell and saw that people in both heaven and hell were subjected to a similar condition, wherein their hands were tied with sticks so they cannot fold their hands to feed themselves. Despite this, the people in heaven were happy, but the ones in hell were frustrated and angry. The difference in their state of mind was because the ones in heaven were feeding each other as they could not feed themselves. As a result, all of them were happy. Whereas at hell, everyone was trying to feed themselves, and as they could not, they were getting angry and frustrated with each other.

When we only want to look after ourselves selfishly, the world will become hell. When we look after each other’s welfare, the same world becomes heaven. This is the idea of our mission. Some countries might face difficulties, while some others may be safe. But as a world family, looking after each other is our prime purpose.

The ancient philosophy of Greece states ‘justice’ as a cardinal value. What is justice? When everyday there is someone in the world who is not having access to fundamental requirements like food, shelter, education and health, can we call ourselves a just society? In the jungle, it may be about the survival of the fittest, mightiest, and strongest. But in a society, it has to be about the survival of the weakest and the vulnerable, who cannot look after themselves. It is our collective responsibility to look after each other and that is how we create heaven in the world.

Poverty is a worsen pandemic than COVID. It spreads faster, and someday or the other, it will lead to rebellion and unrest sparing none in the society. Before all hell breaks loose, let us transform this world into a heaven. All it takes is to do a little good every day.



**Hell**

**Heaven**

**A good deed a day keeps all selfishness and ego away**

Just one good deed is all it takes. One day at a time, one person at a time, we can create heaven in this world, and for this we all must do our bit, which is to love and serve somebody other than those who belong to us, beyond the call of our duty.

Children are naturally selfless, compassionate, loving, sharing and caring. It is only when we grow up that we lose these beautiful values. If we all can become like children, and live unconditionally, unselfishly, sharing and caring for each other, this world will become a beautiful heaven.

### The Voice of Truth

Pythagoras, the ancient Greek philosopher and polymath, travelled to India and learnt from the wisemen of India about the idea of the eternal soul, the idea of reincarnation where the soul passes from one form to the other, and about how the same consciousness pervades the entire world. *īśā vāsyamidam sarvaṁ yatkiñca jagatyām jagat | tena tyaktena bhujīthā mā grdhaḥ kasyasviddhanam ||* - The whole universe is pervaded by the same consciousness of God. Therefore, we must live and consume with sacrifice. Anything that is not needed for us, does not belong to us, though we may have rightfully earned it. It belongs to someone who needs it more than us. This is the voice of truth that we must all hear, contemplate and put into practice. This is the motto of our mission.



### 15 & 16 March 2024 – Sri Madhusudan Sai visits Assisi, Italy

#### Ground-breaking Ceremony for a new prayer hall – Hall of St. Francis

A ground-breaking ceremony for the new prayer hall at Casa Del Divino Centre for Human Development at Assisi, Italy was performed by Sri Madhusudan Sai. The new hall will help to host larger gatherings at this 100-year-old centre, and will serve the purpose of spiritualising people all over.



### Satsang with Sri Madhusudan Sai at Italy

#### Divine Discourse – A Summary

**I**ndia and Italia – Starts with ‘I’ and ends with ‘A.’ ‘I’ represents individual existence as separate from divinity. ‘A’ represents the all-pervasive ātman which is the ultimate reality. Italy and India have stood for this value of spirituality where one must progress and evolve from just being an individual to being divine.

#### Mind needs constant inspiration

Human mind, by its very nature, devolves into animality, if not taken care of. It needs constant inspiration to evolve and rise to Divinity. The great saints of Italy have dedicated themselves for the cause of welfare of all and ultimately to realise their Divinity, and hence we need to draw inspiration from them to walk in their footsteps.

#### The Franciscan Order of Assisi

Saint Francis and Saint Clare lived in this sacred land of Assisi and worked for the welfare of all beings, served the lepers, downtrodden and the sick, in which they found satisfaction for having served Lord Jesus. They lived very simple lives without any possessions just like how the mendicants of India used to live.

#### Prayer by St. Francis of Assisi

Make me a channel of your peace.  
Where there is hatred let me bring your love.  
Where there is injury, your pardon, Lord  
And where there's doubt, true faith in you.

Make me a channel of your peace  
Where there's despair in life, let me bring hope  
Where there is darkness, only light  
And where there's sadness, ever joy.

Oh, Master grant that I may never seek  
So much to be consoled as to console  
To be understood as to understand  
To be loved as to love with all my soul.

Make me a channel of your peace  
It is in pardoning that we are pardoned  
In giving to all men that we receive  
And in dying that we're born to eternal life.

Oh, Master grant that I may never seek  
So much to be consoled as to console  
To be understood as to understand  
To be loved as to love with all my soul.



## God works through His instruments

Expressing our innate divinity is true human potential. St. Francis is a true instrument of God. He loved Jesus with all his heart, soul and might, and at the same time he loved everyone as his own. St. Francis showed us the way of true religion by doing good to others on one side and realising the presence of Jesus within himself on the other side. In his memory, we shall call our hall in Casa Del Divino – **The Hall of St. Francis** to remember and celebrate his life. A statue of St. Francis and St. Clare can be installed here. This will be an inspiration for all.

## Always Remember

- It is the mind which interferes with the Divine, and does not allow the expression of divinity
- Mere studies, discussions, debates about religions will not lead us to truth
- Religion is not useful unless the love of God translates into service to all

## Being a part of the mission of St. Francis

- Live according to your need but never out of greed
- Live a pure life of detachment. Live in the world, but do not get attached to the world
- Obey the voice of God within or the dictates of your heart

## We are One

St. Francis realised that he is one with Jesus and all other creation. This is the philosophy of *advaita* in India, which says that we are all 'one' in spirit. Jesus said – “*All are one, my dear son. Be alike to everyone.*” By knowing our oneness, we shall not harm anyone and we shall always help each other. Only with this understanding of 'oneness' that we will be able to practice 'Love All Serve All.'

## Follow the message of the messenger more than the messenger Himself

St. Francis built a small chapel as people had no place to go otherwise. As a young lad born into a rich family, his father one day asked him to leave the house. He left everything behind, and walked on the streets, begging for stones to build a small chapel. Churches then were only for the rich and not for the poor. The poor could not find a place in the churches. Thus, he had to create a place where the poor, the peasants, workers and labourers could come and pray. Since there was a necessity, he had to build the church. But today, in the name of devotion, people build ostentatious temples, churches, and synagogues for their masters and messengers. Though there is nothing wrong in expressing our devotion to the master in this way, the greater way would be to follow the message of the messenger.

*If one were to ask – 'What will make my master happy?' He will simply say – 'Follow my message. Help everyone and hurt no one, love and serve everyone.'* Following the master's message is true devotion, surrender and worship.



The Centre for Human Development in Assisi should welcome anyone who wants to find their purpose. Following the message of the messenger is what this Centre should teach. Everyone here should practice and then preach. The authenticity of what you preach should come from your experience.

## Savour the Sapidty of Sacrifice

The one who has sacrificed everything and has attained *vairāgya* (detachment) is the happiest person. We think that by accumulating, we will be happier. But the truth is that we are the happiest when we don't accumulate possessions, wealth and attachments. If St. Francis was not happy doing what he was doing, do you think he would have done it all his life? There is some joy and happiness in sacrificing and that is what we need to experience. Once we taste it, we will not go back to our old ways. Having tasted that joy and happiness, you would find everything else insipid.

Go to Porziuncola, stand there and remind yourself about the great life of St. Francis and get inspired to lead your life like that. Let your life be an inspiration for several others for many years ahead. Let us be known for following the message of the messenger.

St. Francis was a handsome young lad of 17 years when he left his house to do God's work. He left everything for the sake of God, because he was enamoured by the beauty of Jesus and His message. He had the vision of Jesus two times and that was enough for him to follow the path of Jesus.

*Being a noble example is the best service one can do to the world. You have to inspire many more, like one candle that can light many candles.*

*Assisi is about two 'yesses' – one 'yes' to God and another 'yes' to lead a 'good life.'*

## Youth for Youth

The younger generation of today's world have lost purpose and direction. They are in search of happiness and acquire a lot of things like a good job, a partner, a house and car, but finally end up in delusion, disillusionment and depression. They know what they don't want, but don't know what they want. They know where they don't want to go, but don't know where to go. They know whom they don't want to be with, but they don't know whom they want to be with. The young are not willing to agree with the social order. They want to find for themselves their purpose and identity.

This is where they need good examples of their own age, to feel inspired to follow the right path of sacrifice, detachment and surrender to the Divine. Goodness through service and sacrifice must become their addiction in place of drugs. Their talents, energies, and abilities must be channelled properly and productively in a positive manner, so that they don't waste it or abuse it.

Almost 50% of the world is young. We need inspired youth to inspire many more youngsters.

### Your age metre

I will give a formula for how much service and how much *sādhana* one should do. It simply depends on your age—as much as your age, so much should be the time you should devote for *sādhana*. If you are 25 years old, 25% of your time should be devoted for *sādhana* and 75% of your time should be devoted for service. For an 80-year-old, 80% of his time goes for introspection, self-study, self-analysis, and *sādhana*, while 20% goes for service. Young people have a lot of energy and dynamism, and hence they should express themselves in a constructive way. Doing it right has the power to transform the world.

## Head Vs Heart

Many of you, out of your own experience, would have known that following your head, pushed by fear, did not bring you any happiness at the end. It would have landed you in regrets and repentance later. But when you follow the heart, you will experience happiness later. Our Indian scriptures say that following the heart is like eating a berry which is bitter in the beginning but sweet later. But, following the head is sweet in the beginning but bitter later. Following your heart will make you strong. It will never lead you to problems later. So, keep telling your mind not to be afraid to follow your heart.

### Battling for Justice in the world

Everyone is not the same in this world. Therefore, when you live in this world, you have to find your own little space to survive and thrive by following your values. Every situation that you encounter in this life is for your inner growth only.

A king prayed, *"Oh God, please give me the patience to accept what I cannot change. Give me the courage and ability to change what I can. Give me the discrimination to know what I can change and what I can't." Living this kind of life, will give us peace.*

**From the high view, everything that is happening is perfect. The thief is also perfect and the police is also perfect. The sinner is also perfect, the saint is also perfect. The people who were unjust are also perfect; people who fight for justice are also perfect. They are all actors in this great play of God. So, when you look at things from this point of view, there will be no problems. But, when you act in the world, we must exercise our discrimination to know when you should fight, and when you should simply leave.**

While we have to accept certain things as it is, we must also strive to change things for the better wherever we can. Best is to go with the flow, and allow the Divine to flow through you. This will give you a lot of peace and happiness.

### Being parents and not just providers

Children are in need of attention and love. They are drawn to whomsoever gives them that love. Parenting is becoming a challenge these days. In the olden times, families were big. Elders and grandparents were around all the time, and so children were always taken care of, even if the parents were busy. But today, with both the parents working, the time they spend with children is reducing gradually. Most of the waking time of children is spent at their schools, and so there are a lot of influences.

Parenting is a very important responsibility. Parents create a world citizen, not just a country citizen or a family member.

### Points for Parents

- Parents have to take turns to look after their children and spend time with them, even if it means reduction in their family income or downsizing their life style
- Catch your children young, preferably before they turn 10 years, for once they get into their teens, it is difficult to change them
- A lot of personal attention on children, especially when they are young, will keep them on the right track without deviation, even when they grow to be teens

- With your teen children, who are already a bit deviated and who now have a personality, start having conversations and dialogues. Keep an open relationship with your child, without judgements and accusations. Accept them even if they have gone wrong. Have a friendly conversation and explain why something is not good for them. Give them attention, but do not stifle them. It might take time, but with patience you can slowly bring them around

### A three-step method of parenting

**0 to 6 years old children** – Parents should shower a lot of love on children without worrying about what they do, no matter how mischievous they are.

**7 to 12 years old children** – Parents should be very strict with their children and teach them right from wrong. They should encourage the right through rewards whenever needed.

**13 to 19 years old children** – Parents should be very friendly with their children, so they can share everything with the parents with openness and trust, so much so that they may not need friends to confide in.

**Love finally wins. If you are genuinely loving and concerned about your children's welfare, then eventually they will understand. The earlier you express your love, the better are the chances.**



### 17 March 2024 – Sri Madhusudan Sai visits Zagreb, Croatia

#### Launch of Sri Madhusudan Sai's Bhagavad Gita discourses in Croatian



### Satsang with Sri Madhusudan Sai at Croatia

#### Divine Discourse – A Summary

##### The Sweet Relationship between God and His Devotees

Can there be a mother without her child and a child without its mother? As much as a child is eager to see the mother, so also the mother is eager to see the child. Similar to this is the sweet relationship between God and His devotees.

Trees attract clouds, clouds bring rain, which in turn helps trees grow, and then again attracts clouds. Likewise, when devotees gather, God manifests. Wherever God manifests, devotees gather. It is a self-fulfilling process.

##### God is lonely without us

The *upaniṣads* say that God was alone at the beginning. He felt lonely, and He thought to Himself – “Nobody knows that I exist. So, let me create this universe, so that people would know that I exist.” In this process, the whole creation happened. Just like how a spider brings out the web from its own stomach, lives in it and at the end swallows it, this universe has come from God and He alone exists in it.

##### We are not just made by God; We are made of God

Just like how an ornament made of gold is gold, this whole process of life is to know that we are God. God did not want him to be known from outside. He wanted him to be known as our in-dweller. In order to see, feel and experience the presence of God within, we have to be in the company of Godly and good people. In this *kaliyuga*, the best way to be good is to be in good company.

The spiritual energy of India must reach all the countries of the world. The highest goal of life as per *sanātana dharma* is *mokṣa* or to realise

God. This goal has to become a way of our life. Everything we think, say or do should be done only for one reason – to know and feel God.

##### Follow the guru

The very first *bhajan* sung by Bhagawan Sri Sathya Sai Baba was – *mānasa bhajare guru caraṇam*. This is the essence of the teachings of all the *upaniṣads*. It simply means – follow the footsteps of the *guru*. Baba said, “Simply follow me and you will reach God.” His footsteps are ‘Love’ and ‘Service.’ Love without service, or service without love will make us lose balance and fall. Love and Service has to happen together for us to reach God. We must find ways to serve others. Only this will make God happy.

The more we walk on the path of love and service outside, the more we will go nearer to God inside.

##### About the Ananda Ashram

The Ananda Ashram in Croatia will be a very important spiritual centre for many countries of Europe. It will be a beacon of love, hope, service, and spirituality for everyone. This will be a home for people of all faiths and religions, as everyone will gather here as one world family.

##### God is everywhere. Then, why do we need an āśram?

You can pray to God anywhere. But in a temple, the energy of God is strong and intense because of the continuous spiritual practices of thinking about God, loving and serving God. Even an ordinary person, who comes in that energy sphere will get energised and divinised. It is similar to how internet connectivity could be good in a particular room within our house and weaker in another room. It's easier to connect to God in an āśram than in a hotel. This is exactly why we need such spiritual centres or āśrams to be set up.

The *āśram* must conduct small *yajñas* of sacrifice and service regularly. This is why the ancients in India built settlements around temples, so there are regular activities of service and spirituality. This is to make God, the centre of all that we do, all the time. A physical structure like a temple or an *āśram* will constantly help in tuning our minds to God. All our teachers and doctors who are serving in our institutions are working for God, and by this way they are getting transformed. This is my method of transformation.

Croatia is the heart of Europe. The culture in Croatia had been borrowed from the plains of India. This is why the people of Croatia understand Indian spirituality easily. Hence, the *āśram* in Croatia will be a power-house of spirituality and this spiritual energy will spread to the whole of Europe. The positive energy from here will create more positive energy.

If we put our minds, hearts, and souls together, then it is possible that this *āśram* can come up very soon. This *āśram* will also shelter elderly people who has nobody to take care of them. Taking one step at a time, and doing it slowly but steadily will definitely yield good results.

### **karma janma to kāraṇa janma**

We are born because of pending *karmas* of the past that we need to reap now. *mokṣa* means a state where no *karma* is left. We must reach this state. However, God can choose to bring us along with Him, when He comes down as an *avatār*, so that we may serve in His mission, to do His work. Such a birth is called *kāraṇa janma*. A *kāraṇa janma* comes with the purpose of performing duties



towards the *avatār* and in the process inspires others. God heeds to the prayer of a devotee who wishes to come back to serve Him. The right prayer that one can offer will be – “*I want to come back to serve you, with you. If you find me worthy of being your instrument, please allow me to accompany you. But, please ensure that I don’t get stuck again in the world by developing unnecessary desires.*” Make this prayer and leave it to God’s will to decide. Let His will prevail.

### **Let God paint; you be the brush**

Be a brush in God’s hand and let him paint through you the colours of happiness, peace, and joy. Being an instrument of God is the purpose of our lives. We are here to express divinity

through us—not interfere, obstruct, or resist His expression. Just allow God to flow through you by removing all the ego and attachments. Like how clear light passes through a clear glass, God will pass as He is through a pure and clear mind, without any distortion.

### **Reject all else, except the truth that ‘You are Divine’**

Remove your individuality and ideas by believing that you are Divine. If you feel depressed or angry, ask yourself – “*I am Divine. Can the Divine be unhappy or depressed and negative? – No. Then, why am I feeling all these? I reject these feelings. I will not accept negativities.*” This reminder itself will give you a lot of strength. If you wear someone else’s shoes by mistake, don’t you immediately reject it by saying that it is not yours? Similarly, reject all ideas that are not divine, as not yours.

### **Losing and not gaining is spirituality**

To empty yourself – all your ideas, desires and wants is the only thing needed to be done. Once this is done, everything we think, speak or do will be God’s thoughts, words and actions. If a bottle of water is emptied, air fills in it automatically. Likewise, once you empty yourself of your individuality, divinity automatically fills in. This is the whole process of *sādhana*. This process

could be a difficult one when we do it alone, since we might lose motivation. But in a group, when all of us walk the same path, we will derive motivation.

The *guru* and God are with you. What more do you need? Never feel lonely, never feel weak, never feel negative. Be strong and keep walking.

### **Service and Spiritual Activities in Croatia**

- **Veda Group** – learns and teaches *vedas* and *bhagavad gīta*, conducts regular *vedas* and *bhagavad gīta* chanting
- **European Institute of Human Values:** Conducts lessons on human values in schools and colleges; works with the Education Department of the Government of Croatia to promote values-based courses like Mindful Teaching, Dynamic Parenting etc...offered by the Institute of Human Values (an online learning platform under the Sri Sathya Sai University for Human Excellence)
- Building sanitation facilities for elderly living in remote areas



## In Focus

### 18 March 2024 – Private Concert at the Mirabell Palace, Salzburg, Austria

The Mirabell Palace is a UNESCO World Heritage site and the place where the Mozart family used to play music for the archbishops of their time. Today, soloists and ensembles continue the spirit and tradition of music in the marble hall of the palace. Mozart is considered one of the greatest composers of Western Classical Music, whose compositions continue to captivate audiences with their timeless beauty and innovation.

The Amadeus Consort, which is an ensemble of strings and opera singers who have performed across the world, played an hour's concert enthralling everyone with various pieces composed by Wolfgang Amadeus Mozart, including the famous 'Queen of the Night Aria' from the Magic Flute.



## In Focus

### 20 March 2024 – Visit to Mozart's Birthplace and Mirabell Gardens





## 24 March 2024 – Satsang with Sri Madhusudan Sai at London, United Kingdom

### Divine Discourse – A Summary

#### Like Spring, Like Samaritan

Sri Adi Shankaracharya says in the *viveka cūdāmaṇi* that the noble ones travel around the world and bring joy and happiness to all, just like how the spring season brings cheer, blossoms and beauty to the world. The noble ones are like the boatmen who have already crossed the river, but they come back again and again to fetch more people, and help them cross the river. This is the way of the ones who work for the world. This is the reason why I travel to many parts of the world—not for my sake, but for the betterment of the world.

#### UK has God's *anugraha* (grace)

The Anugraham Charitable Trust of UK and the devotees have helped our mission immensely and I want to thank them on behalf of our medical college students who are now seeing their dreams come true.

God's *anugraha* (grace) keeps away the ill-effects of all *navagrahas* (nine planets). God's grace comes to a person who has completely surrendered and offered themselves to God.

Speak from the heart, think from the heart, and do from the heart everything that you have got to do—then, you will do it just like how God would do it.

#### Seeing a sample is enough to know the substance

One of the girls studying in our medical college hails from a very difficult background. Her father is a cook in a school and earns very little. Her mother is paralysed. Just to put her through a coaching institute which is needed for her to

clear the national entrance exam, they had to sell her ear studs – the only piece of jewellery they had. This girl is now pursuing her medical studies in our college completely free of cost.

This is only a sample. We have many such students.

#### Lessons on Surrender

##### What is surrender

Connecting our mind to God is surrender. Our mind with its collection of thoughts, ideas, individuality, ego, analysis, and memories come in our way to God. Hence, to realise God we must merge our mind with God, so that the mind gets destroyed in the process. It is not possible to operate in the world without the mind. So, the best way is to connect our mind to God, so that it is easy to work in the world.

##### Steps to surrender

*kaṭhopanishad* talks about stages of surrender.

First stage: Withdraw the senses from the sense objects, so that the senses are no longer slaves to the objects. The senses will choose what it wants to say, see, taste, touch and smell.

Second stage: Who masters the senses? – the mind masters the senses. When this happens, whatever we do, we would do it mindfully.

Third stage: The mind should be withdrawn from the senses and should be merged with the higher mind – *jñānātmani* or intelligence. In this stage, we start discriminating between



the right and the wrong, the good and the bad, the spiritual and the unspiritual. However, our discrimination at this stage may not so reliable too, as in the case of a criminal whose intelligence or discrimination is not pure.

Fourth stage: At this stage, our individual intelligence should be merged with the collective universal intelligence – *mahati ātmani*. This means that we start thinking about everyone's good and point of view, and not just our individual good. We would start functioning for the benefit of the whole society.

Fifth stage: Merging our collective intelligence into our higher self – *śāntātmani* is the final stage. At this stage, there is only peace. Thinking, discriminating, analysing, preparing and planning doesn't exist here. We start working from our consciousness.

Being in constant touch with our consciousness, will lead to the Divinity taking over and expressing itself through our every thought, word, and action. This is true surrender. Surrender is the highest form of devotion.

#### I to We to He

Families are considered sacred institutions because we learn to let go of some of our individuality and ego for the good of the family, and we start sacrificing for each other. This, in a way, is about merging our lower intelligence into our higher intelligence. If the family thinks about the good of the society and the world, and sacrifices their pettiness for the sake of the society, it is the next level. Further, if we think what would God want from us, and exactly do whatever will make God happy based on the inspiration we derive from within us, that will be the state of complete surrender.

Surrendering to your Divine Self is the highest form of surrender.

#### The Evolution of Devotion

Surrender or *ātmanivedanam* is the ultimate stage in devotion. It starts with *śravaṇam* (hearing about God's glory), *kīrtanam* (singing or remembering God's glory), *arcanam* (worshipping God through rituals), *vandanam* (constant contemplation and prayers), *pāda sevnam* (serving God), *dāsyam* (dedicating one's life to God's service), *sakhyam* (being a friend with God) and *ātmanivedanam* (being God by the complete mergence of our mind with God).



## In Focus

*sakhya bhakti* is the second-best form of devotion, wherein you share everything with God, like how you would do with a friend. Continuously getting magnetised in the presence of God, will finally turn you into the magnet itself.

This is an evolutionary process of knowing about God to becoming God.

**I am equal to all, yet I am experienced differently**

Lord Krishna says in the Bhagavad Gita:

*samo 'haṁ sarva-bhūteṣu na me dveṣyo 'sti na priyaḥ, ye bhajanti tu mām bhaktyā mayi te teṣu chāpyaham*

*"I am equal to all the beings. I have no special preferences, likes and dislikes, and prejudices towards anybody. I have no favouritism nor hatred to anyone. All are equal to me. But people experience me differently. Those who worship me with devotion becomes one with me. I am them and they are me. There is no difference between us. Whatever is happening through them is God's consciousness flowing through them because there is no obstruction, restriction or resistance."*

**Only *sanātana dharma* proclaims the truth that 'You are God' with conviction.**

The idea of God in *sanātana dharma* is that 'awareness', 'consciousness' which animates and energises us all. That consciousness or *brahman* is you.



### Faith begets surrender

Surrender happens when there is faith in the higher divinity, knowing well that it will not do anything, say anything, or ask you for anything other than what is good for you and good for all. Developing faith is a prerequisite for surrender.

Why create mind and then ask for coalition: Some people question as to why God created the mind and its vagaries at the first place, and now advise that we surrender our minds. The answer to this is that, this whole life is a game of 'hide and seek.' God hides and we seek; we hide and God seeks. Mind hides the vision of God, just like how clouds hide the sun. In order to have the real vision, we must just surrender our troubling mind to God asking him to handle it, since he is the expert.

## In Focus



### Give your mind to God

Tell God – 'take my mind and do what you want with it.' He knows how to set it right. You don't have to try to set it right, as it is not possible to control the mind. Giving your mind to God is the best way of dealing with it. This is the whole idea of surrender.

The quality of a devotee who has a surrendered mind is 'equanimity.' He will not even pray to God to change his difficult circumstances and make it more favourable. He will only pray for the ability to remain equanimous and surrendered, no matter what happens around. This state of stability should be attained by all.

### There is no worry in surrender

Life is a joyful ride if we live like a baby. Just like how a baby doesn't worry about its food, sleep and clothes, and leaves it to the mother to take care, a saint does not worry about himself as he knows God would take care of him. This is surrender.

### Idea of God's Grace – It is not what we think in worldly parlance

Meera, an ardent devotee of Krishna was happy only in the worship of Krishna, even when she was on the streets having given up her palace and comforts, security and respect. Saint Tyagaraja, despite his poverty, declined the invitation from



## In Focus

the king to sing for him in return for gifts, and said that he will sing only for his Lord Rama. The happiness of true devotees is very different from how the world would look at happiness.

### Check your distance in devotion

When our devotion is not stable, we start doubting the wisdom of God, and that is when anxiety creeps in. Feelings like hurt, insult, embarrassment and other negativities come only from the mind. They cannot come from the heart, because the heart knows no negativity. It is like a bulb that knows no darkness. If you are experiencing any negative emotion, it only means that there is still some distance to cover in devotion.

Keep reminding yourself every time - 'God knows what is going on and why it is going on. Whatever the situation, I am still under the care and protection of God. Even if it is a bumpy ride, I know that there is a driver in the car and he is driving, and so I don't have to worry. He will somehow manoeuvre the car and take me to the destination.'

**There are no short-cuts to surrender. It comes with its rigmarole of ups and downs, faiths and doubts. However, stay put and don't give up. Ultimately, you'll achieve it.**



## In Focus

### 26 March 2024 – Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) and the British Association of Physicians of Indian Origin (BAPIO) joined hands

Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) and the British Association of Physicians of Indian Origin (BAPIO) joined hands through a new Memorandum of Understanding.

This partnership paves the way for knowledge sharing, research collaborations, and academic exchanges, to drive innovation and excellence in medical education across borders.





## 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



**28 March 2024 – Sri Madhusudan Sai Rings the Closing Bell at Nasdaq MarketSite in Times Square for Australian Oilseeds Holdings Limited**

Australian Oilseeds Holdings Limited (Nasdaq: COOT) and its executive officers and directors as well as the executive officers, directors and investors from EDOC Acquisition Corp visited the Nasdaq MarketSite in Times Square.

Australian Oilseeds Holdings Limited is focused on the manufacture and sale of sustainable oilseeds and is committed to eliminating chemicals from the production and manufacturing systems to supply quality products to customers globally.

Gary Seaton, CEO and Chairman of the Board of Directors at Australian Oil Seeds Investments, said:

*“We, our staff, board of directors, clients, and key stakeholders have an unwavering commitment to reducing carbon emissions, making innovations in regenerative farming methods, and continually redefining standards and best business practices in Sustainability”.*

To commemorate the event, Sri Madhusudan Sai, Gary Seaton, and the team rang the Closing Bell.





# Region 1

## Australia

### Heart of Love Foundation, Australia

#### Sociocare

'Heal Love Pray' programme is being well-received by the women's community at the Northern Rivers region in the State of New South Wales. The programme is non-denominational as it is inclusive and open to women from all backgrounds, faiths, and sectors of the community.

What began in April 2023, has now offered many successful sessions, with an objective to foster sisterhood and build a nurturing platform for sharing, learning and offering support for the women in the community.



In the month of February 2024, yet another session was held at the 'Heart of Love Centre for Human Development.' The programme consisted of several activities that focused on creative expression, health, healing, music, and sharing of experiences within the group. It gave an opportunity for the participants to bond over shared experiences within a safe and caring environment.



# Region 1

## Australia

### Heart of Love Foundation, Australia

The activities included:

- Smudging and clearing energies in the internal space, followed by centring and grounding on the land
- Creative writing and themed journaling for self-expression, processing and letting go of stuck emotions
- Talk by a trained Physiotherapist on women's health and strategies for physical well-being
- Demonstration of a simple daily exercise routine for women by one of the participants
- Group singing for Mother Earth to elicit love, peace and harmony

The session ended with sharing of feedback and ideas for future events.

#### Nutrition

In the month of February 2024, **50 meals** were cooked, packed, and served to the local people of Murwillumbah by volunteers of 'Heart of Love Centre for Human Development.'





# Region 1



## Sai Prema Foundation



### Healthcare

#### Official Launch of Congenital Heart Disease (CHD) Awareness Week

From 07 February to 14 February 'Congenital Heart Disease (CHD) Awareness Week' was celebrated at Sri Sathya Sai Sanjeevani Children's Hospital. It was launched in the presence of the Honourable Chief Guest, Dr Ratu Atonio Lalabalavu, the Minister for Health and Medical Services of Fiji. The event was attended by children, their parents, medical professionals, members of the diplomatic corps and other supporters.

#### Highlights of the Event:

- Launch of the Hospital mascot 'Loloma', the Heart Legend, which in the Fijian language can be translated as 'Love' or 'Mercy.'



#### About the Mascot

'Loloma', 'The Heart Legend' is the heartwarming mascot of hope and love for the Sri Sathya Sai Sanjeevani Children's Hospital. 'Loloma' represents compassion, strength and resilience to define the Hospital's commitment to providing exceptional care to young hearts. It is designed to bring smiles to the faces of children and their families.

# Region 1



- A red and blue Congenital Heart Disease Awareness Ribbon was also launched to serve as a visual representation for the collective commitment to raise awareness and support children born with congenital heart defect conditions

The blue ribbon signifies solidarity with individuals and families affected by Congenital Heart Defects (CHDs), raising awareness about the prevalence of CHDs and its impact.

The red ribbon complements this message by highlighting the urgency for continued funding and support for CHD research and initiatives.



Together, the red and the blue represents unified effort to promote education, advocacy, and support for those living with CHDs, and also extending support to their loved ones, thus nurturing a community dedicated to improving the quality of life for all affected individuals.

Dr Lalabalavu said, as he lauded the Sai Prema Foundation Fiji and the Sri Sathya Sai Sanjeevani Children's Hospital for taking the lead in creating awareness about congenital heart disease in Fiji.

*"The good news is that with surgical treatment, most babies can be cured and they can live a normal lifespan".*

The Medical Director of Sri Sathya Sai Sanjeevani Children's Hospital, Dr Krupali Tappoo said,

*"The goal of this awareness week is not just to bring attention to the prevalence of congenital heart disease, but also to foster understanding, support, and compassion towards those living with these conditions."*



# Region 1

Fiji



## Heart Screenings across South Pacific

During the month of February 2024, Sai Prema Foundation Fiji organised an echocardiogram screening camp in the South Pacific regions of Kiribati and Tuvalu, which to date have no such facility.

In commemoration of Congenital Heart Disease (CHD) Awareness Week, significant heart screenings were conducted in and around Suva. These screenings took place at Valelevu Health Centre, Nakasi Health Centre, Raiwaqa Health Centre, Makoi Health Centre and Nuffield Health Centre.

**More than 300 children were screened for heart defects.**



Sri Sathya Sai Sanjeevani Children's Hospital has thus far completed **16,000 child heart screenings** and **260 heart surgeries** completely free of cost.



# Region 1

Hong Kong



Feed Hong Kong



## Nutrition

In the month of February 2024, **700 to 800 boxes of meals** were distributed on a weekly basis at several places in Hong Kong, along with Chinese New Year hampers and red lucky money envelopes.



Indonesia



Yayasan Prema Sai Pooja  
(Prema Sai Pooja Foundation)



## Sociocare

In the month of February 2024, **15 donors** participated in a blood donation drive and basic food items were distributed to them.

## Educare

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



Japan



Home of Universal Peace

## Sociocare

Children made Children happy

In the month of February 2024, kids in Japan made **432 heart-shaped origami artworks**, into which lollipops were inserted. The origami artworks were carefully delivered to the paediatrics outpatients department of Sri Sathya Sai Sarla Memorial Hospital.



# Region 1

## Malaysia

### Sai Ananda Foundation, Kuala Lumpur



#### Educare

#### Sai Ananda Educare Graduation and Awards Ceremony 2024

Sai Ananda Educare Graduation and Awards Ceremony for the class of 2024 was celebrated on the bright morning of 25 February 2024. Esteemed guests, members of the Sai Ananda Foundation Malaysia, parents, and students gathered to commemorate the ceremony.

Amidst the challenges of the COVID-19 pandemic, Sri Madhusudan Sai entrusted Brother Ayavoo and Dr Vimala with establishing an educare centre for underprivileged children and refugees near the Sai Ananda Foundation in Malaysia.

The primary focus of the centre is to instil human values and impart the highest teachings of *sanātana dharma* as elucidated by Sri Madhusudan Sai.



The event showcased a rich programme comprising of *vedic* chants, Quran recitations, student performances, storytelling, music and dance, and culminated in an awards ceremony recognising various categories such as – attendance, attitude, reading, improvement, and discipline. The ceremony also featured a graduation segment and presentation of outstanding awards for the students.

Attendees found the experience enlightening, as teachers nurtured the seeds of divine love as inspired by Sri Madhusudan Sai in the heart of every student.

#### Growth of the Educare Centre

Started in 2022 with 10 children. Nurtures 160 children under the guidance of eight teachers in 2024.



# Region 1

## Singapore

#### Nutrition

In the month of February 2024, youths supported Hao Ren Hao Shi with a 'mobile charity' event serving close to **100 elderly people**.

Mobile Charity increases the accessibility for seniors to receive essential provisions. A 14-foot lorry, filled with about **30 different essential provisions**, was driven to a particular residential area. Seniors living nearby were invited to come with a trolley to receive their provisions.

Volunteers gathered for about three hours to set up and run this event. They assisted elderly people with carrying the provisions. This was a beautiful opportunity for little children as they handed out the provisions to the elderly and experienced the joy of giving.



### Mobile Charity: 286C Compassvale Crescent 03 February 2024



#### Educare

#### Value Formation Class at the Children's Home

With new children joining the Children's Home, the class during the month of February 2024 was exciting, with **14 children** participating in total.

The discussion revolved around how every child is unique and different, and that it is totally acceptable to be different from each other.





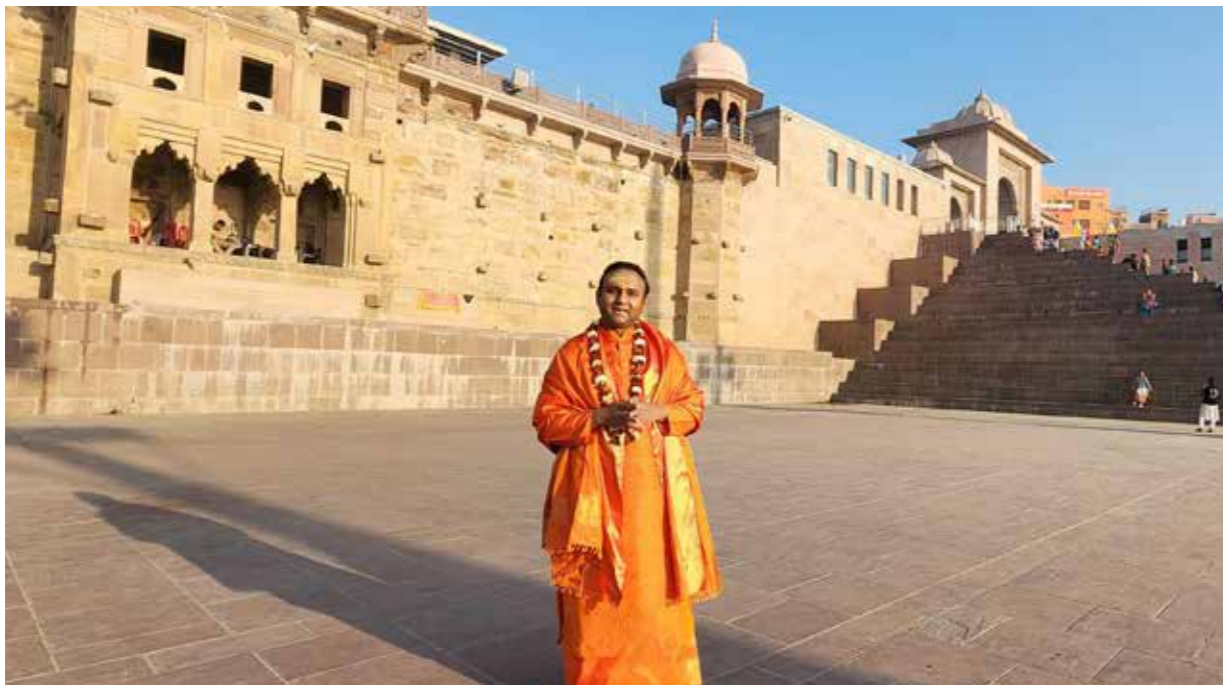
## Region 2



### 01 March 2024 – Sri Madhusudan Sai visited Kashi Vishwanath Temple at Varanasi, Uttar Pradesh

**K**ashi Vishwanath Temple is considered a Moksha Dham and it is one of the holiest shrines in India.

This ancient Hindu shrine, located on the banks of the sacred Ganges and dedicated to Lord Shiva, is home to one of the twelve  *jyotirlingas*  and is considered the holiest among all Shiva temples.



Sri Madhusudan Sai at Kashi Vishwanath Temple

## Region 2



### 01 March 2024 – Sri Sathya Sai University for Human Excellence (SSSUHE) joined hands with Bharat Adhyayan Kendra, Banaras Hindu University (BHU) to host the prestigious ‘Sri Sathya Sai Bharat Sanskriti Samman 2023’

**B**anaras Hindu University is one of the many premier institutions that has partnered with the Sri Sathya Sai University for Human Excellence to share and promote knowledge systems. Sri Sathya Sai University for Human Excellence, in collaboration with Bharat Adhyayan Kendra, organised a two-day conference on the importance of  *vedas* ,  *vedāngās* , and  *upavedas* .

As part of the conference, Sri Sathya Sai Bharat Sanskriti Samman was initiated to honour and recognise individuals and institutions committed to India’s Vedic heritage. The event took place in the presence of the leadership teams of both universities. Outstanding students, teachers and  *gurukulams*  in this pursuit, were recognised and felicitated.



Chief Guests: Sri Madhusudan Sai – Founder of SSSUHE and Prof Sudhir Kumar Jain – Vice-Chancellor of BHU





## Region 2



Left to Right:

Dr Srikanta Murthy K (Vice Chancellor of SSSUHE), Sri B N Narasimha Murthy (Chancellor of SSSUHE), Sri Madhusudan Sai (Founder of SSSUHE), Professor Sudhir Kumar Jain (Vice-Chancellor of BHU), Professor Sadashiv Kumar Dwivedi (Coordinator, Bharat Adhyayan Kendra BHU) and Professor Rakesh Upadhyay



Sri Madhusudan Sai proceeded to the Vedika Vijnana Kendra where there was a programme with various *vedic* scholars. He spoke on *vedānta* in the present times and how we must always be connected to the Self.

## Region 2



### Divine Discourse - A Summary

*kāśyām hi kāśate kāśī sarvaprakāśikā* – It is Kashi that illuminates Kashi.

New leaves grow on old roots; new buds sprout on old branches making it look more beautiful. The 100-year-old Kashi Hindu Vishwavidyalaya and the five-year old Sri Sathya Sai University for Human Excellence have come together, making us 105-year-old together. The principles under which Kashi Hindu Vishwavidyalaya was established by Madan Mohan Malaviya Ji, and the principles by which Sri Sathya Sai University for Human Excellence was established by the inspiration of Sri Sathya Sai Baba is the same.

A Hindu Study Centre has been established at the Banaras Hindu University. Around the same time, a Department of Vedic Studies commenced in our University. India's tradition and culture is one, whether we are from the North, South, East or West. Our Vedic culture is the very soul of India. Soul resides in every part of the human body. How can we keep alive the soul of India, which is Vedic culture?

*vasudhaiva kuṭumbakam* is our motto and with this in mind we want to empower the future generation of India, and when it comes to this, it



does not matter whether they are students of this University or that. Educating the next generation about our vedic culture and strengthening the *guru-siṣya paramparā* is the essence of India and we are here to advance this endeavour.

Like rain drops falling from the sky eventually merge into the ocean, our institutions coming together is a confluence of love wherein our consciousness and our goal is the same.



## Region 2

India 

**02 March 2024 – Sri Madhusudan Sai visited the BALCO Plant, BALCO Hospital and a local Ram Temple at Korba, Chhattisgarh**

**S**ri Madhusudan Sai's mother, Mrs Padmavati was the first woman employed at the BALCO Plant, and she offered her services for more than four decades.



Sri Madhusudan Sai was welcomed by the CEO and CFO of BALCO Plant

## Region 2

India 

**03 March 2024 – Sri Madhusudan Sai visited Sri Sathya Sai Sanjeevani Centre for Child Heart Care and Sri Sathya Sai Sanjeevani Mother and Child Hospital, Atal Nagar (Nava Raipur), Chhattisgarh**



Inauguration of a new General Paediatric Ward and Homograft Valve Bank



Second row, second from the left: Mrs Padmavati (Mother of Sri Madhusudan Sai)





## Region 2

India 

**04 March 2024 – International Symposium on Osteopathy, Sri Sathya Sai Sanjeevani Centre for Child Heart Care, Nava Raipur**

Highlighting the pioneering strides in paediatric cardiac surgery, the First International Symposium on Osteopathy was graced by Sri Madhusudan Sai at Sri Sathya Sai Sanjeevani Centre for Child Heart Care at Nava Raipur, Chhattisgarh to showcase research and education.

Sri Madhusudan Sai reiterated that Sanjeevani is not just a place of cure or care but 'healing' for the children, the parents, the doctors, and everyone else in the ecosystem. He urged the students to draw inspiration from this unique model of compassionate healthcare and emulate values of love, courage, and sacrifice, and become better doctors who can combat the country's medical challenges.



Experience and learning sharing session by DNB Fellows pursuing Paediatric Cardiology at Sai Sanjeevani



Experience and learning sharing session by DNB Fellows pursuing Paediatric Cardiology at Sai Sanjeevani

## Region 2

India 



Dance presentation on the theme of 'Sri Rama Janmabhoomi Pratishtaan.'



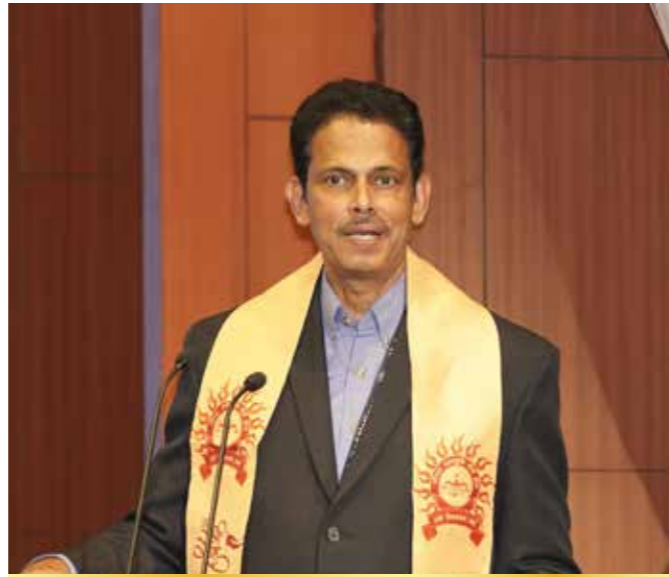
Felicitations of volunteers of Sri Sathya Sai Sanjeevani Medical Team at the Sri Ram Janmabhoomi Pran-Pratishtaan Mahotsav in Ayodhya



## Region 2

India 

Sri Madhusudan Sai drew on the ideals of Lord Rama and the message of *sab ke ram* – Ram belongs to all, and more importantly, *sab mein ram* – Ram resides in all, which is the driving force and philosophy at Sai Sanjeevani.



Representatives from UNICEF, IIM and IIT Raipur addressing the gathering



Representatives from UNICEF, IIM and IIT Raipur addressing the gathering



Representatives from UNICEF, IIM and IIT Raipur addressing the gathering



## Region 2

India 



'Gift of Life' Ceremony



'Gift of Life' Ceremony



'Gift of Life' Ceremony



## Region 2

India 

05 March 2024 – Sadguru Sri Madhusudan Sai at the book launch event of the famous historian and author, Mr Vikram Sampath

Launch of the Book:

**Waiting for Shiva - Unearthing the truth of Kashi's Gyan Vapi (Authored by Mr Vikram Sampath)**

About the Book

'Waiting for Shiva - Unearthing the truth of Kashi's Gyan Vapi' recreates the history, antiquity and sanctity of Kashi as the abode of Lord Shiva in the form of Vishweshwara or Vishwanath. This book retraces the long history of this bitterly disputed site and the dramatic twists and turns in its checkered past. The book delves into the history of the self-manifested *swayambhu jyotirlingā* shrine of Vishweshwara. This book really combines everything one needs to know from a 360-degree perspective to understand about the holy abode of Kashi spiritually, scripturally, socially, and also legally.



## Region 2

India 

Questions and Answers Session with Sadguru Sri Madhusudan Sai (An Excerpt)

**Question 1:** According to you, why is Kashi so important? Why do thousands of Hindu pilgrims continue to go to Kashi?

**Sri Madhusudan Sai:** A body without a soul means nothing. If the whole of India can be considered like a human body, the intellectuals of India form its mind, then, the soul of India is Kashi. Kashi is considered as *mokṣa dhām*. Shiva assures salvation. Kashi is very deeply connected with *mokṣa*, which is the greatest aspiration of every follower of *sanātana dharma*. This is why Kashi is the most important spiritual centre. It is one of the oldest cities on Earth. Being a *swayambhu lingā* which was consecrated by Shiva Himself, anybody who goes to Kashi can absorb the divine energy.

Sri Adi Shankaracharya, the *vedāntic* philosopher said that *vedānta* is the end of all the knowledge that we have ever accumulated. The ultimate philosophy is that consciousness is the only reality and the realisation of that consciousness within and without is the destiny of all living beings.

In *kāśī pañcakam*, Adi Shankara says – *kāśyām hi kāśate kāśī kāśī sarva prakāśikā*. This means that Kashi is self-illuminated and it illumines everything that comes to it. *sā kāśī veditā yena tena prāptā hi kāśikā* – the one who knows this truth becomes one with the effulgence of Kashi.

Like the soul which is self-effulgent, Kashi is self-effulgent and it casts its divine light on everyone and everything. Many people go to Kashi with a single-pointed focus to realise their own Divinity.

*lingā* symbolises the idea of oneness. It represents both *saguṇa sākāra* (with a name and form) and *nirguṇa nirākāra* (without form, name or attributes). In between the two phases is the *lingākāra*. Shiva is a symbolism that helps one grow spiritually from body consciousness to Divine consciousness.

**Question 2:** It is so difficult to trace the history of Kashi. Why don't Hindus chronicle their history correctly and leave something for their future generations that is not disputable?

**Sri Madhusudan Sai:** The Hindu culture was always interested in the philosophy part of it more than facts, statistics, and dates. We are much deeper when it comes to life, and we look into the significance of everything, than just looking at the surface. The Hindu history is predominantly poetry and spirituality. Our *purānās* are very symbolic and coded. One has to decipher it by understanding the context in which it was written.





## Region 2



**Question 3:** In spite of historical evidences with respect to Kashi, there was a lot of resistance to accept the recorded history. What can one rely on in this situation, when even scientific evidences are denied?

**Sri Madhusudan Sai:** There are sentiments involved with every place and every community and one needs to respect that. When a place holds a special significance for a particular community, and when there is a record of it in their holy texts (like the *purānās* and *sāstras*), and for thousands of years people have come and worshipped there, one has to respect the sentiments involved with that place and the people, even if one doesn't want to go by archaeological surveys and legal documents. Kashi has a history, an ancientness and a strong religious anchoring. This should be respected. A strong sense of solidarity and unity amongst the community will definitely help.

**Question 4:** How do we bring about togetherness in the Hindu community?

**Sri Madhusudan Sai:** The idea of *sanātana dharma* or Hinduism is *vasudhaiva kuṭumbakam* – the whole world is one family. This is the Hindu culture. Though we may have different religious ideologies, rituals and customs, the fundamental principle is that we accept all kinds of people from all faiths. However, self-defence is given to everybody. We are not invaders, but used self-defence only to protect ourselves.

In our institutions, we provide education, nutrition and healthcare completely free of cost to all people from all walks of life, irrespective of their religion or caste. This is the principle of *sanātana dharma*. If we invoke this aspect of Hinduism, we shall be able to find solution to all the problems. Our large-heartedness and kindness will transform people in times to come.



## Region 2



### 06 March 2024 – News from Sri Sathya Sai Sarla Memorial Hospital



Inauguration of a new Operation Theatre at the OBG Department of Sri Sathya Sai Sarla Memorial Hospital





# Region 2



06 March 2024 – Rotarians visit Sathya Sai Grama, Muddenahalli

Rotary Club of Bangalore supported the Sri Madhusudan Sai Global Humanitarian Mission with a mobile blood bank, equipment for Cardiac OT and a specialised microscope.



40 Rotarians from Bangalore visited Sathya Sai Grama



Exchange of MOU between 'One World One Family', an initiative of the Prashanthi Balamandira Trust and the WHEELS Global Foundation

WHEELS Global Foundation is a non-profit organisation that is set up and run by IITians to leverage technology-based solutions for rural problems.

# Region 2



'Gift of Life' Ceremony



'Gift of Life' Ceremony



Dr Rajnikant (Raj) Shah – Eminent Cardiologist from Philadelphia, Chair of Health Council & Board Member, WHEELS Global Foundation USA, along with Dr Sundar Kamath of San Jose CA, Board Member WGF, and Dr Raghupathi, Director of Sri Madhusudan Sai Institute of Medical Sciences and Research



## Region 2



### 08 March 2024 – Ground-breaking Ceremony for Skill Development Centre

A ground-breaking ceremony for a new Skill Development Centre (SDC) that will provide an alternative educational path for youth, and open opportunities for them to learn new skills and other vocational courses was performed by Sadguru Sri Madhusudan Sai.

Studying at the Centre shall entail:

- A two-year certificate course with one-year internship, that will help in multi-skilling students in areas like plumbing, piping, electrical work...etc.
- Guaranteed employment within the institution

Besides vocational training, the curriculum will also include Basic English, Computer Education, and learning vedas.

Sri Madhusudan Sai emphasised by saying:

*“Restoring dignity to these students who may have slipped through the cracks of the regular education system is crucial. Skilled vocations like electricians and plumbers are equally crucial for society’s functioning, just like surgeons. The aim is to instil a sense of equal importance and dignity in all vocations.”*



## Region 2



### 09 March 2024 – Indian Association of Cardiovascular and Thoracic Surgeons (IACTS) organised a two-day hybrid academic programme in association with Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR)

The ninth edition of IACTS SCORE was organised by the Indian Association of Cardiovascular and Thoracic Surgeons (IACTS) in association with Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) at Muddenahalli.

IACTS SCORE 2024 is an annual two-day examination orientation and academic review programme conducted for final-year residents pursuing residency in cardiothoracic and vascular surgical programmes under the leadership of Dr C S Hiremath, the Secretary of Indian Association of Cardiovascular Thoracic Surgeons.

#### Objectives

- To encourage young medical professionals to pursue a specialisation in Cardiothoracic and Vascular Surgery (CTVS) and equip them with required knowledge, skill-set and hands-on training to become the nation’s leading cardiac specialists
- To motivate young medical professionals to serve underprivileged communities who fail to receive quality tertiary healthcare due to financial barriers

#### Need

The lack of cardiac specialists is causing a huge catastrophe in India’s healthcare system. A meagre 65K postgraduates are produced in the nation each year, despite the existing need for 15 lakh specialists.





## Region 2



### About the Programme

Indian Association of Cardiovascular and Thoracic Surgeons (IACTS) views routine systematic collection of data related to each surgical procedure and the monitoring of that data as the cornerstone of best practice. IACTS hopes that knowledge of performance will lead to improved outcomes, thus helping surgeons to provide high-quality care through education and evidence-based research.

Patient care, education and research are considered the three pillars of IACTS.

The programme brought together some of the renowned faculty in the country together – Dr Anil G Tendolkar, Dr Prasanna Simha Mohan Rao, Dr A Sampath Kumar, Dr Suresh Rao, Dr V V Bashi, Dr Devagourou, Dr P S S Bhat, Dr Shukla, Dr B R Jagannath, Dr Muralidhar Kanchi, Dr Parimala P Simha, Dr Shivakumarswamy, Dr Ravi Shetty, Dr S Nambala, Dr R Dewan, Dr Sanjeev Kumar, Dr Anand Agarwal, and Dr Karthik Ramesh.

### The programme offered to the participants:

- The necessary knowledge to strengthen the core concepts
- Discussion on the examination structure and tips to fare well in the examinations
- Simulation examinations for a peek view
- Pointers to achieve successful professional career as a CT surgeon
- Interactive sessions, live case studies discussion, ECG and imaging modalities interpretation and Cardiopulmonary Bypass fundamentals discussion

## Region 2



### From left to right:

Dr Raghupathi – Director, Sri Madhusudan Sai Institute of Medical Sciences and Research

Dr Manoj Durairaj – President, IACTS

Dr Minu Bajpai – Executive Director, National Board of Examinations in Medical Sciences, New Delhi

Sri Madhusudan Sai – Founder, SMSIMSR

Sri B N Narasimha Murthy – Chancellor, Sri Sathya Sai University for Human Excellence

Dr C S Hiremath – Secretary, IACTS



## Region 2



Dr Manoj Durairaj, President of IACTS said:

*“Concerning cardiovascular thoracic procedures, we are in a state of transformation and reformation right now. The younger generation needs to step up and carry out successful surgeries in future. They must therefore arm themselves with the newest technologies because they have a crucial role to perform. I find it astounding that SMSIMSR not only delivers world-class healthcare services free of cost, but also free medical education to deserving candidates. I would like to work with SMSIMSR and contribute my expertise, and also set up a heart transplant facility here.”*

Dr Minu Bajpai, Executive Director of National Board of Examinations in Medical Sciences (New Delhi) said:

*“Due to the lack of healthcare professionals, there will be a crisis by the end of 2030. To tackle this issue, from the next academic year, a six-year DNB course in paediatric cardiac surgery will be started at SMSIMSR by the government as an initiating step. I appreciate the IACTS SCORE programme that follows the American system, and takes a greater share in enhancing the quality, standard and uniformity in healthcare as a measure to retain quality and quantity.*

*Sri Madhusudan Sai’s institutions have been a paradigm of the ancient system where temples served as the source of every material and spiritual need of people. I see great potential in SMSIMSR to become a global centre of blended learning in the days to come, because the ethos of Sushruta and Hippocrates’ oaths are just not read but practised here in this Institution.”*

Dr C S Hiremath, Secretary of IACTS mentioned:

*“I created this programme nine years ago to standardise CTVS training. The CTVS residents benefit greatly from this programme in terms of understanding the material and passing their exams. This day marked the release of the tenth edition of the ‘Sri Sathya Sai Notes’, which is the required reading material for all CTVS students. The Notes addresses every complex and important idea about the topic.”*

Sadguru Sri Madhusudan Sai in his benedictory message remarked:

*“No teacher can hoard knowledge to himself/herself and the more it is shared, it grows and expands. In our ancient Bharat, education, food and healthcare were provided free of cost to all at temples. The commodification of these resources has crippled our sacred system. The sole intention of establishing healthcare institutions is to make high-quality healthcare accessible to everyone irrespective of any differences. We work on the ethos—the entire world is one single family. Individually we can do only so much, together we can do a lot. It is our collective responsibility to serve our fellow beings.”*

## Region 2



Dr Ali Zamir Khan – Consultant Thoracic Surgeon, Southampton University Hospital, United Kingdom



Gift of Life ceremony



## Region 2

### Middle East



#### Nutrition

In the month of February 2024, close to **2,978 meals** were served to the needy by the volunteers of Sai Hrudayam.

#### Sai Love Kits

**31 Sai Love Kits** containing items like wheat flour, rice, pulses, masala powders, cleaning supplies etc. were distributed to unemployed individuals and needy families, blue-collared workers and young boys at car washing workshops.

The provision items would help preparing about 2,790 meals.



#### OMAD Seva

OMAD Seva served about **158 meals** to the needy. This included cooked meals, bananas, fruit juice, and laban (packaged buttermilk).

Two individuals were provided food assistance for 15 days. About **30 cooked meals** were provided to them.

#### Sociocare

A jacket and a cap were provided to two beneficiaries to fight the biting cold.



## Region 2

### Nigeria



#### Spiritan Self Awareness Initiative

#### Joy Village Enugu, Nigeria



#### Educare

- TELA's fourth Annual Inter-house Sports Competition was held. The students participated enthusiastically and displayed outstanding athletic abilities and strong team spirit. Competitions were held for a variety of sports items like football, relay races, shot put, and volleyball
- Ash Wednesday was celebrated on 14 February 2024 by the children of TELA to remind themselves about the impermanence of the body and hence the need to reconnect back to our source (the Divinity)





# Region 2

## Nigeria

### Healthcare

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

#### Healthcare Reach for February 2024

- Children: 584
- Adults: 990

#### Healthcare Services in February 2024

- New Admissions: 94
- Deliveries (SVD): 11
- Ophthalmology: 235
- Immunisation: 18
- Ultrasound Imaging: 20
- Family Planning: 3
- Surgeries (Appendectomy, Catheterisation, Circumcision, Wound suture, Lumpectomy): 26
- Lab investigations: 2,074
- Antenatal Care: 171

### Overview of Healthcare Services since inception

Out-patient Consultations: 129,575

Deliveries: 493



# 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 10,000 meals were served to the students in the month of February 2024.

**427,920 breakfast meals have been served till date**



### Sociocare

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



## Region 2

**Sri Lanka** 

**Sri Sathya Sai Karuna Nilayam Foundation**



### Healthcare

It was a busy month of February 2024 for Sri Sathya Sai Sanjeevani Super Speciality Hospital as the cath lab days increased from two to three days per week. Setting up of a new operation theatre was also in progress.

Sri Sathya Sai Sanjeevani Super Speciality Hospital, Batticaloa, Sri Lanka, completed nearly 144 cath interventions for adults in the month of February 2024.

During His divine visit on 1 January 2024, Sri Madhusudan Sai expressed his wish to visit Batticaloa again in August 2024 to celebrate 2,000 cath interventions. In addition, as per the New Year resolution, 'Do more good to more people in more ways', Sri Madhusudan Sai said that the hospital services should expand to adult cardiac open heart surgeries soon.



Thanks to the cardiology teams of Batticaloa Teaching Hospital and Kalmunai North Base Hospital, without whose partnerships, these achievements will not be possible.

### Overview of Healthcare Services since inception

Out-patient Consultations: 37,957

Cath Lab Procedures: 694

Cardiac Surgeries: 11

Meals Provided: 70,864



## Region 3

**Croatia** 

**Zaklada Ananda (Ananda Trust Croatia)**



### Educare

- A workshop on the course 'Dynamic Parenting' offered by the 'Institute of Human Values' was attended by **10 parents** (visit - iohv.org)
- A workshop of the topic - 'Teamwork for cooperation and synergy' was conducted for **17 employees**
- A teacher training workshop on human values with focus on the value of 'Truth' was conducted for **12 librarians**
- A training was conducted for **15 primary school teachers** on the topic - 'What we love in our work'
- A training was conducted for **30 kindergarten teachers** on the topic - 'Achieving better cooperation and communication'
- A Human Values workshop for general public on the topic of 'Truth' was conducted and it was attended by about **12 individuals** and an all-day training was attended by **13 individuals**





## Region 3

Greece 

**'Ιδρυμα Μοιράζομαι'**  
**(Foundation of Sharing)**

### Nutrition

In the month of February 2024, the members of 'Foundation of Sharing' gathered together every week to cook delicious vegetarian meals like pasta with tomato sauce, giant beans, cheese and spinach pies, sandwiches, and Greek salads, and distributed it to the following institutions:

- **188 meals** to St. Alexander Girls Home
- **230 meals** to Association for the Protection of Minors of Piraeus
- **1,692 meals** to 'Tsougraneion' soup-kitchen
- **80 boxes** containing dry ration and other items such as legumes, pasta, rice, milk, oil, cereals, snacks, soap, washing powder, etc., were delivered to **80 poor families** at the Anavyssos area, 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 EGNYA Foundation
- **35 pizzas** were delivered to the children of 'St. Andrew Children's Home'



## Region 3

Turkey 

**Karşılıksız Hizmet Vakfı**  
**(Selfless Seva Trust)**



### Nutrition

- **1,540 meals** were distributed door to door at Sisli, Pendik, Ömerli and other districts of Istanbul
- **30 families** were given Ramadan aid packages, which included grocery items such as grains, legumes, oils, etc.



### Sociocare

In the month of February 2024:

- **330 animals** in need throughout several districts in Istanbul were provided with food, water, and in some cases, with the necessary medical care
- **1,536 kgs of firewood** were distributed to **19 families** in need at the Pendik region, and **3,220 kgs of firewood and charcoal** were distributed in the European side of Istanbul
- **Two home rentals and 11 utility bills** were paid for needy families
- **Two medical students** were assisted with scholarship every month





## Region 4

### Argentina

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



#### **Nutrition**

A total of **2,436 meals** and **3,166 breakfasts** were provided to the needy in the following cities:

Escobar City, Buenos Aires Province: **836 meals** and **1,036 breakfasts** were distributed in the following soup kitchens – La Amistad, Urbino, Encendiendo Lucecitas, Copa De Leche and Cazadores de Escobar. Food assistance was also provided to **five families**.

La Plata City, Buenos Aires Province: **1,020 meals** and **1,980 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**.

San Luis City, San Luis Province: **60 meals** were provided at the soup kitchen, Corazones Solidarios.

Bariloche City, Río Negro Province: **420 meals** and **50 breakfasts** were distributed.

Oran, Salta Province: **100 meals** and **100 breakfasts** were distributed.



## Region 4

### Argentina

#### **Sociocare**

- At La Plata City, Buenos Aires Province, volunteers distributed clothes to more than **90 people** and gave away **19 pairs of shoes** to needy children and adults
- **120 children** joined the virtual biweekly yoga course
- 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**

#### **Spiritual Care**

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

- Weekly Yoga Classes
- Weekly vocalisation and singing practice
- 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)

#### Nutrition

In the month of February 2024, **371 meals** were served to homeless individuals on the streets of Rio de Janeiro City.

#### Educare

- Human Values Education workshops were conducted online twice during the month, wherein **12 members** participated. The theme of the workshop was – ‘Self-knowledge and transformation of the devotee through the practice of Sathya Sai Baba’s teachings’
- **Four Human Values Education workshops** with the theme “Knowing the emotions that predominate in our lives’ were conducted. **37 members** participated in the workshops

#### Sociocare

Meditation sessions for universal peace were conducted three times during the month of February 2024, in which **32 members** participated



# Region 4

## United States of America

### Divine Will Foundation Clarksdale, Mississippi



#### Healthcare

Clarksdale, Mississippi

Here is an overview of the services offered at Sathya Sai Sanjeevani Medical Centre at Clarksdale during the month of February 2024.



Sathya Sai Sanjeevani Medical Centre  
(Inaugurated in June 2019)

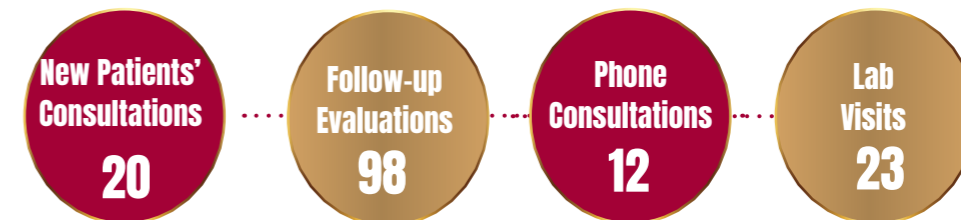
## Canada

### Sai Global Service Foundation of Canada

#### Nutrition

Sai Global Service Foundation of Canada served a total of **211 meals** during the month of February 2024.

- **161 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 bun sandwich with lettuce, cheese and tomatoes, bananas, raspberry and orange packet juices



#### Mental Health Counselling:





# My Inner Journey

**Dr Rene Ugalde**

**Through Pain and Distress Came the Divine Call**

**D**r Rene Ramos de Ugalde lives in Rio de Janeiro of Brazil. He is a plastic surgeon, married and father of three children, a devotee of Sathya Sai Baba since the year 1990, and the President of the Association *Corações que Amam Mãos que Servem* (Loving Hearts Serving Hands) in Brazil and the member of the Sai Prakashna Team Brazil.

**H**e enters our life and stays forever: It was during the year 1990—I was already married, had a one-month-old daughter, and worked hard. I had four jobs and worked daily, including weekends. This kept me away from my family.

I was dissatisfied, frustrated and felt bitter about the situation in my life. To make matters worse, I started to have very severe pain in my shoulder that got worse to the extent that I had difficulty driving and even working. It was the result of a car accident I had suffered. For this sake, I went to see an acupuncturist.

When I arrived in his office, there was a huge photo of Sai Baba smiling, with his hands raised. That intrigued me a lot because I had never seen that man before. During the treatment sessions, I learnt a little about that holy man from India. I looked for books about Sai, but the only Portuguese book that was in print was – ‘Sai Baba: Man of Miracles’ by Howard Murphet.

A friend of mine who owned a vegetarian restaurant that I used to frequent for lunch had the contact number of the Sai Baba Centre in



my city. I was told that the meetings only took place during my work shift. Six months later, I attended the first bhajan meeting during my vacation. I immediately fell in love with Sathya Sai Baba and never left Him ever since! This is how the Divine entered my heart.

I became an active member of my samiti and participated in all the activities, such as narayana seva, bhajans and human values education. I was the coordinator of the seva group and became the President of the Sai Centre in my city. Sometime later, I had to take a break because my parents suffered cancer. My mother passed away six months after the diagnosis, and then my father too. Two years later, my brother also passed away. Swami gave me the strength to go through these periods of grief.

I moved to a neighbourhood far away from the Sai Baba Centre, and with Swami’s blessings, I, along with three other devotees, founded the second Sai Baba Centre in our city, which is now very close to where I live. I was the President there as well and I coordinated all the seva activities.

**He knows, He cares, He protects, then why to be unhappy?** In the year 1999, my wife and I, together with my three children, aged eight years, five years and three years, were heading in our car to the municipal theatre, where my wife was going to perform a dance.

As I drove through the tunnel, a car overtook another vehicle at high speed, hitting us and causing a major accident. My car spun until it crashed violently against the tunnel wall.



During the collision, seconds seemed like minutes. I could see the car spinning, the windows breaking, the sounds of destruction, the other cars around, the fearful look on my children’s faces and the look of terror on my wife’s face, all in slow motion. I feared a door would open, and one of the kids would be thrown out of the car. I immediately shouted out loud several times for Swami, “Sai Baba, save my family!!!”

Sai Baba immediately appeared inside the car with a smile. His right hand showed the gesture of protection (*abhaya mudra*), and he wore a yellow robe. The car stopped with a bang, and He was no longer there. The children didn’t suffer a scratch or even cry. My wife and I were unharmed.

A traffic policeman appeared out of the blue and helped us out of the car. Where had he come from when we were in the middle of a tunnel? We then realised that the car had suffered a total loss. An acquaintance of ours pulled over immediately and offered to take my wife and children home.

In less than 15 minutes, the police arrived, and did whatever was necessary, and towed the car to a garage. In less than 45 days, we received our compensation. During the entire time, I remained calm with the grace of Sai Baba, and that state of calmness amazes me even today.

A sequence of events like these seems impossible—but for Baba, nothing is impossible! He saved us, protected us, and helped us—in short, we are constantly under his protection! Baba protects his devotees wherever they are and in any situation!

**He speaks within our heart.** Always listen to the heart: In the year 2009, after nineteen years of learning about Sai Baba’s message, with the grace of Sai Baba, my wife and I were granted the opportunity to go to Prasanthi Nilayam with 300 other Brazilians to sing for Baba during the Guru Purnima celebrations. To me, that was the culmination of my spiritual life. I was able to have Bhagawan’s darshan every day and listen to His speeches. Guru Poornima arrived, but Bhagawan did not call us to sing for Him. Two days later, we were scheduled to leave for Delhi. Our group coordinator tried to convince me to stay, as she believed we would be called. But the rational mind argued that it was not a certainty, and we decided to leave the following day. When I arrived at the airport, I realised that I had forgotten a suitcase in the room. My heart felt that it was a sign from Bhagawan and an opportunity to return. But my cold mind told me I would miss the flight, so I decided to continue the trip. At night in Delhi, I received a call from a friend reporting that Swami had called, and they had finally sung at His lotus feet. I was happy for everyone but sad for not obeying my heart.

**He never abandons us:** In the year 2011, like all devotees who suffered greatly with Bhagawan leaving the earthly sojourn, on that sad Easter day, we were in Assisi, Italy and after attending Saint Clare’s mass, arriving at the hotel, I received the terrible news and fainted. I felt my energy and joy abandoning me, and I imagined that, like the Gopis, I would not be able to accept Baba’s departure, and I would leave too. My wife supported and consoled me, and I lived through a period of deep sadness for a long time.

However, when I read Sai Baba’s first Koidakanal discourse in the subtle form, my cold and rational mind wanted to override negatively and then I heard a question within me. “*And now, will you listen to your mind or heart?*” – I remembered what happened in 2009 and immediately understood that Baba was giving me a new chance. I had no doubts, so I immediately embraced Swami in the subtle form through the instrumentation of Sri



## My Inner Journey

Dr Rene Ugalde

### Through Pain and Distress Came the Divine Call

Madhusudan Sai. I didn't doubt it. My Bhagawan had not gone away! And to me, this is the most extraordinary discovery! If He was subtle then I was subtle too! How happy to know this!!!

I created a Facebook group and a Blog (the first in Brazil) named 'Sai Baba Em Forma Sutil' and started talking about the good news. Many devout friends moved away from me because of this, but others approached me excitedly.

**He gives us what we ask for, so one day we may ask what He has come to give us:** In the year 2019, during Guru Purnima, I witnessed the enlightenment of Sri Madhusudan, with my wife and eldest daughter and his transformation into Sadguru Sri Madhusudan Sai. It was like an immense wave of light that was perceived spiritually and physically by all of us. At that moment, there was no longer any separation between the master and the disciple. Then I thought we could also achieve complete union with the Divine, and I understood that the entire Sai mission points toward realising our innate Divinity.

In this way, I began to understand that my relationship with Sai is no longer working 'for' Sai or working 'with' Sai. But in fact, working 'like' Sai. I understood Madhusudan's words and made Sai's Mission my Mission.

The phenomenon of Bhagawan's manifestation in the subtle form and Sri Madhusudan Sai's enlightenment, revived my faith and deepened my understanding of spirituality. This completely transformed me and brought me closer to understanding *sanātana dharma* and *vasudhaiva kuṭumbakam*. He gave me a new life.

I wish to spend the remaining years working in the Sai Mission with Sadguru Sri Madhusudan Sai. In my heart, I consider Madhusudan Sai as the Divine itself, like the other *avatārs* who came to awaken us, out of their sheer compassion.

I have eternal gratitude for everything I have experienced, everything I am experiencing and will still experience, and at Your Lotus Feet, I surrender my entire being.



## Lessons For Life

### How does the food we eat have an impact on the mind?

In the *taittiriya upaniṣad*, it is mentioned that Sage *bṛṅgu* sought divine knowledge. He realised the truth that from food comes human beings, and food is Divinity itself. Food enters into the body and makes the mind. When food is sacred, all the five sense perceptions – sound, touch, smell, sight, and taste are sanctified. As is the food, so is the mind; as is the mind, so are the thoughts; as are the thoughts, so are the acts.

To purify the mind, the first prerequisite is pure food. But it may not be possible at all times to ensure the purity of food. Sometimes, you may not know the thoughts with which the food is being cooked, and therefore, to get over this difficulty, the way out is to make an offering

of the food to the Divine and regard it as a gift from God, before eating. All the impurities in the food are thereby removed. This aids the process of cleansing the mind.

But food is not just what we consume by eating. Whatever we see, whatever we hear, whatever we touch, whatever we feel, and whatever we experience is also food. It is a mistaken belief to think that what we partake through the mouth alone is food. There are five aspects to the *annamaya kośa* – hearing, touching, seeing, tasting, and smelling – all these constitute the human body. We need to therefore hear only good, see only good, etc., as these will also create impressions in the mind.





