

*Sathya Sai Ideal Healthcare*



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*"It is your good fortune that you have become doctors. Sacrifice is the hallmark of a true doctor. So, doctors should have the spirit of sacrifice. They should be compassionate and considerate towards the poor."*

—Bhagavan Sri Sathya Sai Baba  
January 19, 2001

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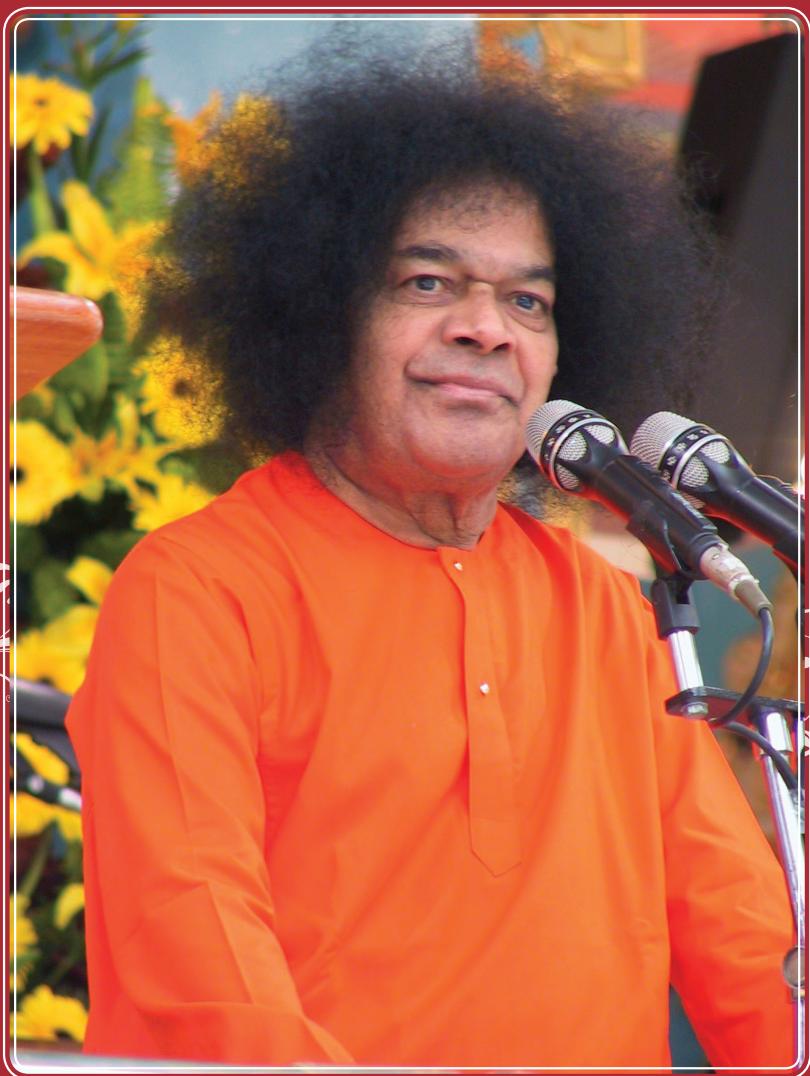
**Dedicated with Love and Reverence at the Divine Lotus Feet of**  
*Bhagavan Sri Sathya Sai Baba*

# **Sathya Sai Ideal Healthcare**

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# Bhagavan's Message to Healthcare Professionals

Bhagavan's Message is eternal and universal. His words are the quintessence of all the scriptures. In the following illuminating and inspiring twenty discourses, Bhagavan shows Healthcare Professionals the sacred path of selfless service to reach the ultimate goal of life – Divine Love.

*"Doctors should infuse courage in the patients and speak soothingly radiating compassion and love. While you are examining the patients you should have smiling faces and talk to the patients sweetly."*

–Bhagavan Sri Sathya Sai Baba

February 6, 1993

# Practise Human Values for Healthy Living

The greatest disease (or absence of ease) is the absence of *santhi*; when the mind gets peace, the body also will have health. So, every one who craves for good health must pay attention to the emotions, feelings and motives that animate the individual. Just as you give clothes for a wash, you have to wash the mind free from dirt again and again; otherwise, if dirt accumulates and you form a "habit," it is difficult for the *dholi* as well as harmful to the clothes. It should be a daily process; you should see that no dirt settles upon the mind; that is to say, you should move about in such company that dirt is avoided. **Falsehood, injustice, indiscipline, cruelty, hate** – these form the dirt; *Sathya, Dharma, Santhi, Prema* (Truth, Righteousness, Peace, Love) – these form the clean elements. If you inhale the pure air of these latter, your mind will be free from evil bacilli and you will be mentally sturdy and physically strong. As Vivekananda used to say, you should have nerves of steel and muscles of iron. That is to say, you should have hope and joy as an unshakeable resolution, not despair and dejection.

## What Is Studied Should Be Put into Practise

Your heart should be like glass, with the spiritual light inside illuminating the world outside; the world outside reacting on the inner urges and making them lean towards service, sympathy and mutual help. Now, people read and study all kinds of unintelligible

*Vedantic* texts and struggle with commentaries and notes and translations to grasp their meaning. It is being poured down their throats; but the portion does not get down to soften the heart. It is not translated into practice. The truths of the *Vedanta* are put on for public exhibition, as in a drama, where appropriate dresses are worn on the stage but taken off when the actor moves off the stage. They do not adhere to them all the time to derive the *atmananda* (Bliss of the Soul) which they can give.

It is chiefly a matter of careful well-timed regulated discipline; it cannot be got by spurts and skips; it has to be climbed step by step, each step being used as a foot-hold for the next. There is no systematic living according to any known principle, now; this is true of the student, the householder, the housewife or the master of the house. **The virtues have to be cultivated in the home; each member sharing in the joy with the rest, each one seeking for opportunities for helping others.** This attitude has to be stuck to, so that it may stay as character. How can a vessel kept with the mouth downwards get filled with water? It has to open up and receive the good impulses. You have to learn each lesson by systematic study; application and effort alone will give success.

## Have Faith in the Lord and His Grace

In all effort, if you trust in a Higher Power which is ready to come to your help, work is made easy. This comes out of *Bhakthi*, reliance on the Lord, the source of all Power. When you travel by train, you have only to purchase the ticket, enter the proper train and take a seat, leaving the rest to the engine. Why should you carry the bed and trunk on your head? So too, put your trust in the Lord and carry on to the best of your ability. Have faith in the Lord and His grace. Try to earn it by using the intelligence and the conscience with which He has endowed you.

You have all gathered here to celebrate the completion of four years in the life of this Sathya Sai Hospital. So I want to tell you that the best and the wisest thing is to see that you do not fall ill. The doctor read out in the report that this year the number of our patients as well as the number of operations was greater than last year, as if that is a sign of progress! But I do not think that speaks well of the people around and their sense of values. The hospital should teach preventive measures also and try to educate the villagers in methods of avoiding illness. Develop self-reliance; that is the best tonic. You have been born because you did not pass in certain subjects; there is some balance of experience which you must acquire to complete the course. If you get convinced that your true nature is the *Atma*, then you have finished the course and "passed."

### Cultivate *Prema* towards All Beings

For reaching that stage, you should start with the cultivation of the "feeling of kinship with all beings," – *Sarvasamanabhava* – as it is called. It is very difficult to get it; but that is the only way to see the *Atma* that is in all. For example, a person with that *bhava* (feeling) will not be happy at the killing of animals for food or hunting them. Why should you go seeking the animal to its den, lie in wait for it and lay traps for it, so that you may derive pleasure by killing it? *Prema* should be cultivated towards all beings, in order that you may see the *Sarvabhotha antharaatma* (Inmost Self in all beings). The *Atma* is Omnipresent; do not think it is found only in persons belonging to certain castes or colours or creeds; or that it is of a big size in fat people or of a brilliant nature in rich people. It is consistently *Sath*, *Chith* and *Ananda* (Being, Awareness, Bliss Absolute) in every being. *Sadhana* has to go a long way to win this outlook.

But you can begin with little things; you can avoid causing annoyance to others. Even if you are unable or unwilling to do service to others, at least, if you desist from causing harm, that is meritorious service indeed! For example, take your *vaak* – the words you speak. I always say *Vaak shuddhi* (purification of

words) leads to *Mano shuddhi* (cleansing of the mind). That is why I insist on quiet talk, sweet talk and little talk; the *sathwic* talk; no anger, no heat, no hate. Such talk will cause no quarrel, no blood pressure and no factions. It will promote mutual respect and love. Then again, do not cynically laugh at the good that others do or at the *sadhana* of others. Inquire; but do not insult. Respect the sincerity of the other man; respect also elders and men with more experience than you. In company, behave in a well-mannered way, showering brotherhood and joy on all around you.

### Moderation in Food Is Always to Be Welcomed

Strive for the happiness of the community and of the human race. Pray that all men everywhere may have peace and plenty. Be eager to do good and be good. Being a function connected with the hospital, I must tell you about certain other things also.

By regulating your diet and avoiding certain bad habits, you can preserve health. Moderate food, and food of the *sathwic* type, will promote mental poise and also physical happiness. *Mitha-ahaara* (moderation in food) is always to be welcomed. Many people consume more than the necessary quantity of rich food and such have to practise moderation. So too, if you do not smoke, you escape a number of illnesses that follow that *rajasic* (passionate) practice.

Any intoxicant or stimulant is harmful. Moderation in food, moderation in talk, and in desires and pursuits; contentment with what little can be got by honest labour, eagerness to serve others and to impart joy to all – these are the most powerful of all the tonics and health-preserves known to the science of health, the *Sanathana Ayur-veda*, the *Veda* of the full life.

September 21, 1960  
Sri Sathya Sai Hospital, Prasanthi Nilayam

# The Miracle of Sai Love

The doctor who is presiding over this Hospital Day is known to Me for many years; he was coming to Shirdi and is very much attached to Me, since the first day he came there. **Though the Shirdi body and this body are different, the dehi (the person in the body) is the same; and, so I recognise and reward all who come to either place.**

We have a hospital here, since eleven years, with twelve beds for inpatients and doctors and nurses and equipment and medicines for treating them and a large number of out-patients. **Do not be under the impression that we have this hospital because I need the help of these doctors and these drugs to cure those who come to Me.** There are some who desire treatment by the doctors, in a hospital; that is the means by which they feel they can be cured. Some are anxious that the doctor must give them an injection; if he doesn't, they feel they are neglected. So, I ask the doctor to give them one or even a series!

There are many who have no faith in anything except tablets and the needle. They come to the hospital and while there, they listen to the silence of the Prasanthi Nilayam, and feel the *ananda* that is redolent in the atmosphere. They respond to the *bhajans* (congregational singing of devotional songs) and see how people who partake in it are happy: when they are in that *arogya nilaya* (House of Health, the

Hospital), they are drawn to this *ananda nilaya* (Home of Bliss, the Prayer Hall), and gradually, they equip themselves with the armour of faith, which guards them against any illness.

## Today Disease Has Its Hold on Every Family

There is another reason; many patients with illnesses of an advanced nature are brought here; they cannot be accommodated with others, in the sheds or rooms; they require close attention and loving care, special diet and facilities, which only a hospital can provide; so they could be admitted into the hospital awaiting My *Darshan*. They can be looked after better there than in the midst of the vast gathering of devotees.

When two people meet, it is considered good manners that each should inquire about the health of the other. This is true of the peoples of both East and West. You ask each other, "How do you do?" regardless of the fact that both are every moment approaching death, nearer and nearer. Really speaking, both are undergoing *kshaya* (decline), not *kshema* (the security of health)! **With each exhalation of breath, a fraction of life-span escapes from our hold.** So, each should warn the other, remind the other, instruct the other, to use the available present for realising the God within the Universe and within oneself.

The body has to be maintained in good condition, for it is only when embodied in this human tabernacle that man can realise God. The body is either strong or weak, an efficient instrument or an inefficient one, according to the food, recreations and habits of one's parents. Since the elders do not pay attention to these, the health of the children suffers; we have hospitals, dispensaries and clinics in every street now, because disease has its hold on every family, in every home.

Even little children wear glasses; young people dye their hair, many wear dentures. The reason is, the atmosphere in the modern home is filled with

artificiality, anxiety, envy, discontent, empty boasting, vain pomp, extravagance, falsehood and hypocrisy. How can any one growing up in this corrosive atmosphere be free from illness? **If the home is filled with the clean fragrance of contentment and peace, all its occupants will be happy and healthy.** The elders have, therefore, a great responsibility towards the generation that is coming up.

### **Conquer Anger When It Arises in the Mind**

Anger is also a great cause of ill-health, besides being dangerous for other reasons. It brings a long trail of camp-followers, each of whom adds its share to the final ruin. So, you must conquer this passion, when it arises in the mind, by reminding yourself of the omnipresence of God, of God as the inner motivator of all, of His being the Director of this Play called Life. **Try to think of something else than the circumstances that roused your anger, do some *namasmarana*, lie down in bed, go on a long walk, drink some cold water – struggle with yourself, until you win.**

Do not fight with others; fight with your own urges. When the Chinese hordes poured in, you fought them on the Himalayas, not in Penukonda; isn't it? Penukonda may be more easily accessible, but, the invasion is on the border and the struggle has to be on the border! Stop the enemy at the threshold; stop anger at the threshold of the mind. Then, the body's safety can be ensured.

### **Know the "Sign Which Declares That I Am Sai Baba"**

The best preventive of ill-health is the *ananda* that comes of unconcern. Look at Me. I have come with this body, and you can see that there is no difference between this body and any other human body. But yet, illness has never affected this body. It cannot, any time. Even if I welcome it, it cannot approach Me. Nor am I taking any precautions against it. I take all manner of foods, at all kinds of places, in all types of homes. The *dhoobi*'s room will be full of varied assortments of clothes, isn't it?

My dining table has an equally varied assortment of dishes, brought by devotees at the Nilayam belonging to all the corners of the world. I have no fixed menu at all; I do not care for one. I move about in all varieties of weather, sun or rain, summer or winter, valley or plateau; I drink water from one well today, another tomorrow. **But, I am *ananda-swarupa* (Divine Bliss personified) all the time and so, I am never ill.** Nor am I in the least disturbed by either the praise or by the maligning, that people pour. When I am spoken of, either in derision or in adoration, My *ananda* is the same.

A wayside tree having a load of fruits with sweet juice, is admired by some; but, most people are tempted to throw stones. Even lunatics and senile old men will cast stones at it. The tree will only be happy that it is receiving the penalties for its bounty, and contributing to the happiness of the hungry and thirsty.

This *Prema* is My distinctive mark, not the creation of material objects or of health and happiness, by sheer exercise of Will. **You might consider what you call "miracles" as the most direct sign of Divinity; but, the *Prema* that welcomes you all, that blesses all, that makes Me rush to the presence of the seekers, the suffering and the distressed in distant lands or wherever they are, that is the real sign! It is that which declares that I am Sai Baba.**

For Me, every day is a Festival Day, for My *Prema* is showered everyday! But since you pay attention to the calendar and observe specially these holy days, I also arrange these festivals here. When the doctors come and ask Me permission to have a Hospital Day I say, Yes. For that provides you a chance to know from Me the disciplines needed to keep this physical instrument healthy and active.

October 5, 1967  
"Hospital Day"  
Prasanthi Nilayam

# Bhagavan's Guide to a Healthy Life

To many it might appear strange that in this *Ananda-nilaya* (Abode of Bliss), there exists an *Aarogya Nilaya* (Abode of Health) or hospital. They may wonder why prominence is given to bodily health, in a place that is dedicated to the health of the spirit. **But, for attaining the Four Aims of Human life, *Dharma* (Righteousness), *Artha* (Prosperity), *Kama* (Fulfilment of Desires) and *Moksha* (Liberation from bondage), the basic requirement is health of body and mind.** Disease means feeling uneasy, disturbed, on account of the upsetting of one's temper or balance or equilibrium, which affects the physical as well as mental condition. This happens for two reasons: faulty *Aahaara* (food) and faulty *Vihara* (activities).

It is wise to prevent disease than run after remedies after it has happened or grown beyond control. Man does not take preventive measures; he allows things to worsen and then the disease is aggravated by fear, uncertainty and anxiety. **There is an axiom believed in by men of old, which says: "One meal a day makes a Yogi, two meals a day make a Bhogi and three meals a day make a Rogi."** *Yogi* is the contented God-centred man. *Bhogi* is the man revelling in sensual pleasures. *Rogi* is the man ridden by illness. Yes. The quantity of food intake by the well-to-do is now much beyond essential requirements. Over-eating has become a fashion.

The breakfast does not serve to break any fast, for, there has been no fasting at all! It is as good as a full meal. Lunch consists of many dishes, chosen for the palate rather than to assuage hunger. Tea is tea only in name; it includes rather heavy fare, out of all proportion to the needs of the body. Dinner at night is the heaviest meal and includes the largest variety. So one goes to bed with heavy stomach and rolls in bed, from side to side, in a vain effort to get a few minutes of sleep. The shortage of food grains is mainly due to bad and wasteful eating habits; it can be set right, and people can live longer and more healthily, if only they eat the minimum, rather than fill themselves with maximum.

## Regular Prayers Will Give Strength and Courage

Regular prayers twice a day will give strength and courage, which can withstand illness. The grace of God will confer mental peace and so, good sleep and rest for the mind. Feel that you are a hundred per cent dependent on God; He will look after you and save you from harm and injury. When you go to bed, offer thankful homage to Him for guiding and guarding you throughout the day. When a friend offers you a cigarette or some one gives you a glass of water, you say immediately, "Thank you;" how much more gratitude should you evince to God who watches you and wards off all harm threatening to overwhelm you. Activity must be dedicated to God, the repository of the Highest Good. Then, it will provide health for the body and mind.

The body is a chariot, wherein God is installed, being taken along in procession. Let us consider some points on which we have to be vigilant, in order to avoid breakdowns on the road: Fast one day in the week. This is good for the body as well as for the country. Do not eat a dozen plantains, half a dozen *puris* and drink a quart of milk and call it a fast! Take only water, so that all the dirt is washed away. Do not crave for fruit juice or other liquids. Even physical machinery is given rest;

they cannot run forever, continuously. What then shall we say of this delicately organised human body! It is not a sign of culture to overvalue the body, by over indulging in its whims. It is a sign of barbarism.

### Birds and Beasts Have Better Eating Habits

The older generation in this land used to take some quantity of rice soaked in curds, first meal in the morning. It is good *sathwic* food; or, they drank some *raagi* gruel, which is equally good. Cattle and dogs have better eating habits. If a dog has fever, it will refuse food; but, man ignores even the warnings of the doctor and eats on the sly! Through dieting alone, birds and beasts set their health alright! But, man lives on tablets and pills and injections, after venturing into forbidden realm, so far as eating and drinking are concerned. Drink large quantities of water, boiled and cooled, not during meals, but some time before and after. Only the healthy person can afford to forget the body and dedicate his thoughts to God, and derive *ananda* therefrom.

The mind is the eleventh sense and like the other ten, one must reduce it to the status of an obedient instrument, in the hands of the intellect. **Eat at regular intervals, according to a well-established time-table. Move about and fill the day with activity, so that food is well digested. Develop biting hunger, before sitting down for a meal.** Now, many do not know what it is to be hungry or thirsty. Wait until you get the call, before you load the stomach again. The rich are under a great handicap, in this respect. And many women feel physical work to be demeaning!

### Contentment Is the Best Tonic

Illness is the inevitable result of idleness and indulgence; health is the inevitable consequence of a tough hard life. If every one decides to carry on all personal services themselves, rather than depend on servants or helpers, the health situation will definitely improve and hospitals will have much less work. Keeping the mind fixed on God and good ideas and things also helps health. Keep the eye, ear, tongue, hands and feet under restraint. Don't read enervating

or exciting stuff; don't attend film shows which exhaust or inflame the mind. Don't lose faith in yourself, you are the Divine encased in the body. **Contentment is the best tonic; why inflict on yourself the disease of greed and consume tonics to get strength, and to hanker further? Use the body as a boat to cross the ocean of life, with devotion and detachment as the two oars.**

Do not spend much thought on the body; some people worry always about health, and they are never satisfied with the care they bestow on the body. Be in the sun; let the sun's rays penetrate into the home, let them fall upon the body for some time, let them warm and illumine clothes and food; that will suffuse them with health.

There are some who are puzzled at the sight of a hospital here. They imply that everything here should be done through some miracle or some strange inexplicable manner! It also implies that no one who has come here should fall ill or die. I have no desire that you should live; or fear that you may die. It is you that decide your condition. All have to die, sooner or later. No one will be anxious to have the same dress on for years and years. Death is but the casting off of old clothes. When even *Avatars* leave the body after the Task is fulfilled, how can man be saved from inevitable dissolution? The hospital is for those who believe in the doctor and in drugs. It is faith that matters, that cures. It also serves to accommodate those who are too ill to move about, but, yet come over to this place for cure. Those who are in the hospital will also hear the *pranava*, the *sankeertan* and the *bhajan* and benefit by the spiritual vibrations that fill the air in this Prasanthi Nilayam.

October 12, 1969  
Prasanthi Nilayam

# Cleanliness Is Next to Godliness

Doctors agree that illness is caused through faulty food habits and foolish ways of spending leisure. But, they do not seem to know that food is a word that connotes a wider variety of "intakes." Every experience that is drawn through any of the senses in "food" has an effect on one's health. We say "food for thought"; **whatever we see or hear or smell or touch has an effect on the body, good or bad.** The sight of blood makes some people faint; or, it may be some bad news, that administers a shock. Allergy is produced by unpleasant smells, or when something intrinsically unwelcome is contacted or tasted. **A sound mind ensures a sound body; a sound body ensures a sound mind. The two are interdependent.** Health is essential for happiness; happiness or a capacity to be happy in all situations is essential for physical health, too.

The food we consume should be tasty, sustaining and pleasant. It should not be too "hot" or too saltish; there must be a balance and equilibrium maintained. It should not arouse or dullen the person. **Rajasic food enrages the emotions; thamasic food induces sloth and sleep. Sathwic food satisfies but does not inflame the passions or sharpen the emotions.**

## Five Types of Bath Prescribed in the Scriptures

Nature has many mysteries. Man is able to unravel only those that are cognisable through his five senses; he does not realise that there is a vast unknown beyond the purview of the five faulty instruments of perception that he has. **For example, from every being and thing, constantly, without intermission, millions of minute particles and millions of vibrations are issuing forth.** Certain substances like camphor emanate so much of these that a lump disappears in a few days. The bodies of others affect us by these emanations and we too affect them in the same way. For good or bad, we are interacting in this manner, inescapably. Naturally, the growth of the body is affected, as well as its health and strength, by the contact or company we develop. These emanations are intensified when dirt accumulates, or sewage collects, or drains are choked. Sanitation rules are framed to reduce the possibility of disease spreading from such areas.

**Five types of bath are prescribed in the Hindu scriptures, in order to maintain physical immunity from the emanations of others.** First, we have the "mud bath," wherein fine mud is applied over the body and kept on for some time before being washed away. Second, the "Sun bath" is recommended, because the rays of the Sun are powerful disinfectants; they nourish as well as freshen.

Third: bath in water. If the water is from a flowing river, which is holy, and if the bath is taken after propitiatory hymns, etc., the bath will cleanse the body and, at the same time, elevate the spirit. The fourth type is the "air-bath," when the body is, exposed to the cool breeze, and its salutary effect. The fifth and last type is the "ash bath," where the body is given a coating of fine ash or *Vibhuti* (sacred ash), revered as the mark of Shiva. The ash guards the body from evil contacts and the deleterious effects of the vibrations proceeding from others; it also sanctifies and purifies the vibrations of the individual wearing the ash, for,

it reminds him always of the inevitable end of all that one feels as one's own, except the Lord who is eternal.

### **Uncleanliness Has Become a Popular Cult**

Untouchability as a social practice must have had its origin in the realisation of this truth. But, practices like avoiding contact with demeaning or defiling men or things later became a ritual, a hollow round of negations. Those who are ridiculed for observing such restrictions and taboos are finding it difficult to explain the inner significance of their behaviour. These observances originated from the anxiety to earn long life and strength of body, so that the seeker might gain the goal.

The *Gita* speaks of *yukthaahaara vihaarasya* - "habits of food and recreation have to be controlled and regulated." The gross part of food is discarded as faeces, the subtle part is transformed into muscle, blood, etc. and the more subtle of the subtle aspects are transmuted into the mind and its activities. **That is why the sages have prescribed certain limits on food habits, in order to promote the spiritual urges and prevent contrary tendencies.**

But, nowadays, as a result of the downgraded time-spirit, food that damages the spiritual urge is being increasingly favoured! The elementary rules of personal cleanliness are neglected in the name of "novelty and neospiritualism." Bath is given the go-by. Oral hygiene is not cared for. Damaging habits are cultivated and tolerated. The mouth is the gateway of the physical mansion; if the gateway is foul, what can we say of the residence and the inmates! Uncleanliness has become a popular cult; it is necessary to keep away from its votaries, for, **cleanliness is next to Godliness. Unkempt, dishevelled, dirty heads and bodies denote unkempt, dishevelled intellects and minds.**

### **The Body Will Shine if the Character Is Fine**

Of course, it is true that many sages and saints paid little attention to personal cleanliness, since they were always on the higher plane of Reality. Imitating

them without the inner conviction that one is not the body but that one is the Universal Indweller can only be hypocrisy and exhibitionism. *Eeshwara* swallowed the poison that emerged from the Ocean; but, mortals cannot do the same, even to remove the minor poisons of the world. **Develop equanimity, install in the mind the faith in the Divine and then you get the authority to neglect the claims of the body, with impunity.** You cannot challenge the wisdom of the sages and ask, what harm is there if I too behave likewise! Great harm will certainly ensue, when you venture into these realms of the spirit with the ego bloated big.

**The body has to be carefully and tenderly fostered; it is a precious gift, a very complicated but well co-ordinated machine, given for achieving a laudable task.** Its exterior too must be clean and full of the charm of goodness. The skin of the fruit of *ananda* (Divine bliss) is the physical body; the succulent flesh is the muscle, bone and nerve; the hard uneatable seed is the evil that gets mixed up in life; the juice which the fruit offers, for which the tree was planted and nourished is the Bliss it shares with all. **The body will shine if the character is fine; service of man and worship of God will preserve its charm.** The Lord will be watching with a thousand eyes the least activity of man to discover any slight trace of selfless love sweetening it.

In the past, illnesses were cured by the simple remedies that nature herself provided – roots, tubers, fruits, leaves, etc.; rest, change of residence, regulation of diet, *sadhana* (spiritual discipline), etc. But, now man lives in an age of tablets and injections. Do not believe that health is retained or maintained through doctors; nor can drugs alone guarantee it. Were that so, the dead should all be alive now. Well, examine whether the doctors themselves follow the advice they offer to others. They are victims of the very habits which they advise against! They condemn smoking and drinking intoxicants as dangerous to health, but, they indulge in both, and thereby, encourage the very evils they condemn!

This is the type of health-advisers that we have! In every field – spiritual, moral, economic, political, and literary – absence of proper leaders is the root cause of all the distress, anxiety and fear that torment the world.

You are embodiments of the Divine *Atma*. **Do not crave for recognition and respect from others;**

**crave rather for winning grace from the Lord.** In the pursuit of that aim, do not be misled by the emergence of obstacles and obstructions.

October 16, 1974  
Prasanthi Nilayam



*“Rajasic food enrages the emotions; thamsic food induces sloth and sleep. Sathwic food satisfies but does not inflame the passions or sharpen the emotions.”*





# Good Hygiene Leads to Good Health

Health is an essential requisite of man. The man afflicted with ill-health is powerless to execute even the least burdensome assignment. The scriptures proclaim that health is the very root of all endeavour in the four fields of human achievement – *Dharma, Artha, Kama and Moksha* (righteousness, wealth, desire and liberation).

Without health man cannot brave temptations, earn a decent living, fulfil his basic needs or succeed in spiritual *sadhana*. Man can engage himself in obligatory and optional functions only if he is healthy. Food and recreational habits are the two main causes for ill-health. Great care has to be bestowed to ensure that injurious tendencies do not affect these two. At present, though drugs have multiplied and hospitals have been established in every nook and corner, ill-health is also widespread. This situation is attributable to the spread of deleterious food habits and pastimes.

## Physical and Mental Activities Are Closely Interrelated

It is also necessary to keep the environment of the place where one works and lives, unpolluted by smoke, dust or dirt. The clothes that one wears as well as the body that one is encased in, both have to be kept clean. Health endows a person with joy and brightness. **The fruits of the tree of human life are sweet, but they are encased in the bitter skin of egoism and ignorance**

and have hard inedible seeds of desire, anger, pride, etc. One has to exercise one's intelligence to peel off the outer skin of ignorance, throw off the seeds of vice and wickedness and partake of the sweet kernel of life.

**To remove the evil of egoism, service is the most efficient instrument.** Service will also impress on the person doing service, the Unity of all mankind. He who dedicates his time, skill and strength to service, can never meet defeat, distress or disappointment, for service is its own reward. His words will be ever sweet and soft, his gestures ever revered and humble. He will have no foe, no fatigue, no fear.

The units of the Sathya Sai Seva Organisation are engaged in enthusiastic service in the two areas of Health and Education. **To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential.** Education is the most effective safeguard against physical and mental ill-health. So these two activities are closely inter-related.

The body is a temporary habitation; it is subject to all kinds of disease and injury. Yet the body is the boat on which alone we can cross the ocean of *samsara* (birth and death cycle). The boat has to be kept trim and serviceable. It should not distract our attention more than the minimum necessary for its upkeep. It has to be used for reducing the burden of others, and should not itself become a burden on us. It should serve others, not demand service from them. That is the reason why this hospital is being established here to remedy disease and help people to keep their bodies in good condition.

## Most Hospitals Indulge in Profiteering

People of this village and villages that are in the surrounding area, will resort to this hospital for medical relief and advice. Unfortunately hospitals that treat patients with love and care, with dedication and

devotion, are a rarity. There are hospitals with costly equipments and expert doctors, huge buildings and spick-and-span interiors, but they indulge more in profiteering than affording relief. Their services are for those who can pay large sums of money. Villagers are not welcome there, who in turn do not feel at ease to approach them. Therefore this hospital is being started amidst the villages so that expert advice and treatment can be rendered to them in a loving atmosphere of reverence and devotion. **No charge will be levied here for any service.** The villagers and others can come here, regain their health, and return hale and hearty in order to carry out their tasks and fulfil their responsibilities.

The doctors and volunteers who help in this hospital must feel it is their duty to advise the villagers about environmental hygiene and preventive measures. The members of the Sathya Sai Seva Dhal have a special duty for this type of service. They have to visit the villages, and after winning the confidence and love of the people, advise them on good food habits and other means of maintaining health. They must also exhort them to resort to this hospital as soon as the first symptoms of ill-health are evident. Early treatment will save the villagers from spending many days in bed away from the fields.

### **Educate the Villagers on the Value of Nutrient Foods**

The villager now lives on food that is deficient in vitamins and proteins, though he is growing vegetables and food that provide these ingredients in plenty and selling them to city-dwellers. **He has to be told of the value of fruits and vegetables as a source of nutrients that will promote and preserve his health, for healthy parents mean healthy children, and sick parents pass on their ill-health to the coming generations.** Members of the units of the Sathya Sai Seva Organisation can also join the *Seva Dhal* in this campaign of educating the villagers. This activity is as meritorious as worship itself.

Today is the Vighneshwara festival, the day on which the entire country is worshipping the elephant-headed God who helps man overcome all obstacles.

Worshipping Vinayaka or Vighneshwara or Ganapathi, as he is also called, endows man with the courage and confidence needed to enter upon and carry through any undertaking in the world.

The elephant is the largest animal of the forest. It is very intelligent and has a powerful memory. When it marches through the thick jungle, it clears a path for all other animals to pass. The elephant-headed God confers intelligence and memory and the power to subdue evil and vice. Thus he is also a path-maker. **So it is only appropriate that every rite, ceremony or project should be started with the worship of this God.** Today we are inaugurating this hospital so that it will provide good and lasting service to the people of this region.

### **Doctors' Sweet Words Are More Effective Than Drugs**

I must also point out to the doctors serving here that perhaps even more than the drugs they prescribe, the sweet, soft words they speak and the love and sympathy they evince can cure better and quicker the illness of their patients. Look upon them as your own kith and kin, as your special guests and as your closest friends and attend to them lovingly and with unflinching care. I call upon you to maintain this attitude in every situation. Remember that the patient has to co-operate with you in order that you may effect the cure, and when cured, the patient confers on you satisfaction, joy and a sense of elation. Be grateful to the patient for all this.

We have in this hospital as doctor, a lady devotee who is highly qualified and who has done signal service for the backward regions in Nigeria and Ethiopia in Africa. We have also others, equally able and enthusiastic. Experts in special branches of medicine and surgery will also be visiting this hospital off and on, and diagnosing, advising and helping patients who need their attention. It is now for you to make the best use of these facilities offered free and with fullness of heart.

I am glad that the members of the *Panchayath* of this place as well as of near-by villages are here today and have been with us ever since this project was started. If only they help the patients from the villages to be happy and healthy they will have no more need to beg for votes from door to door when the elections come round. The voters would themselves come in large numbers to get them elected in order to avail of their services in greater measure. India was long famous for the sense of compassion that animated her peoples. She is now dishonoured by some as a “poor” country. No! She was for centuries the preceptor of the world, and she is assuming that status again today. India is the land where the ideals of service, renunciation and spiritual endeavour were born and have flourished.

It is only recently, after India fell under the impact of alien cultures which highlighted material comfort, physical luxury, sensual liberty and exterior display, that Indians have trodden the wrong path of exploitation and violence, idleness and pompousness. With the spread of alien cultures and alien ways of thought and life, diseases too have multiplied and mental imbalances have increased. **But when simplicity, humility and the idea of social service (having root in the worship of the God in man) are restored, the nation will again be happy and healthy, full of peace, prosperity and joy.**

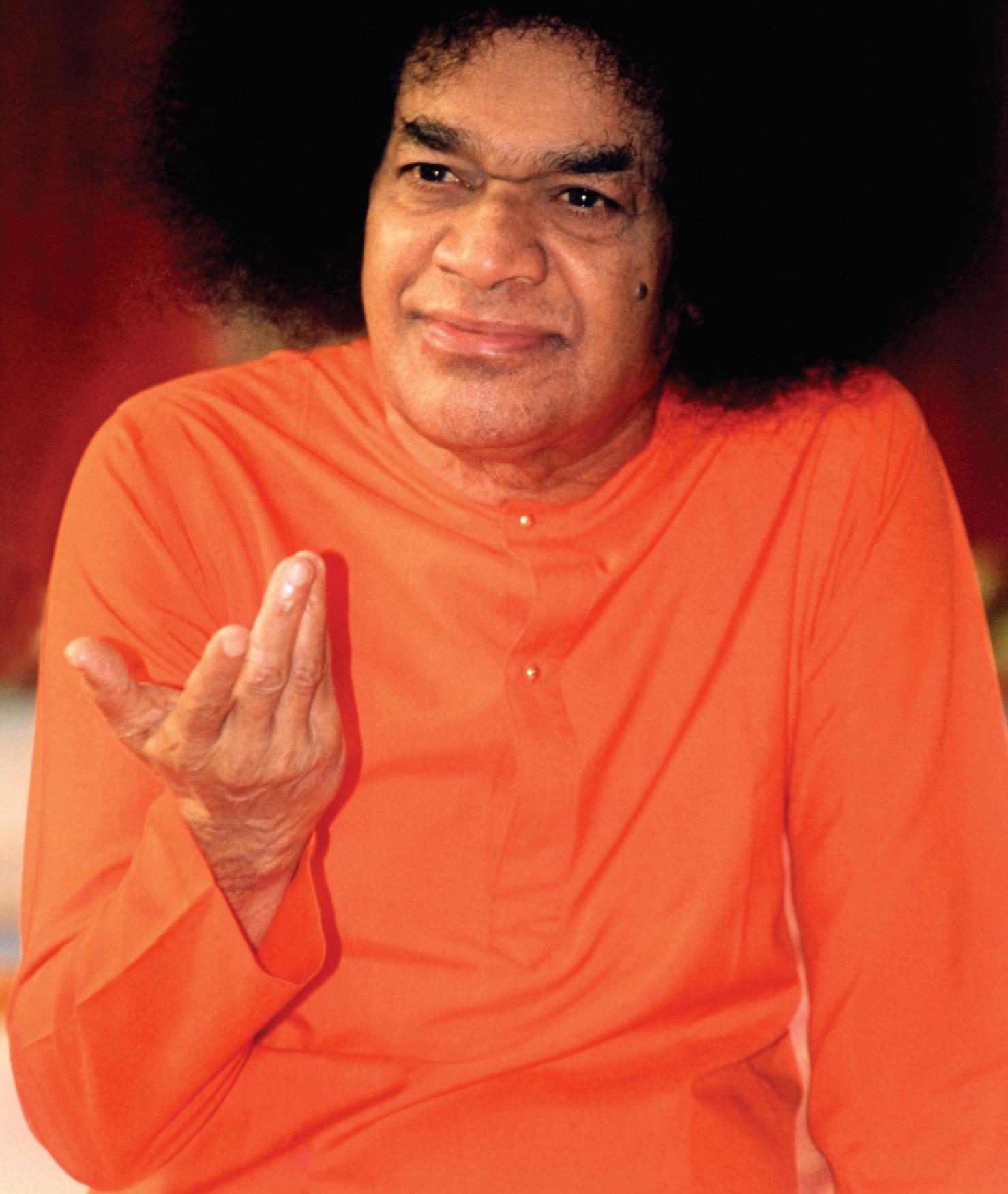
August 28, 1976

Sri Sathya Sai Hospital for Women and Children,  
Whitefield, Bangalore



“*To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential.*”





# Food and Health

Every activity of man is dependent on the energy he derives from the intake of food. The spiritual *sadhanas* he ventures upon depend for their success on the quantity and quality of the food taken by the *sadhak* (spiritual aspirant), even during the preliminary preparations recommended by Pathanjali. The most external of the five sheaths that enclose the *Atmic* core, namely the *Annamaya kosha* (physical sheath), has impact on all the remaining four – the *Pranamaya*, the *Manomaya*, the *Vijnanamaya* and the *Anandamaya* (the vital, mental, wisdom and bliss sheaths or coverings). The *Annamaya kosha* is the sheath, consisting of the material, flesh and bone, built by the food that is consumed by the individual.

Food is generally looked down upon by ascetically-minded *sadhaks* and seekers and treated as something which does not deserve attention. But, since the body and the mind are interdependent, no one can afford to neglect it. **As the food, so the mind; as the mind, so the thought; as the thought, so the act.** Food is an important factor which determines the alertness and sloth, the worry and calm, the brightness and dullness. The scriptures classify food as *sathwic*, *rajasic* and *thamasic* and relate these types to the three mental states (*gunas*) of the same names.

## Avoid *Rajasic* and *Thamasic* Food

Man is the only living being which dislikes raw food found in the natural state. All other animals eat things as they are – grain, grass, leaves, shoots, fruits. Man boils, fries, melts, mixes and adopts various methods of cooking in order to satisfy the cravings of the tongue, the eye and the nose. As a consequence, the food value of these articles are either reduced or destroyed. When the seeds are fried, they do not sprout; that is clear proof that the “life-force” is eliminated. Therefore, uncooked raw pulses just sprouting, are to be preferred. Also nuts and fruits.

The coconut, offered to the Gods, is a good *sathwic* (pure) food, having good percentage of protein besides fat, starch and minerals. **Food having too much salt or pepper is *rajasic* (passion-rousing) and should be avoided; so also too much fat and starch, which are *thamasic* (disposed to inactivity) in their effects on the body, should be avoided.**

**An intake of too much food is also harmful. Simply because tasty food is available and is being offered, one is tempted to overeat.** We have air all around us but we do not breathe in more than we need. The lake is full but we drink only as much as the thirst craves for. But overeating has become a social evil, fashionable habit. The stomach cries out, “enough,” but the tongue insists on more, and man becomes the helpless target of disease. He suffers from corpulence, high blood pressure and diabetes. **Moderate food is the best medicine to avoid bodily illness.** Do not rush to the hospital for every little upset. Too much drugging is also bad. Allow nature full scope to fight the disease and set you right. Adopt more and more the principles of naturopathy, and give up running around for doctors.

The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened. Polluted air and water are

full of maleficent viruses and germs and have to be avoided at all costs. There are four pollutions against which man has to be vigilant – of the body (removable by water); of the mind (removable by truthfulness), of reason (removable by correct knowledge) and of the self (removable by yearning for God). “*Vaidhyo*

*Naaraayano Harih,*” the *Shruthis* declare. God is the Doctor. Seek Him, rely on Him, you will be free from Disease.

September 21, 1979  
“Hospital Day”



*“As the food, so the mind, as the mind so the thought; as the thought, so the act. Food is an important factor which determines the alertness and sloth, the worry and calm, the brightness and dullness. Moderate food is the best medicine to avoid bodily illness.”*



# Simple Living Ensures Good Health

Health is the essential pre-requisite for success in all aspects of life, for realising the four ideals that should guide humans – namely, righteous living, prosperity, fulfilling beneficial desires and liberation. **Everywhere man seeks to live happily and peacefully but happiness and peace are not won from worldly activities.** The body that yearns to be happy and secure, is subject to disease, decay and death. The Dweller, the self, within the body, is however not born, nor does it die. It is the *Atma*, God. The body is the temple of God. Hence it is the duty of man to keep the temple in good condition.

Health is necessary for gaining this world and the next, for earning worldly and other worldly progress, to realise the very purpose for which the Self has embodied itself in this human form, namely, to become aware of its source, the *Paramatma*. **In order to attain this goal, the ideals of righteousness, prosperity, moral desire and liberation from bondage have to be practised with the help of a sound mind in a sound body.**

**What are the main causes of ill-health?** Millions of living beings dwell on the earth; they sustain themselves by means of food secured from Nature, as provided by Nature. It is only man that is an exception. In order to cater to his palate and other senses, he changes the composition and characteristics of the

things provided by nature and prepares, through the process of boiling, frying and mixing, concoctions which have no vitality in them. Birds and beasts do not adopt such destructive methods. They eat things raw and consume the strength-giving vital essence. So, they do not fall victim to the many ills that man brings on himself.

## Evil Thoughts Cause Ill-Health

Plant a boiled pulse in the soil; it won't sprout. How, then, can it contribute life to the living? The vitamins and proteins that are valuable ingredients are destroyed while it is cooked to please the palate! The billions of cells in the body are so inter-dependent that when one is weakened or damaged, all of them suffer. There is a limit and a balance which every limb and organ has to maintain. Insufficient or improper food will endanger this balance. An occasional cough helps to strengthen the lungs and to clear them of extraneous matter, but fits of coughing are signs of positive illness.

**"Eat in moderation and live long."** This is the advice handed down through the ages by the seers of the past. This advice is seldom heeded. People fill themselves with such large quantities of food that they find it hard to rise after they finish eating. Ruining their digestive system by consuming heavy, rich foods, the affluent are proud when they host costly banquets. Those who know that physical health is the greatest treasure take great care to eat only *sathwic* food.

Uncooked food, nuts and fruits, germinating pulses are the best. Use these at least at one meal, say, for the dinner at night; this will ensure long life. And, long life is to be striven for in order that the years may be utilised for serving one's fellow-beings.

Evil thoughts cause ill-health. Anxiety, fear and tension also contribute their share. All these result from greed, greed to have more of things, of power and of fame. **Greed results in sorrow and despair. Contentment can come only from a spiritual outlook. The desire for worldly goods has to be given up.** One

should not distinguish between “my work” and “work for God.” All work should be worship. Whatever the reward, it is the gift of God. It is for our lasting good. If this attitude is developed, suffering and pain can toughen us and help us to progress towards Divinity.

It is through pain that pleasure is gained. Darkness enables us to appreciate light. Death teaches us to love life. **Diseases which torment man are many in number; of these, hatred, envy and egoism are the worst. Even doctors cannot cure them, for most of them suffer from these.** One should develop equanimity and serenity, if one desires to be free from these diseases. Do not seek to listen to vile and vicious stories. This tendency reveals a diseased mind. **What is heard is imprinted, like a carbon copy, through the ear, on the heart.** One is injuring oneself through indulgence in this evil habit.

### **Be Vigilant about Food Habits**

**Anger is another enemy of health. It injects poison into the blood stream and brings about profound changes which damage it.** Two women, who were neighbours turned into bitter enemies on account of a dispute over a very trivial incident. The cow belonging to one woman while going on the road dropped its dung in front of the other woman's house. The owner of the cow ran to collect the dung, while the other woman claimed that it belonged to her since it lay on her doorstep. From words they very nearly came to blows. Just then the other woman's little baby wailed from the cradle.

She rushed in to feed the baby and while the child was drinking her milk, she shouted most ferociously at her neighbour. Her anger poisoned her blood so much that the child died while drinking her milk! Another cause of ill-health is vice and vile conduct. People believe that a wicked person need not be a diseased person but most diseases are mental illnesses.

Doctors, too, have to deal with patients sweetly and softly and consider their profession as one calling for dedication to their fellowmen. **It is best to preserve one's health by good thoughts and good deeds.** It is best to be vigilant about food habits. Coconut kernel, coconut water, sprouting pulses, uncooked or half cooked vegetables, and greens are good for health.

Try earnestly to live long, without falling into the hands of medical practitioners. When they give you one injection, they keep another ready to counteract its reactions! While trying to cure one disease, they cause a dozen more. Moreover, the drugs they recommend are mostly spurious, since manufacturers want to amass a fortune by hook or by crook. **Most illnesses can be cured by simple living, simple exercises and by intelligent control of the tongue. Live long so that you witness the career of the Avatar for years and years.**

September 30, 1981  
Prasanthi Nilayam

*“It is best to preserve one's health by good thoughts and good deeds.”*



# The Jewel in the Iron Safe

*Good thoughts, good words, good deeds,  
Listening good, seeing good, being good,  
These confer good health on human folk.  
This body is an iron box of paltry worth.  
But, as in an iron box are kept jewels and gems,  
Note I, in this paltry box, is kept the Atma Divine,  
This is the Truth, the Word of Sai.*

Health is the greatest blessing. Without it, man cannot do even the lightest work. **Health is an indispensable requisite for progress in material, moral, political, economic, artistic and spiritual fields of life.**

Food habits are of primary importance when health has to be secured and maintained. When these are not regulated, health suffers. "No restraint, no success" is the axiom. Restraint, controls, limits have to be observed at every step. One should restrain the wild adventuresomeness of the tongue. **Among the eight million four hundred thousand species of living beings, all except humans live on food as provided by Mother Nature.**

Man alone strives to make such food more palatable, more attractive to the senses of sight, touch and smell by boiling, frying and freezing and mixing, grinding and soaking. The consequence of this greed is ill-health and debility. **One should realise that**

food materials, as offered by Nature, are really more beneficial. When heat is applied, they lose the vitality-yielding components and cannot confer strength and efficiency. The person ages fast and loses the sprightliness of youth. Catering to the cravings of the tongue and swallowing heavy foods three or four times a day can only add to the heap. Regular and limited intakes alone can enable a person to discharge one's duties.

## **Each One Is a Pilgrim, Body Is the Rest-House**

A restless mind is another important source of ill-health. Man is constantly afflicted with some source of worry or other. He is never free from anxiety. Why? Because he is identifying himself with the body. How did he acquire this body? Through his past activities and deeds. What were they caused by? By the twin pulls of love and hate. How did they originate? They were born out of the entanglement in duality, in the opposites. And, why does he get snared by them? Ignorance of the Truth, the ONE.

You must know that each one is a pilgrim and each life is but a stage in the journey towards the city of liberation. This body is a rest-house, in which we stay for a short time, during the pilgrimage. The mind is the caretaker, the watchman in the choultry where we rest. We are not to treat him as if he is master or owner. But, we ought to take care that the house we are privileged to occupy is not damaged or polluted. We have to take good care of it and its furnishings, and treat the watchman politely.

The pilgrim is either helped or handicapped by the antics of the mind. The mind has as its warp and woof, desire or thirst for some thing or other, getting some gain or avoiding some loss. Desire arises from attachment, often the consequence of delusion. **Desire distorts and denigrates the mind. It keeps the mind incessantly agitated. No sheet of water can be calm when stones are dropping on it and if there is a**

perpetual shower of desires, the mind too will be pitifully restless.

The *ananda* (bliss) which emanates from the *Atma* in man has, in fact, to be stored, with the help of the *buddhi* as channel, in the reservoir, the mind. That is its genuine function. But, if the reservoir has many cracks and crevices, namely the senses, the *ananda* will be frittered away, and the reservoir will be rendered dry. When the hunger of the senses is sought to be appeased, the mind becomes vacillating and wayward. **The mind is the master of the senses. That is its legitimate role.** The senses are the servants. When the master serves the servants, he loses his self-respect and falls in the esteem of all.

### **Good Health Depends on Good Thoughts**

In the Ramayana story, the Queen yields to the selfish wiles of her maid and as a consequence, her lord King Dasaratha lost his life. Rama who was as her very life-breath was exiled into the forest, her son disowned her and drew on herself the condemnation of the Kingdom of Ayodhya. The story is an allegory. Dasaratha is the human body with the five senses of perception and the five senses of action - the ten chariots or dasha-ratha. He wedded the Queen, the Mind, and the mind yielded to the servant and caused the downfall.

The one effective way to conquer all sources of physical and mental disease and debility is awareness of one's *Atmic Reality*. That will bring about an upsurge of Love and Light, for, when one recognises that he is the *Atma*, he cognises the same *Atma* in all, he shares the joy and grief of all, he partakes of the strength and weakness of all. When one yearns for the happiness and prosperity of all mankind, one is blessed with the wisdom and strength to mark out the way and lead men towards it. In every one, the person sees his God. Every act of his will be as pure, as sincere and as sacred as an offering to God.

Health does not depend on medicine. Good words, good manners, good sight, good thoughts - these are essential. What can even powerful or costly medicines do if one is ill with bad thoughts and bad feelings? On the other hand, virtuous living, beneficial thoughts, elevating ideals and righteous conduct can confer not only health, but what is even more precious, *Atmananda*, the Ecstatic Awareness of the Reality itself.

November 20, 1982  
Annual Day of Sri Sathya Sai Hospital  
Prasanthi Nilayam



*“The one effective way to conquer all sources of physical and mental disease and debility is awareness of one's Atmic Reality.”*



# Sound Mind, Sound Body

All men everywhere are of one species. Yet, man hates man; one religion is opposed to another; one race feels superior to another; one country avoids contact with another. How does this conflict arise? When one delves deep into this question, the answer becomes clear.

**Everything in creation has five properties. The first three are Sath-Chith-Ananda (Being, Awareness, Bliss) and the last two are Rupa and Nama (Form and Name), which are lent to the thing only temporarily.** They are subject to modification but the first three - Being, Awareness, Bliss - are inherent, unchanging characteristics. In the language of Vedanta, the three are named *asthi*, *bhaathi*, and *priya* (existence, shining and pleasing). They are the innate qualities of every manifestation of the Divine. The last of the three is *ananda* (Divine Bliss). **Every human being is an embodiment, repository and vehicle of ananda.**

The awareness of this *ananda* (Bliss) is the goal of man, the consummation of human life. But, man seeks pleasure and happiness from objects through the senses and attains the low material *ananda*, not the supreme *ananda* he ought to win. **It must be said that the *ananda* attained through the objective world or through subjective means is only a fractional expression of the *ananda* which merges in Brahman (Supreme Reality) grants.** We speak of hot water, though heat is

not a quality of water, fire has given it the heat. So, too, objective *ananda* or subjective *ananda* are rendered so, through the grace of *Brahma-ananda* (Supreme Divine Bliss).

## Food Prevents or Promotes Emotions and Passions

Man prides himself that he has earned *ananda* himself by his effort. It is sugar that makes the bland globules of flour into sweet *Laddu*. The grace of God alone can confer sweetness or *ananda*. The stars are proud that they shed light on a darkened world but the bright moonlight renders starlight too faint to be noticed. The moon's pride, too, is humbled when the sun illuminates the sky. *Brahma-ananda* is the Sun. This does not mean that one should ignore starlight and moonlight or *Vishaya ananda* and *Vidhya ananda* - *Ananda* derived from sense objects and from knowledge. They are steps, stages, samples. While valuing them as such, the goal of *Brahma-ananda* has to be relentlessly pursued.

How, then, can man earn that Awareness, that *ananda*? What *sadhana* (spiritual discipline) has he to adopt? **Though men are all equally subject to birth, life and death, though all are of one kind, why do they allow the *ananda* which is the right of each to slip away through hatred and conflict?** Why is the demon prevailing over the Divine in man? The answer has been deluding man for ages.

**Well! Aham (ego) is the cause.** The narrow limited self, the ego, is at the root of the evil. Probing the problem a little deeper, I would say that the nature of the food relished is primarily responsible. Food is of three qualities - *sathwic*, *rajasic*, and *thamasic* (leading to purity, passion and inertia). Some consume *sathwic-rajasic* or *thamasic-rajasic* food, or they change from one type to another, for better or worse. Since food alleviates or arouses, prevents or promotes emotions and passions, it moulds the behaviour, conduct and attitudes of men.

## **Sadhaks Have to Be Careful about Food Consumed**

Ravana and Vibhishana, two brothers born of the same parents, had diametrically opposite natures because of the food they grew up on. Ravana relished *rajasic* food while Vibhishana stuck to *sathwic*. Fellow-feeling is difficult when the same quality of food is not preferred. When both live on *rajasic* food, though they may have the same nature, friendship cannot last. Envy and hatred will soon break the bond. **The *sathwic* nature will free man from these evils and purify his mind, preparing him for the journey to God. For, God is *Sathwa* (pure).**

Many slide from the *sathwic* nature into the *rajasic* where the ego predominates. They slide away from God too, for where the ego swells in pomp and pride, God cannot reside. They may parade other reasons for their losing hold of God but the fault lies in their own self.

**What exactly is *sathwic* food? Food that confers *ananda* to the body, mind and heart is *sathwic*; that which sustains holy living; that which keeps one light, even at the end of the meal.** The *sathwics* are satisfied with one meal a day. *Rajasic* nature demands continuous feeding on hot stuff, tasting sour, salty or pungent. *Thamasics* appreciate cold, stale, acrid tastes. The grosser parts of the food consumed are eliminated. The less gross parts build up muscles and bones. The subtle parts make up the nerves and the mind. Therefore, *sadhaks* have to be extra-careful about the quality of food they consume.

## **Be Clothed in Divine Qualities to Approach God**

Pungency in food heightens feelings of pugnacity, aggression and vindictiveness in men, against those who oppose, disagree with or disappoint them. Such men are worse than scorpions and snakes, sharp swords

or serrated saws. It is tragic that factional conflicts arise even among persons claiming to be devotees of God. Often, such men behave as if they are desecrating God by deserting Him. When their desires do not fructify as and when they arise, when their faults and failings are laid down before them in order to warn them, or when they are directed to give up the wrongs they are fascinated by, they turn away from God in a fit of fury! There are two types of men – the *amaras* (the godly) and the *asuras* (the demonic). The *rajasic* persons are *asuras*. **The *Gita* directs us to adopt, as the very first *sadhana*, the rule: *Adhweshtaa Sarva Bhoothaanam* (“Do not hate any being”).**

**To approach God, one must be clothed in Divine qualities.** When it is sinful to hate a fellow-being, what shall we say about hating God? Live in the love of God – *Sthithi-Mathi-Bhakthi* (status, thought, devotion). Devotion arises in the constant mind, not in the agitated, kaleidoscopic mind. Allah showers grace only on those who surrender wholly. The purification of the senses of perception and the senses of action, the mind and the intellect and the sublimation of the ego-consciousness will happen spontaneously once the attitude of total surrender is strengthened. That which we consume through the mouth is food. We consume also through the eye, the ear, the nose and the skin. That food too has to be *sathwic*, purifying and not pungent or stale and corrupt.

July 25, 1983  
Prasanthi Nilayam

# How to Win the Lord's Grace

*Oh good and noble people assembled here!*

*May you be filled with mutual affection and unalloyed Joy!  
May you be compassionate towards all those who are afflicted!  
May you lead righteous family lives and be an example to all;  
May you be ever earnest in the pursuit of Dharma and Jnana!  
This is My benediction for all of you.  
What more can I tell you?*

*Embodiments of Divine Love!* All the animate beings in the cosmos emerge from the Divine, are sustained by the Divine and merge in the Divine. The Divine is the root cause of creation, sustenance and dissolution.

Man is born out of desire, lives on desire and passes out by desire. Man's life is based on desires or thoughts (*sankalpa*). As are his thoughts, so are his actions. As are the actions, so are the fruits thereof. The fruits determine the goal. **It follows that man's destiny is determined by his thoughts.**

*Embodiments of Divine Love!* Cultivate sublime thoughts, lead ideal lives, realise the highest fruits and strive to reach the supreme goal.

## Man Should Possess Divine Consciousness

Man's life is based upon his qualities and character. **A true man is one who acts according to his Atma-Dharma (the integrity of the Spirit) and not according to the impulses of his senses.** *Atma-Dharma* is the true *Dharma* of man. Acting according to the dictates of the senses is the code of the animals. Man should elevate from the animal to the Overlord of the animal nature (*Pasupathi* or *Siva*). What man should have is *Iswara-bhava* (the Divine Consciousness) and not the *Prakriti-bhava* (instinctive nature).

It should also be recognised that all Nature is an embodiment of the Divine. Creation is the primary symbol of the Divine Consciousness. It is called *Prakriti* (Nature). Every man who is a product of Nature should have the consciousness of his divinity and proclaim the Divine basis of creation. Human existence is supremely sacred. It is precious, Divine and should be lived befittingly. The divinity in man, who is part of creation, is not something distinct. To demonstrate the inherent divinity of man, *Avatars* (Divine Incarnations) appear from time to time.

*Embodiments of the Divine Spirit!* God does not exist as something apart. All of you are embodiments of the Divine. “*Iswarassarvabhothaanaam*,” “*Isaavaasyam Idam Sarvam*” “*Vaasudevassarvam*” (The Divine dwells in all beings, all this is permeated by the Lord, everything is Divine). Men are forgetting these profound, sacred declarations and are wasting their lives in the pursuit of petty mundane pleasures.

## Spirituality Exists in Every Aspect of Life

It is supreme folly to consider that the spiritual is divorced from the physical and that the material world has no connection with spirituality. **Spirituality runs like an undercurrent through every aspect of life – social, political, economic and moral.** This basic

truth has been forgotten today. People have faith in the transient, the ephemeral and the illusory.

Everything is constantly changing in the world. This ever-changing world is based upon the unchanging Divine. It is only when the *aadhara* (Divine base) is understood can one derive bliss from the experience of what is based on it. Whatever action men do and whatever paths they pursue, they should be conscious of the Divine. Men today seek power, position and pelf, but not virtues. Power and position, bereft of good qualities, are of no value. The foremost need of man is virtue. It is in this spirit that man should remember God.

***Prakriti* (Nature) is not to be despised. When Nature is viewed from the egoistic point of view, it assumes a distorted form. When it is regarded from the spiritual point of view, it presents a sacred aspect.** The differences in the role of Nature arise out of men's attitudes.

Everything has emerged from Truth. Truth is the form of the Divine. Everything is based on Truth. "Sathyaaanaasthi Paro Dharmah" (There is no greater Dharma than Truth).

*Everything has been created out of Truth.  
And all creation is embedded in Truth.  
There is no place where Truth does not shine.  
Realise that this is the Supreme Truth.*

### **Bharatiyas Have Forgotten Their Divine Heritage**

Goodness is the most important thing for anyone. Whatever be one's wealth, his knowledge or position, the most essential quality is character. Even if one possesses many good qualities, it is only devotion to the Divine that makes them blossom forth. *Bharatiyas* in the past have had the reputation of having recognised this truth. **What greater misfortune can there be than that *Bharatiyas* should forget their Divine cultural heritage?**

*In the supremely sacred land of Bharat,  
forbearance is the greatest wealth.*

*Of all forms of rituals, the most sacred one is  
adherence to truth and integrity.*

*What can be prized greater than the feeling that  
"This is my Motherland?"*

Discarding the belief that honour is greater than life itself, men are going after exotic practices, hugging strange concepts of freedom and are forgetting the real source of their strength even like the elephant that is not aware of its massive strength.

Not relying on one's own strength, to depend on the strength of others is precarious. **The entire culture of Bharat has been based on reliance on one's own inherent strength and confidence in one's self.** Self-confidence is at the root of all achievement. It is because it has lost its self-confidence that India is a prey to all kinds of troubles.

*Embodiments of the Divine Spirit!* When you are embodiments of the Divine, it is a sign of weakness for you to lose confidence in yourselves. Recognise your true nature. Then your powers and talents will manifest themselves and be a source of joy to you. Self-confidence is essential because it is the source of all prosperity and accomplishment.

### **Bharatiyas' Duty Is to Serve Others**

The world today is plunged in strife, disorder and discontent. What is your duty at this juncture? Have you the power to banish this disorder? Do not give room for the idea that one man by himself is powerless to combat this situation. If every Indian goes forward with self-confidence to face this crisis, the country can be rescued from disorder in no time. Because of lack of self-confidence, men are unable to go forward.

Above all, everyone must take a pledge to serve others. Everyone is of Divine origin. **If one cannot be loving towards others, he ceases to be human.** Everyone should act on this basis, display love towards

all and lead an ideal life. Man should not regard himself as a weak and imbecile creature.

What, then, is our duty today? The Government is seeking to provide various amenities in the villages. But, it is one thing to proclaim one's intentions and quite another to fulfil them. Speaking is easy, acting is difficult. Neither the authorities nor the leaders appear to be concerned about the state of the villages. The villagers are also apathetic. *Bharat* is not lacking in resources. It is well endowed in every respect. Had it not been so, it would not have attracted so many invaders from outside.

Today *Bharatiyas* themselves are considering the country as poor and belittling its status: This by itself is not a great danger. The greater danger is the development of *avisvaasam* (a mood of cynicism). It is only when the pessimism among the people is transformed to a robust optimism will the country go forward. The retrograde movement has to be reversed. Material prosperity, which is transient, is not very important. **Real and lasting wealth lies in good qualities and morality. It is this form of wealth that should be acquired.**

### New Hospital at Puttaparthi for Poor Villagers

With a view to setting an example to the authorities, to the community and to every individual, Swami is undertaking activities, small and big, in various spheres. This hamlet of Puttaparthi had a population of barely 800. To conceive of a University for such a village was a fantastic dream. Another amazing phenomenon is the construction of an airport near such a village, when there are no airports even at district headquarters. Puttaparthi has become the cynosure of all eyes in the world. Above all, you should enquire why a highly sophisticated and most modern hospital, which should be located in a well-developed metropolis, has been set up in this rural area.

The wealthy can go anywhere and get medical relief with their abundant resources. But the rural poor cannot go far from their villages for treatment.

It is for the sake of such poor folk that this hospital has been established. I told our doctors to examine the heart ailments of the villagers around here. Today an auspicious announcement has to be made. Within fifteen minutes of the inauguration of the hospital by our Prime Minister, the first operation was begun in the hospital. Within three hours four operations were performed. One was a very complicated case. There was a hole in the heart of the patient. All the operations were performed successfully and all the patients are doing well.

### The Hospital Will Provide Relief to Villagers

You should know how this hospital came up. The Larsen & Toubro corporation is known for big constructions in India and abroad. But nowhere else was such enthusiasm and zeal displayed by the workers engaged in the construction as in this hospital. Even the smallest worker did the work of ten persons with zeal and joy. All workers performed their jobs with enthusiasm and devotion.

Work on the hospital began in May after My return from Kodaikanal. **Within five months from May to November, work has been done which would have taken five years.** This is a gigantic project. It is intended to benefit people for a thousand years. Our purpose is to provide for cardiac cases in the first phase. Then, it will be the lungs. The third wing will be concerned with kidneys. The fourth will be the neurology wing.

This hospital has been set up to provide relief to villagers suffering from these four kinds of ailments. No distinction is made, however, between villages and cities. Diseases do not afflict only villagers. They make no territorial distinctions. Likewise, there will be no differentiation in providing relief. Our intention is to provide relief to all.

For achieving anything in the world, a sound body is essential. The body is the primary requisite for the pursuit of *Dharma* (righteousness). The body has to be in good health. **Even for the realisation of the four goals of human life – *Dharma, Artha, Kama* and**

**Moksha – sound health is essential.** Having regard to the basic importance of health for all purposes, Swami had launched such medical institutions.

But what is the purpose of having a healthy body? It should be utilised for healthy activities. Unfortunately, all over the world people are forgetting *Dharma* and *Moksha* (Right Living and Desire for Liberation) and are immersed only in the pursuit of *Artha* and *Kama* (Wealth and Desire). This is totally wrong. Men should pursue equally all the four goals and divinise their lives.

Good health is essential for utilising the body for good deeds. Of what use is a body used for evil purposes?

### Divinity Experienced through the Elements

*Embodiments of Divine Love!* Esteem the whole cosmos as the embodiment of the Supreme. The Lord, who is the possessor of the *Ashtaiswarya* (eight forms of Divine wealth), is the creator of this universe. **The most vital requirement for man is water.** It sustains life. Three-fourths of the earth's surface is covered by water. Water is described in the *Upanishads* as *jivam* (the life-force). Hence, the foremost form of the Lord is water.

**The second essential requisite for man is agni (fire).** This fire is residing in every man's stomach as the *jataraagni* (digestive fire). Without this digestive fire, man would be unable to digest the food he consumes and receive the sustaining energy from that food. All the seven secretions in the stomach are caused by the digestive fire. The blood, the muscles, the bones, etc., in the body are sustained by the *rasa* (vital essences). Hence, the Lord is described as *Angirasa*—One who is present in every *anga* (limb) as *rasa* (essence). *Angirasa* has the form of fire.

**The third requisite is the earth.** The process of birth, growth and dissolution is taking place on the earth. All the food that man needs comes from the earth. Because the earth is a source of joy for man, it is also an embodiment of the Divine.

### Air Proclaims the Truth of Oneness

**The fourth is air.** Air is intimately associated with life. Every man utilises air in respiration. Human life is based on inhaling ("So..") and exhaling ("Ham.."). In respiration, this process of *So-Ham* is continually going on. In *Sanskrit*, *Sah* ("So") means "He" and *Aham* means "I." *So-Ham* demonstrates the truth, "I am He." Who is this "He"? It is God. Air thus proclaims the truth of Oneness. In breathing, every day man inhales and exhales air 21,600 times. If there is no air, life will be extinct. Therefore the fourth embodiment of God is air.

**The fifth is akasa (space).** It is the basis for all the five elements. Sound is its form. Sound is also the form of the *Brahmam* (Absolute). Sound is all pervading. When one is asked, "Where is *akasa*?", people point to the firmament. But that is not so. Everything is permeated by *akasa* (ether or space). Wherever there is sound (or sound waves), there is *akasa*. It encompasses everything and is present everywhere. Hence it is the embodiment of God.

**The sixth is the Sun. Sun is the Lord of Intelligence.** He is fire incarnate. How does this fire emerge? Heat is produced when hydrogen in the sun is converted into helium. This is borne out by science. In this process, eight forms of energy are noticed: *Yantra sakti* (kinetic energy), *Ushna sakti* (heat energy), *Kaanthi sakti* (light), *Ghana sakti* (magnetic energy), *Vidyut sakti* (electrical energy), *Rasa sakti* (chemical energy) and *Anu sakti* (atomic energy). Scientists have calculated that every second the sun is losing many billion units of energy. Nevertheless the Sun will continue to be a source of energy for millions of years. The Sun is the presiding deity of the *buddhi* (intellect). He is the lord of intelligence and he illuminates the intellect in man. Thus, Sun is also an embodiment of the Divine.

**The seventh is moon.** Moon is the presiding deity of the mind. It is through the mind that sublime ideas are experienced. The world is the projection in form of the mind. Without the mind the world cannot be conceived. The speed of the mind cannot be equalled.

For instance, you might have come here from Hyderabad or Delhi. But in one moment your mind can take you to any place. The speed of thought is greater than that of light.

**The eighth is Karma sakti (the power of action).** Karma also is Divine in form. Man is born out of action, is sustained by action, and ends in action. Action is the life-breath of man. This karma was described by the ancients as *yajna*. "Yajno-vai Vishnuh" (Action or sacrifice is Vishnu). The cosmos is the embodiment of Vishnu. It follows from this that the entire creation should be regarded as the manifestation of the Supreme Lord who is the possessor of the eight Divine potencies.

### **Man Is Misusing and Abusing the Elements**

Man today is not using properly the five elements of which the cosmos is constituted. Consequently man is afflicted with a myriad of troubles. The benefits to be derived from the five elements (in the form of sound, touch, light, taste and smell) are not being rightly enjoyed. They are being misused. Because man is abusing the God-given elements and faculties he is forfeiting God's grace and is becoming a victim of Divine displeasure. The five elements have also turned against man. They are despising man for the way he is degrading them. The result is: the sounds that one hears are a cacophony of scandal and gossip. Are these the sounds that man should produce?

**Man should manifest his sublime, perennial, Divine nature.** Unfortunately, his entire vision today is tainted. He is filled with bad thoughts. Hence his sight has turned against him. When you examine man's faculty of hearing, what do you find? He hears all the time scandalous gossip about all and sundry, while his ears turn away from the sweet praises of the Lord. As the ears are abused in this manner, the mind gets polluted by listening to bad things. Even the air one breathes is polluted. The entire atmosphere is polluted. The food one consumes is also polluted.

If we try to find out what is at the root of all the troubles and worries men experience today, it will be seen that man's abuse of the five elements is the cause. Therefore, see good, hear what is good, and be good. When people behave in this manner, the five elements will shower their benefits on them. It is only when man secures the grace of the five elements that he will experience the grace of the Divine. How can we get the grace of the elements, which nourish and sustain us, if we misuse them?

### **Travesty of Progress in Education**

This is the kind of progress that the world has made.

*Biting the hand that feeds,  
Reviling the preceptor who imparts knowledge,  
This is the "progress" in education today.*

*People seek a good life, position and wealth.  
But they will not seek good qualities,  
Right knowledge and right conduct.  
Wealth has become all-important  
And righteousness has receded.  
This is the "progress" in education today.  
Character and morality are confined to books.  
The mind is totally polluted.  
All actions are based on selfishness.  
This is the "progress" in today's education.*

Can this be real "progress" at all? Are these the things that should be learnt by anyone? All that is learnt today serves only to pollute the heart. Education is confined to what promotes selfishness and self-interest. **What ought to be learnt is how to be helpful to others and how to realise the Self. Education should make one realise the unity of all beings.** I cannot find any truly educated person wherever I turn. All appear to be uneducated. Many read books, but mere book knowledge is not education. Degrees do not make an educated person. **Without wisdom and good qualities education has no meaning.**

## How to Divinise Human Life

Education should be for leading a good life and not for earning a livelihood. To learn from a scientist the chemical composition of water is a kind of knowledge, which may help a man to get a job. But how to make the right use of water so that all can share its benefits is knowledge of the Spirit. This higher knowledge elevates life and makes it meaningful. **When worldly knowledge and spiritual knowledge come together, human life is divinised.**

There is a Kannada saying: "For water, lotus is the ornament. For a town, the home is the ornament. For the ocean, the waves are the ornament. For the sky, the moon is the ornament. For man's life, virtue is the ornament." Without good qualities, all other ornaments are worthless. The beauty created by the Divine cannot be excelled by any other ornament. It is that beauty which should be esteemed. Beauty is God. Why attempt to enhance it? When you have natural beauty, why go after artificial cosmetics? True beauty consists in good qualities.

*Embodiments of Divine Love!* Today we have to recognise the importance of the body. To make right use of the body, good qualities are essential. With a healthy body and good qualities, you can lead ideal lives. **When this infinitely precious human life is filled with good thoughts and good actions, the nation will flourish.**

Eschewing all thoughts of "mine," "my people," fill every moment of your waking life every day with thoughts of the well-being of others. When all are happy, you will also be happy. Promote the welfare of society, with which is bound up your own welfare.

### "All Are Alike to Me"

Love even your enemy. That is Sai's ideal. Indeed, in the entire world there is no one whom I do not like. Some may dislike Me or be opposed to Me. But I have no ill feelings towards them. All are alike to Me. Try to cultivate at least a fraction of that equal-mindedness.

Some devotees bemoan their lot saying, "God is described as an ocean of kindness, the embodiment of compassion, but He has done nothing to relieve me of my woes." The Lord is verily the embodiment of Love and Truth and is an ocean of Compassion. But, to what extent are you carrying out the injunctions of that Lord? Ask yourselves that question. You don't act properly, but seek favours. **God's grace will be showered on you only when you put into practice at least a few of the Lord's injunctions.**

Today the *Gita* is being propagated in many ways. But how many are practising even one of the teachings of the *Gita*? Men are heroes in aspiration and zeroes in practice. Likewise, people are eloquent about the *Ramayana* and the way Rama adhered to the pledge given by his father. But how many carry out the words of their parents? **The *Ramayana*, *Bhagavatha* or the *Gita* are not to be regarded as scriptures for mere ritualistic reading. They are texts whose teachings have to be followed.** This applies equally to other sacred books like the *Bible*, the *Quran* and the *Granth Saheb*.

There are some others who spend their entire lives in the quest for knowledge. When will they ever start practising what they have learnt?

November 23, 1991

Bhagavan's Birthday

Hillview Stadium, Puttaparthi

# Integral Approach to Human Ailments

*One whose heart is filled with compassion,  
Whose words spell truth,  
And who works for the welfare of others  
Will never suffer from difficulties  
Or diseases even in the Kali age.*

In this wide world, everyone aspires for long life, prosperity and health. **A healthy body is essential if one has to achieve the four goals of human life, namely, Dharma (righteousness), Artha (wealth), Kama (desire) and Moksha (liberation).** Science and technology have made great strides in contributing to the progress of human society. But man has deteriorated morally and spiritually.

Among the four *Vedas*, the *Atharvana Veda* is the one that has given the science relating to longevity, known as *Ayurveda*. ***Ayurveda transcends time and space and is valid for all places, at all times.*** It relates to the spirit, mind and the body and has an integrated approach. The Allopathic system came much later. It is based on an objective, external approach while *Ayurveda* is subjective. Both have to be coordinated for better results. Since *Ayurveda* is subjective it is more efficacious than the Allopathic system. There is a superior artistic sense in *Ayurveda*.

Doctors have to realise the distinction between subjective and objective approaches. The latter has an

external outlook while the former has an inner view. The object is a reflection of the subject. Without realising this relationship between *Ayurveda* and Allopathy, doctors are wasting their time in arguments.

## Basic Difference between Ayurveda and Allopathy

*Ayurveda* affirms that purity of mind is more essential for one's health while Allopathic doctors do not consider the mind as so important. They give importance to the eradication of disease-causing germs and consider this as the only means to cure diseases. This does not take into account the role of the mind and the Spirit in the eradication of disease. Allopathy is based on external knowledge and experimentation, while *Ayurveda* is based on inner knowledge and experience. There is gulf of difference between experiment and experience. Because of the difference between the subjective and objective approaches, in course of time, Allopathy resorted to the use of antibiotics to deal with various diseases. The antibiotics act powerfully and yield quick results in curing a disease. But, in the process of curing a disease they give rise to adverse side-effects.

## The Role of the Mind in Causing Sickness

Allopathic doctors experiment only with matter. They do not take the inner consciousness (Self) into account. In spite of the prodigious technological developments in the world, man is not able to enjoy peace. Peace cannot be achieved by knowledge of the physical. Peace should come from inner feeling or the Spirit within. It is only when the body, the mind and the Spirit are in harmony that peace will prevail. **Medical science should recognise the role of the mind in causing sickness. Good health confers mental peace. Mental worry impairs physical health.** *Ayurveda*, therefore, lays emphasis on mental peace and aims at the elimination of the root cause of disease.

**There are three basic factors which are responsible for health or disease in the human body according to Ayurveda.** They are *vaatha* (vital air), *pittha* (bile) and *shleshma* (phlegm). *Vaatha* accounts for 36 diseases, *pittha* accounts for 98 and *shleshma* for 96 diseases. These three factors are essential for the human body but they should be in proper balance without exceeding their respective limits. When they are in balance, there will be no disease. Moderation is the golden rule for good health.

For the treatment of disease arising out of *vaatha*, *pittha* and *shleshma*, gingly oil, *ghee* and honey respectively are prescribed as remedies. These should be taken in moderation. The body is a gift of God and cannot be made by doctors. The human heart beats 1,03,000 times a day. The blood circulation in the body is computed to cover 1,68,000 miles per day. Man breathes 21,600 times and consumes 438 cubic feet of air every day. These are based on Divine Will and are regarded as a Law of Nature.

God is the preceptor of *Prakriti* (Nature). The body is unclean in many ways and is subject to various diseases. But in such an inherently unattractive abode dwells the most valuable divinity. **Man should always act in harmony with Nature, which is reflection of Divinity.**

### **Heart Troubles Are Caused by Hurry, Worry and Curry**

What is the cause of heart ailments? Many doctors say that they are due to smoking, consumption of fatty foods, overeating and other habits. The relationship between food and habits should be properly understood. We should see that proper balance is maintained between the physical body and inner feelings (Spirit). Modern man is continuously in a hurry. Hurry causes worry which affects the physical health. **The main cause of heart troubles may be said to be hurry, worry and curry.** Curry means fatty foods. Many doctors have made investigations in this field but the results have not been made known widely.

Heart diseases are found to be more rampant among non-vegetarians while vegetarians are not prone to heart ailments to the same extent. This is because of higher percentage of fats in non-vegetarian food which increases the cholesterol in the blood. Worry causes high blood pressure and hurry causes diabetes. Both of them are like twins, one acting on the heart inside and the other on the blood.

Every one should know how to control these causes. Some people do not do any physical exercises and lead a sedentary life. My advice to office-goers and students is that it is good for them to commute by cycle at least 5 or 6 kilometers a day. This cycling exercise is very useful not only for maintaining health but also for reducing the expenditure incurred on automobiles. Another advantage is the avoidance of accidents. Moreover, it serves to reduce atmospheric pollution caused by the release of harmful fumes from automobiles. **The carbon-dioxide smoke from motor vehicles and factories is already polluting the air in cities and is affecting the ozone layer above the earth.**

### **Purifying the Environment Is the Primary Task**

The primary task is to purify the environment which is affected by pollution of air, water and food. All the five elements are affected by pollution. **People should, therefore, try to reduce the use of automobiles and control the emission of harmful industrial effluents.**

In the ancient times, sages and scientists commended the *Ayurvedic* system of treatment as it was considered a natural system for curing disease. Trees play a vital role in helping mankind to receive oxygen from the atmosphere while they absorb the carbon dioxide exhaled by human beings. **Hence, the ancients favoured the growing of trees to control atmospheric pollution.** But nowadays trees are cut down indiscriminately and pollution is on the increase. The relationship between man and trees is indicated by the term "Vanaspatti" (herbs) employed in *Ayurveda*.

Man is leading an artificial life today. One should understand that he is not merely the body but a combination of body, mind and Spirit. In the *Gayathri mantra*, “*Om Bhur Bhuvas Suvah*” is the first line. In this *Bhu* refers to matter, that is the body (materialisation), *Bhuvah* refers to the *Prana Shakthi* (Life Principle) which animates the body (vibration), and *Suvah* refers to *Prajna Shakthi* (Awareness or Conscience) which acts through radiation. Hence man is made up of *Prajna* (awareness), *Prana* (the vital force) and the body (the material substance).

The doctors should not consider only the body (matter), but should take into consideration the *Prana* (Life Force) and *Prajna Shakthi* (Integrated Awareness). *Prajna Shakthi* is the radiation energy that promotes wisdom. Vibration is the expression of the *Prana* (Vital Force). In every action, there is a vibration which is in between the consciousness and the physical body. **We should see that the mind is not influenced by any external “force” but by the internal “source,” which is *Prajna* or integrated awareness.**

### **Doctors' Duty to Ensure Healthy Life for All**

*Esteemed Doctors!* You must strive to ensure long and healthy life for the people. In My view a Divine life is more important than mere long life. What is the use of a selfish person leading a long life without rendering service to society? Only those who serve the society and the nation, should have a long life. **The essence of the eighteen Puranas of Vyasa was given by him in the motto “Help ever, hurt never.”**

It is true that doctors generally work with devotion and dedication. It will be better if they develop more devotion towards God instead of being concerned with earning money. Obviously money is needed to carry on worldly life but there should be a limit to the acquisition of money. The use of money should be properly regulated. When one does not observe restraint in daily life, he is a prey to disease. The body is governed by limits and controls. The temperature should be 98.4° F neither more nor less, the blood pressure should be 120/80. Any increase or decrease

spells illness. Doctors should not compete with one another in earning huge sums and acquiring more and more possessions. They should render free service to the needy and the poor. **The spirit of sacrifice is the hallmark of true education. Money earned should be usefully spent in a spirit of sacrifice.**

### **Health and Human Values**

There should be a harmonious blend of religion, philosophy and art for man to live healthily in the world. In this context **religion means the religion of love. This is the only religion in the world. There is only one caste, the caste of humanity. One should cultivate human values for healthy living. This calls for harmony in thought, word and deed.** When you cultivate this harmony you will be free from desires and fears. As selfishness is rampant in the field of medical science and other branches of sciences, the world is rocked by many hazards and calamities.

Doctors should educate laymen about the various reasons for heart ailments. Whenever people think of heart disease, the prospect of an operation looms large before them as a bugbear. As far as possible you should avoid surgery and try to cure the patients by drugs. Doctors should treat operation as a last resort. As the word operation creates fear in all types of people, whether rich or poor, high or low, you should help them to develop self-confidence and remove the cause of fear.

### **What the Super-Speciality Hospital Signifies**

*Divine members of the medical fraternity!* It is not My intention to extol the excellence of our hospital here. I wish to highlight the fact that the people in these areas used to be mortally afraid of heart disease because there was no facility for specialised medical or surgical treatment and they had to take the patients to far off places entailing enormous expense. But, from November 22, 1991, when the Super-Speciality Hospital started functioning, even kids entered the hospital smilingly without any sense of fear. Their courage and faith ensure successful treatment. **This is the only hospital where you can see patients, doctors, nurses,**

**technicians and paramedical staff with smiling faces.** Even the relatives accompanying the patients are all smiles. Wherever you move in the hospital, you can see smiling and cheerful workers doing their duty with devotion and dedication.

How has this happiness come to the people who go to the hospital for treatment of dreaded diseases? **Happiness arises out of union with God. Because there is lack of faith in God elsewhere, there is grief. But in our hospital there is full faith in Divinity.** Most people who have all physical comforts do not have inner peace. We get peace only from within us. If one acts in consonance with one's conscience one gets peace. A spirit of sacrifice is essential for securing peace.

This hospital is not Swami's. It belongs to all of you. This hospital was established with the noble aim of serving suffering humanity. Besides excellent equipment of the highest quality, we have here the most modern facilities for medical and surgical treatment and, above all, a team of dedicated doctors and other staff who render selfless service with a smile. **The construction of the hospital was completed in an incredibly short period of five months.** The construction of a hospital of this magnitude might have taken even ten years if the Government had taken up the work. When I announced on November 23, 1990, that this hospital will function from November 22, 1991, many eyebrows were raised, doubting the possibility of the date being kept up. But it became an accomplished fact as Willed by Swami.

### **Devotion and Selfless Service of Doctors**

Dr. Venugopal came from Delhi to conduct the operations on November 22, 1991. Ever since he took up the work it has been a saga of success. It has not been mentioned in the public before that he is a doctor in Government service working in the All-India Institute of Medical Sciences. He used to start from Delhi on a Saturday; arrive here and perform operations on Sunday and return to Delhi for work on Monday. He has not taken any remuneration for his

work and has defrayed even the travelling expense himself. I am mentioning these facts only to highlight his devotion and sense of selfless service. His entire team is of the same type. They are very happy to have the opportunity to serve here. Their purity of heart and selfless service have helped the hospital to achieve such splendid results.

Most of the nurses and technicians are our college students. They were sent to Delhi for technical training in the operation of highly sophisticated equipment. They have often been working smilingly from 6 A.M. to 12 midnight. They serve here only out of devotion to Swami and not for money.

To cite an example of the spirit of dedication of the staff, yesterday while Swami was returning from the hospital, nurses who had done hard and strenuous work for more than three days were found walking on the road and on enquiry it was learnt that their bus broke down and they decided to trek the long distance back to the Mandir on foot. Swami asked them to wait there and arranged for a relief bus to pick them up. **The relationship between Swami and devotees is heart to heart based on love.**

### **A Word of Advice to the Doctors**

Not a single *paise* is collected from patients for anything, right from diagnostic tests to surgery and after-care. Even nutritious food is supplied free to the patients. In the beginning, the innocent and simple village folk did not know how to use the hospital beds. Some of them slept under the cot saying in utter simplicity that they were not worthy enough to sleep on such expensive beds. Patients do not show any sign of worry in this hospital.

**I wish to give a word of advice to the doctors. While you are examining the patients you should have smiling faces and talk to the patients sweetly.** If you check the pulse with a grim face the patients may collapse fearing that there is something radically wrong. Some patients even dread the very sight of a doctor when he approaches to examine. This is not good. **Doctors should infuse courage in the patients**



**and speak soothingly radiating compassion and love.** The kind approach of the doctor will have greater healing effect on the patients than the medicine itself. Doctors must instill courage in the patients. **Swami wants more hospitals to render free treatment to the poor.** Doctors should cooperate and work with unity.

### **Aim at a Disease-Free Human Society**

**It is only by sense control and steadfastness that one can lead a happy and healthy life.** Along with control of the mind, one should control the temper and avoid tension. **Prevention of disease should be the goal.** We should aim at a human society free from

diseases. It will be a happy day when a hospital gets no patients at all.

All of you have assembled here to discuss and exchange your knowledge and experience in the field of medical science, particularly relating to treatment of cardiac and cardio-vascular cases. I wish you should discuss freely and find solution to problems and render service to the people.

February 6, 1993  
International Conference on  
Cardio-Vascular Diseases,  
Sri Sathya Sai University Auditorium,  
Prasanthi Nilayam

  
*“One whose heart is filled with compassion, whose words spell truth, and who works for the welfare of others will never suffer from difficulties or diseases even in the Kali Age.”*  


# Prevention Is Better Than Cure

*Charity is the ornament for the hand.  
Truth is the adornment for the tongue.  
The scriptures are the ornaments for the ears.  
Of what avail are other ornaments?*

*Embodiments of the Divine, Practitioners of Modern Medicine!* It is *Danam* (charity) that lends adornment to the hand. Only Truth lends beauty to speech. The scriptures serve to adorn the ears. Man needs no more beautiful ornaments than these. **The glory of Divinity consists in sanctifying human existence by these ornaments.**

The human body is a thing of marvellous beauty. Men cannot easily comprehend the secret of God's creation. No one can explain how the eyes have acquired the power of seeing this phenomenal world.

The beauty of all the organs in the human body is a secret of creation. Doctors try to find out how each sense organ and how each limb functions. No one tries to find out why they are functioning in this manner. This secret can be grasped only through the *Atmic* or Divine Principle.

Human life is based on six constituents in the *Panchabhuthas* (five basic elements) and the *Atma*. To recognise this fact, three paths have to be pursued. **One is to recognise within one's self the presence of Nature and the Divine. A second path is to recognise**

in God the cosmic creation and one's self. The third path is to see in Nature the presence of God and one's self. It is only when knowledge is acquired by these three paths that *Atma Jnana* (Knowledge of the Self) arises. This three-fold path is termed *Prajna* (Integrated Awareness). Every man should try to understand this three-fold path. This can be done at all times in all places. It has universal application. It has permanent validity everywhere. But, man gets involved in what is impermanent and ever-changing.

## Treat the Patient; Not the Disease

There are in the world today highly intelligent and experienced doctors of great renown. They are, however, concerned only with the cure of diseases and not the redemption of the patient. **It is more important to cure the mental condition of the patient than to relieve his physical illness. Doctors treat the disease and not the patient.**

During the past two days, the doctors have been discussing how to cure diseases. They have presented statistics as to the number of cases handled, the number of cures effected and the incidence of mortality. The doctors have had some doubts about how all diseases are cured in our Sathya Sai Hospital. How does this happen? There is a good answer for this doubt. **In regard to any action, if it is done with a pure heart and good intentions, it is bound to be successful.** Man today regards self-interest as a way of life. This has become the philosophy of the modern world. But, we should consider *thyaga* (sacrifice) alone as the true philosophy for the world. When you approach the patient in a spirit of sacrifice, the patient's feelings get purified.

## Vibrations of Light around the Body

**Our body is surrounded by Divine vibrations.** If you look at the thumb, there are vibrations of light around it. Few attempt to recognise this phenomenon. **The body is surrounded by vibrations of light. When these vibrations of light from one person meet another's, several good things happen.**

There are two important organs for man. **One is the heart and the other is the head. The head is preoccupied with enquiring into mundane phenomena. It is concerned with the external. Its focus is on objects outside. The heart looks at what is within.** The concern with the external has been termed *Pravritti Marga* (the path of externals). All man's actions today, including the knowledge he acquires and the wealth he gets, are all related to the *Pravritti Marga*. The six vices of *Kama* (lust), *Krodha* (anger), *Moha* (infatuation), *Lobha* (greed), *Madha* (pride) and *Mathsarya* (jealousy) are related to the *Pravritti Marga*. These undergo constant changes. Because the body is associated with these qualities, it is also subject to change.

But the heart remains unchanging. It is associated with the *Nivritti Marga* (the Inward path). **What are the qualities associated with the heart? Truth, compassion, love, forbearance, sympathy and sacrifice.** These human qualities emanate from the heart. So, **in human life, the head and the heart play crucial roles. These two are kept in balance by the hand. Thus, the heart, the head and the hand are the three H's which are important in studying the human predicament.**

### **Close Nexus between the Mind and Prana**

What are the causes of diseases of the heart? All diseases are a reflection of *Pravritti*, the disposition of the mind. Hence, in worldly matters, man should follow the right path. In this context, two elements among the five basic elements are important. "*Bhikshaannam Dheharakshaartham, Vasthram Seetha Nivaraaranam*" (Food is essential for protecting the body; raiment is necessary for protection against cold). Associated with food is water. These two occupy pride of place in human life.

Life principle (*prana*) is the subtle form of the water consumed by man. The mind is the subtle form of the food taken by man. Hence a close nexus should be established between the mind and *Prana* (life force). **As is the food, so is the head. Man's thoughts, desires and aspirations are related to the kind of**

**food he consumes.** For instance, you may discern from practical experience how food affects the mind. The cyclic process which starts with the formation of clouds and ends in the harvest of grain, determines the kind of food one can have.

Heat (or fire) is the basis of this process. This fire is present within man as *Jatharaagni*, the digestive fire, which accounts for the conversion of the food consumed by man into various forms of energy. This fire has to be in proper balance. When the balance is upset, you have illness. The state of man's body depends on the maintenance of this balance. Man's entire life depends on preserving this balance. When is the balance upset? When there is no mental steadiness. **Men today develop all kinds of intellectual abilities, but they have not learnt how to keep the mind steady. When serenity of mind is achieved, there will be no disease.** Illness will not approach you at all.

### **Importance of Food in Maintaining Health**

There should be some regulations with regard to food. Many doctors emphasise the value of proteins and recommend meat, eggs, etc. But proteins got in this form serve only to build the body, but do considerable harm to the mind. Doctors are primarily concerned with the gross physical body. They pay little attention to the subtle form of the mental make-up. **Most of the diseases that are prevalent in the world today are related to the mind.** Mental illness seem to outnumber physical ailments. The *Vedanta* has declared that the mind is the cause of man's bondage or liberation. **This means that the mind has to be used properly and turned godwards. Equally the mind is responsible for health or sickness.**

In this context, food is all important. Proteins are present in milk, curds and vegetables as much as in meat. If, in the matter of diet, the doctors give the right prescription, diseases can be averted.

### **Prevention Is Better Than Cure**

**In My view, instead of treating people after the onset of illness, it is better to ensure that they do**

**not fall ill at all.** Both doctors and the authorities should educate pregnant women about pre-natal care of children in the womb. It is distressing to find that new-born babies suffer from congenital heart diseases. Dr. Iyer showed the picture of a smiling child that had grown up after a heart operation shortly after birth. While one rejoices at such a sight, it is frightening to think of the operation that had to be done on a ten-day-old infant. In the case of congenital heart diseases, neither the parents nor the child can be happy. Nor can society be happy with such a situation. Something must be done to prevent heart troubles developing during pregnancy.

**There are medicines for preventing congenital heart ailments. For instance, if the mother is given various vitamins, the child's heart can be strengthened.** The mother should be taught all about pre-natal care and given the necessary medicines. Pregnant women should be periodically checked in the hospital. **It is better to take all preventive measures before the birth of a child than to carry the burden of bringing up a weak and crippled child all his life.**

Doctors alone cannot impart this message to all women. They can only advise those who come to them. But doctors can bring home to the authorities their responsibility in the area of preventive measures. What is the use of spending *crores* on curative measures without promoting health? It is a waste of money. There are many hazards in the use of antibiotics in the treatment of certain diseases like tuberculosis and the use of pesticides in agriculture.

### **Doctors Should Be Grateful to the Society**

Doctors should realise what they owe to society, which has preserved and imparted to them their knowledge of the medical sciences. Medical knowledge has been enriched by the contributions of dedicated investigators over centuries. **Doctors should be grateful to society for all the knowledge and skills they have acquired from the dedicated labours of others.** They should realise their deep indebtedness to society for all they have received from it. Only

**then, they will use their knowledge and skills in the right way.**

People today think in terms of only their personal interests. They should develop a social consciousness, realising what all they owe to society. Men today have become so utterly selfish that they behave in inhuman ways. They do not make proper use of their talents and resources in the service of their fellowmen.

**Doctors are embodiments of the Divine.** As such, it is their duty to see that people do not shed tears of grief. They may doubt how far this is possible. Do as much as lies within your power. What happens thereafter need not bother you. **Treat Duty as God and Work as Worship.** If you carry on your work in this spirit, the world will be a happier place for all.

I have to give a word of advice to the doctors present here. There is a tendency to specialise in the treatment of heart diseases which has gone to absurd lengths. I would advise the doctors to treat the heart as a whole and not fragment every part of it for specialised treatment. Specialisation has grown to alarming proportions in the world today. Doctors should be "generalists," who know how to treat different ailments of a patient.

**The heart teaches an important lesson to man.** It appears to beat tirelessly without stopping. But, in fact, it is able to rest in brief intervals between one beat and another. **The heart teaches you how to take rest even while at work.** I often tell the students that "change of work is rest." This is the way the heart functions when it pumps the blood from one chamber to the other.

### **Lessons from the Human Cell**

Few can realise the limitless potentialities of each cell in the human body. It is one of the great secrets of creation. The cells teach man the lesson of *thyaga* (sacrifice). **For the progress of human life, sacrifice is essential.** The scripture declares that **immortality can be attained only through sacrifice.** Immortality means the removal of immorality. The various cells in the body account for the performance of various functions by the senses and other limbs of the body.

The power of the cells comes from the Divine. No one can explain it. Modern scientists term it as a "Law of Nature." But wherefrom has this "law" emerged? There should be some one who lays down the law?

For every product, like this silver tumbler, there is a maker. Silver is God's creation. The tumbler has been made by a goldsmith. It has not come as a ready-made tumbler. You have on the earth water and clay. They are God's creation. By mixing them both, the potter makes pots out of them. The creator for the pot is the potter. **God is the Creator of the five elements - space, air, fire, water and earth. No one else can create these elements.** But man makes use of these natural elements for making objects for his enjoyment. One man produces an aeroplane for flying. Another makes a parachute for safety if something happens to the plane. Scientists should be concerned with producing things that ensure safety.

### How the Divine Works

In this connection, I should like to tell you something whether you believe it or not. I do not have any worry. When I embarked on the construction of such a big hospital (the Super-Speciality Hospital), Joga Rao used to say: "We are drawing up such gigantic plans. We don't have enough money. How are we going to construct this hospital?" He was highly apprehensive. I told him: "What we are undertaking is good work for the welfare of others. There is no selfishness in Me. We are doing everything for the well-being of the world. Do not give room for these depressing thoughts. The hospital is bound to come up. Have this confidence."

**When does such confidence arise? When you know you are engaged in a good cause.** There is a difference between an optimist and a pessimist when they view a glass half-full of water. The optimist is glad that the tumbler is half-full, while the pessimist is sorry that the tumbler is half-empty. **You should not give way to pessimism. You must feel content with whatever you have. With contentment, anything can be achieved.**

### Medical Education Should Lay Stress on Quality

The plight of doctors (in India) deserves sympathy. Many of them have to spend large sums to get seats in medical colleges and to complete their education. The doctor is worried how to recover the money that has been spent on his education. Something must be done to solve this problem.

For instance, no one should be admitted in a medical college merely because he is able to pay a large capitation fee (of *lakhs* of rupees). Only those who have the talents and aptitude for medical studies should be admitted. Such students will immensely benefit from medical education and will be of use to society. Today you must have either plenty of money or influential backing to get into a medical college. Students who get admitted this way take even twelve years to complete the five year medical course. Of what use are such men? The stress should be on quality and not quantity in the sphere of medical studies.

In earlier years, medical students used to work hard spending even 18 hours a day. Without such hard work, no one would get his degree. Alas! today things are otherwise. Students pass without much study. Such ill-educated doctors are a calamity to the nation. Not all doctors are of this kind. There are quite a few competent doctors.

It is the duty of the medical profession to rectify this situation. They should contact the authorities to bring about reforms. Only then will the nation progress.

We do not need many hospitals. Patients can be treated easily. In My view, there is no need for you to worry about money and resources. **Treat your patients with love: Duty is God.** This love should be mutual give and take. You may charge fees for your services, but do it with love. This is the right course for you. When you render service in this spirit, you will be successful in all cases. When you treat the patient with love, you will win the patient's love. **Hence, your motto should be: "Start the day with love, fill the day with love and end the day with love."** This is the way to God.

Our American doctor, who addressed the valedictory session, said that doctors should speak sweetly to patients. **Whatever you do should be filled with love. A patient feels reassured when he sees the smiling face of a doctor.**

### Tribute to Participants of Medical Conference

*Embodiments of Divine Love!* You have come from long distances, undergoing many strains. Conferences and symposia of all kinds are held all over the world all the time. But none of the decisions arrived at these gatherings are implemented. Our Symposium is different. You have all come in a spirit of dedication. The decisions taken here should be implemented. You came here to learn from others as well as to share your experiences with others. You should return all the better for your visit. You should feel encouraged by your experiences here. Elated by this experience, you should be able to achieve many things. Return to your countries with joy in your hearts. You have had edifying experiences.

It is fortunate that highly experienced doctors have been able to participate in this Symposium. They have also visited our hospital and given many useful suggestions for enlarging its usefulness in the years ahead. We shall try to give effect to these suggestions. We are making plans for developing the Urology and

Neurology wings. Please convey your experience and suggestions from time to time and encourage our doctors to do better. We wish that you should also make occasional visits to our Institute and Hospital. You are always welcome. Do not have any hesitation. This is your Hospital! Not Mine. You are My property. Do not wait for invitations from here. There can be no objection to your coming to your own home.

Highly experienced professional men have come here. No Conference could have taken place in such a peaceful atmosphere as here with such pure hearted participants. In most conferences there are heated debates. Here everything was peaceful and calm. It was a sacred exercise. As Dr. Somaraju said, **we have here a temple, where proper prayers should be offered. What should be this prayer? It is: All patients should get well. "Loka Samastha Sukhino Bhavantu!" (May all the worlds be happy!)**

I conclude My Discourse with the benediction that in the years to come all people should lead healthy and ideal lives.

February 7, 1993  
Valedictory Discourse of the International  
Symposium on Cardio-Vascular Diseases,  
Sathya Sai University Auditorium,  
Prasanthi Nilayam



*"Treat Duty as God and Work as Worship. If you carry on your work in this spirit, the world will be a happier place for all.*





# Observe Purity, Patience and Perseverance for Good Health

*Embodiments of Divine Atma!* It is essential to observe the principle of moderation in food habits, work and sleep. The Buddha, preached the same principle of moderation to his disciples. "Be always moderate, never indulge in excess," proclaimed the Buddha. **In fact, moderation is the royal road to happiness.**

The modern man, who flouts the principle of moderation in every aspect of life, endangers his health and well-being. The food consumed by man should be proper, pure and wholesome. But nowadays people eat whatever they get and wherever they get it, and thereby spoil their health. Food plays a major role in the preservation of health. Care should be taken to see that the food consumed does not have much fat content, for the fats consumed in large quantity are detrimental not only to one's physical health but also to one's mental health. **Meat and alcoholic drinks take a heavy toll on man's health, causing many a disease in him.**

## The Efficacy of Cardiac Surgery

This International Symposium has for its theme "The Heart and Its Ailments." Also on the agenda are discussion about the preventive aspects of diseases as well as the treatment and cure of heart diseases. Questions are raised about the efficacy of cardiac surgery and its related effects.

The heart is a special organ in the human system. It is pulsating ceaselessly unlike the other organs. Heart

surgery is a highly complex operation, as the surgery has to be performed without arresting the heartbeat. At the same time the functioning of the lungs has also to be kept up.

Medical men of genius invented the heart-lung machine in 1956 to carry on the activities of the heart as well as the lung during cardiac operations. The machine takes upon itself the function of the heart and the lung ensuring purification of the blood and keeping up circulation of the blood. The details of the functioning of this heart-lung machine are well known to the doctors. The tube which is fitted connecting the heart and the machine should be airtight and should be fixed with great care, for any lapse in the fitting of the tube may cause air bubbles which will endanger the patient's life.

Unfailing power supply is most crucial for the success of the operation as any interruption in power supply will stall the operation. Therefore we have to depend on generators for ensuring uninterrupted power supply during the course of the operation.

## Prevention Is Better Than Cure

Questions are posed whether heart surgery ensures a permanent cure. Cardiac surgery is helpful in so far as it enables the patient to carry on his daily activities and lead a normal life. But, it is wrong to conclude that surgery is the only way of curing heart diseases. Some of the diseases can be cured even by medicine. **In My opinion, it is the primary responsibility of every individual to prevent becoming a victim of heart disease by regulating his food and other habits. Prevention is better than cure.** There will be little room for cardiac ailments if one's food habits are properly controlled and regulated.

Research has revealed that non-vegetarian and alcoholic addicts are more prone to heart ailments than vegetarians. If the vegetarian food that is consumed is to be balanced and wholesome, it should contain liberal doses of vitamin C and vitamin E, which are available in

vegetables like carrots. The presence of these vitamins prevents heart ailments in a large measure. Every effort should be made to keep the human body healthy. Health is wealth. Wealth cannot be enjoyed by a person with poor health. Health is more important because it gives physical and mental strength to a person.

Birds and beasts do not suffer from cardiac and digestive ailments to which man is prone. The cause can be traced to the natural food which the animals consume, unlike human beings who consume all sorts of fried and cooked items of food being slaves to the palate. Modern man consumes many artificial foodstuffs and a variety of alcoholic drinks, which are injurious to health. **Birds and beasts lead natural lives, while the artificial life styles of man today takes a heavy toll on his health.**

When man observes moderation in diet he can be saved from most diseases. In the entire range of God's creation man alone is endowed with the faculty of discrimination. It is this faculty which sets him apart from animals. Man should exercise his discretion and discrimination in regard to food habits.

### **How to Bring about Mental Transformation?**

The progress of the universe is bound up with the progress of man. Any amount of development in the areas of scientific, economic and social spheres will not be of much use without mental transformation. **How can we bring about this transformation? It is by restraining passions and emotions. Since mental tension is most detrimental to man's health, man should learn the art of controlling his passions and emotions, which cause stresses and strains.**

**It is also essential to keep our mind serene and peaceful while eating food.** We should not indulge in discussion of topics which will cause agitation and excitement and disturb our mental peace while we are taking food. Mental tension is responsible for ill health. **We should also avoid viewing TV, video, etc., while eating food, as they may cause mental disturbances.**

Today there is pollution in everything such as the air we breathe, the water we drink, the sounds that are jarring to the ears and the food we consume. Because of this all-round pollution, man's health is affected. Apart from this, man's mind is also polluted making him susceptible to diseases. Man should make an earnest endeavour to lead a serene and pure life. He should realise the truth that troubles and turmoils are temporary, like passing clouds. There is no scope for agitations to arise if one realises this truth. One who realises this truth will not allow his mind to be swayed by the passions of anger, cruelty, etc. Passions yield only temporary satisfaction, but cause serious emotional disturbances. Hence, it is imperative on the part of man not to yield to any unbecoming passions while taking food. **The observance of the three P's, namely, purity, patience and perseverance, vouchsafes permanent happiness and good health free from diseases.**

### **The Three Root Causes of Cardiac Ailments**

It is not only unbridled passion which damages the health of man. Living on ill-gotten money also causes ill-health to some extent. Living on earnings got by unjust means causes many unknown diseases to take root in us. It is said:

*As is the food, so is the mind;  
As is the mind, so are the thoughts;  
As are the thoughts, so is the conduct;  
As is the conduct, so is the health.*

**Man today is a victim of worry. What is the cause of this worry? Lack of contentment is the cause.** The rich man is not contented in spite of the accumulation of wealth. Worry causes hurry and both together bring about ill-health. So, **Worry, Hurry and Curry (fatty foods) are the root causes of cardiac ailments.**

The consumption of large quantities of fat is the cause of cardiovascular diseases. Doctors advise against the consumption of fatty food stuffs which cause increase in weight resulting in susceptibility to cardiac diseases. The presence of toxins also inflicts equal damage. So one should eat in moderate quantity

the right type of food and avoid intoxicating drinks to safeguard his health. **The intake of food should be gradually reduced after crossing 50 years.**

**Some people consume food indiscriminately unmindful of the caloric content of the food taken.** For example, people eat *pappads* (thin circular flour preparations) fried in oil which have high calorie content. People also consume *ghee* which is also a high calorie food. A single *pappad* has 100-150 calories of energy. A single spoon of *ghee* has 100 calories of energy. Even when the quantity of food intake is reduced, reductions in the calorie content is not ensured.

There are some doctors who advise their patients against smoking and addiction to alcohol, but they themselves smoke and drink! **This gap between precept and practice raises doubts in the minds of patients about the value of the medical advice given by them.** Such doctors, who do not observe harmony in speech and practice, mislead the patients.

### **Triple Qualities That a Doctor Should Reflect**

*Embodiments of Love!* You have high degrees such as MD, FRCS, MRCP, etc., as a result of your sincere striving. But it is a mistake to think that these degrees are yours. In fact these degrees have been conferred on you for your study, skill, memory power and knowledge. **These degrees will truly belong to you on the day you apply this knowledge in practice.** Unfortunately, in this modern age all activities and professions are tainted by a commercial outlook and greed for earning money. Even the sacred profession of a doctor has degenerated into a business.

**A doctor should reflect the triple qualities of sacrifice, love and compassion in treating his patients.** But some doctors do not have these virtues at all! They misuse their Divine and sacred knowledge for the sake of money.

Money is important, but we must exercise discretion in this regard. **You can charge the correct fees from the wealthy, but be kind and considerate while dealing with the poor.** Try to give free treatment

to the poor. You should not treat a millionaire and a pauper alike! It is said, “*Vaidhyo Narayano Harihi*” (The doctor is equal to God). As the Lord has love and compassion, doctors too should have these Divine virtues of the Lord. A doctor devoid of these virtues is not a doctor at all!

Doctors should win the hearts of the patients by talking to them with compassion and concern. Diseases are half cured when the doctors talk to the patients with love and consideration. **The sick and the diseased respond favourably to your treatment once you start talking to them with love and with a smiling face.** But, if you wear a grim expression, the patient loses heart. Doctors should administer the injection of courage and encouragement as calcium administered to the weak. It is essential that doctors should have the sterling virtues of love and compassion. Compassion is more important than money.

### **Swami's Example to Lead a Healthy Life**

How to lead a healthy life? Let Me tell you about My own health. I am sixty-eight years old, and believe it or not, My weight since My 14<sup>th</sup> year of age has been constant at 108 pounds only. It never went up to 109 pounds nor came down to 107. You can lead a healthy life once you achieve this kind of balance and moderation. I never eat even a little bit excess. I observe the principle of moderation whether I am invited for food by a millionaire or a pauper. Even though I am sixty-eight years, My body is in perfect trim! I do not suffer from aches and My heart is as sound as a rock. There is none who can work like Me and exert himself as much as I do! **The secret of My sound health is My regulated food habits.** This is how one has to achieve the unity and harmony of food, head and God.

### **Spirit of Sacrifice of Some Doctors**

**The foremost quality of a doctor is the spirit of sacrifice.** We have organised this Symposium to explore ways and means of rendering help to the sick and the diseased. We have in India some doctors who lead lives of sacrifice like Dr. Venugopal, Dr. Bhan and Dr. Sampath from the All-India Institute of Medical

Sciences. These doctors, who are committed to the cause of service, come to our hospital without even charging the travelling expenses. Their sacrifice contributes to the sanctity, of this Institute of Higher Medical Sciences. There is an atmosphere of infective joy and good cheer which pervades our hospital. Everybody is in smiles – the patients, their relatives, the nurses, the doctors, everyone! They are all like flowers in full bloom. It is not the same with most other hospitals.

The essential mark of a hospital is its cleanliness. Clean toilets are an index of the cleanliness of a hospital. Our hospital is as clean as a mirror, as it is kept always clean by the team of dedicated *Seva Dhal* volunteers who relentlessly work hard with a spirit of service and sacrifice. It is not the service of one, but the service of many which has contributed to the rapid development of our hospital! **A single flower cannot make a garland. All the people - the patients, doctors, workers - work in a spirit of harmony and unity. It is this sense of unity which contributes to purity and this purity of heart secures divinity.**

**This hospital is a direct proof of the presence of purity, unity and divinity. It is our fond hope that such purity, unity and divinity should prevail in other hospitals as well!** Unity is most essential in all fields of activity – moral, scientific and spiritual. Purity vanishes in the absence of unity. **Divinity will be absent when there is no purity and unity.** Humanity will be healthier if doctors resolve to offer two days of free treatment every week.

### **You Can Work Wonders With Purity of Heart**

Some doctors wonder how we are able to give free treatment, free operations and free meals to our patients. To be frank, there should not be any room for wonder in this regard. **You can work wonders**

**with purity of heart. Any work which is started with purity of heart is bound to succeed. Money flows if your work is suffused with love and sacrifice. People will provide munificent funds to support any noble endeavour.** The land of *Bharat* has been a *Punya Bhumi* (Land of sanctity), *Thyaga Bhumi* (Land of sacrifice), *Yoga Bhumi* (Land of spiritual austerities), and *Karma Bhumi* (Land of righteous action). In fact, there is no dearth of money in India.

Doctors should first and foremost have faith in spirituality. Faith in spirituality alone can bring about transformation of humanity. **Spirituality is not the celebration of festivals, not even performance of rituals. True spirituality calls for earnest endeavour to eradicate all animal qualities.** Today humanity has descended to such a degrading level that men see evil in good, without trying to see good in evil.

Doctors who are eminent experts in their fields have come to participate in the Symposium here. Sincere efforts should be made to put your great talents and skill to good use. The climes and countries from which you have come may be different. But all of you have one thing in common: noble feelings. These noble feelings are God's gift to man and come by Divine grace.

**Treat the patients as your own kith and kin.** The help which you extend in good faith to your patients will be rewarded in course of time. It is My wish and blessing that you will have useful discussions and come out with ways and means of helping mankind to be free from heart ailments.

January 21, 1994  
Inaugural Session of the Second International  
Symposium on Cardio-Vascular Diseases,  
Sathya Sai University Auditorium,  
Prasanthi Nilayam

# Service to Man Is Service to God

*Eminent Doctors!* Though axed and maimed by man, trees selflessly serve him by providing him fruits and shade. Rivers carry water to quench man's thirst and to cleanse his body. The cow also selflessly serves man by providing milk. **Man should in the first place realise the truth that he has been endowed with the human body not for seeking his selfish ends but for serving others.** The wealth one possesses, the scientific skill one acquires, and the medical knowledge one obtains, are all secured from society. Since man has gained his wealth, knowledge and expertise from society, he has to discharge his debt to society by doing some good in return to it.

The ideal of gratitude has been handed down the ages as a heritage in India. **A man without this supreme virtue of gratitude is worse than a cruel animal.** Having received his wealth, education and skills from society, if he does not serve the cause of society, his health, education and skills are a sheer waste. It is only by serving society that these acquire splendour and significance.

The relationship that should exist between wealth and deeds can be likened to the relationship between rain water and the ocean. Water from the sea, vaporised by the sun, forms clouds in the sky which in turn come down as rain on earth. The rain water flows as streams which in due course form mighty rivers and merge

in the ocean. Similarly, actions should spring up as clouds from the ocean of righteousness and confer the rain drops of love. The drops of love gather into rivers and merge in the ocean, which is the source.

## Inventions of New Machines in the Field of Surgery

Tremendous advances have been made in the field of medicine and surgery. The invention of the heart-lung machine marked a notable break-through in the field of surgery. The heart-lung machine is like a mother. It performs the functions of the heart and the lung without being aware of it. It does not know in the least that it is pumping, purifying and circulating blood. Like the mother, it is innocent and pure. The mother is unaware that she is sustaining the baby in her womb by nourishing it with substance from her own body.

It is a wonder how the different organs of the body discharge their different functions. The heart performs its functions with utmost regularity and rhythm. It pumps the blood at the right time in the right direction. The lungs and digestive system in the body perform their functions perfectly. **In this marvellous creation of God, the functioning of the body is the most wondrous.** Doctors are aware of this wonderful mystery called the body. Endowed with this knowledge of the human system, doctors perform their services. **They should have the awareness that the service which they render to others is nothing but service done unto themselves.**

## Team-Work of the Organs in the Body

Doctors today have access to the latest techniques and most sophisticated instruments, unknown to their ancestors. At one time, by-pass surgery was breathtaking, but now it has become a familiar exercise. Doctors will come out with techniques far better than by-pass surgery in the years to come. The valves in the human heart perform most intricate and

complex activities. All the organs in the body perform their functions with the finest coordination, displaying most astonishing unity, harmony and adjustment.

The body and the mind work in perfect unison in the human system. Man should first understand the impact of the mind and the body on human life. **The mind exercises supreme influence not only on the health of the body but on the universe too. Man is not merely a human being, he is the embodiment of Divinity. All acts of service done to others are to be treated as service rendered to God.**

Every physician should try to trace the cause of diseases. Doctors should make earnest efforts to educate the people in health and hygiene and impress on patients how food habits and lifestyles affect life and cause diseases. No treatment ensures permanent cure. All treatments enable people to prolong their lives. **But realising the impermanence of life, every person should strive to sanctify his life.** All techniques like by-pass surgery are only artificial means of extending the life span of man. They bear testimony to the doctor's skills. It must be remembered that the heart is the creation of God while art is the creation of man. There is, however, close connection between God's creation and man's creation.

### **It Is Activity That Confers Authority**

It is the duty of the doctors to use their knowledge in the service of mankind. Take for example, Dr. Bhan. As he has been conducting operations sincerely in our hospital, he has improved his surgical skill and has become a senior doctor. Acquisition of skill and perfection in one's work delights one's self. Education gains significance only when it is tested on the touchstone of practice.

One must continuously work. It is activity that confers authority. **A doctor gains happiness in proportion to the work he puts in. The genuine doctor is one who delights in work.** For example, Dr. Venugopal performs ten to twelve operations even without taking coffee. When I ask him to take coffee

or take rest he says, "No, Swami. This work is a source of happiness to me." It is his dedication to work and continuous application which have made him a master of his job. It is the application of his knowledge that lends joy to him.

Our hospital is an infant of two years. Within a short span of time it has become one of the best hospitals. It owes its magnificent success to the coordinated efforts of doctors, nurses, technicians and volunteers. The group from Hyderabad led by Dr. Somaraju also does tremendous work. The team from Delhi does invaluable work. Unity is strength. The doctors in our hospital perform their work with all love and sincerity. They work without any publicity.

The other day Dr. Somaraju performed an intricate operation by making use of balloon technique. Our doctors are making an earnest effort to cure heart ailments without resorting to operation. One single flower cannot make a garland. Many flowers are needed to make a garland. It requires a thread also. **All these doctors are like the fragrant flowers and Bhagavan is the invisible thread which binds them together into a beautiful garland.** Since all the doctors and staff work together, this hospital has earned great name and fame. The love of doctors and love of Swami have contributed to its tremendous success.

### **Faith in God Is Essential for All Actions**

**Without faith in God, we cannot perform any action. It is Divinity which pervades everywhere and works nonstop.** All these doctors have been working as instruments. It is the great joy of doctors and patients which makes the hospital unique. Mr. Rajiv Mahajan, though not a doctor, exerts himself for the sake of the hospital. He comes three days in a month to check the requirements of the hospital. It is his love which prompts him to do all this for the hospital. Though we ourselves sometimes do not bother about the hospital, he himself comes and does the needful.

**This hospital owes its progress to the sacrifice and service of many. But the most important of all**

**is the Will of God.** Dr. Neelam Desai said, "The wings with you and the bodies with us." All these doctors work with the feeling that they are instruments in the hands of the Divine.

Many of you, while glorifying this hospital say "Your Hospital." This hospital belongs to all of us.

It is "Our Hospital!" You are always welcome to this hospital!

January 23, 1994

Valedictory Function of the Second International Symposium on Cardio-Vascular Diseases,  
Sathya Sai University Auditorium,  
Prasanthi Nilayam



*"The mind exercises supreme influence not only on the health of the body but on the universe too. Man is not merely a human being, he is the embodiment of Divinity. All acts of service done to others are to be treated as service rendered to God."*





# Good Doctor Becomes God Doctor

*Not by penance, nor by baths in sacred waters,  
Nor by studying of Scriptures, nor by Japa  
Can the Ocean of worldly existence –  
The cycle of birth and death – be crossed.  
It can be done only by service to good people.*

(SANSKRIT VERSE)

Man seeks to cross the ocean of *samsara* by penance, pilgrimages to sacred shrines, scriptural studies and exercises in meditation. But all these are of no avail without service to good people. All these spiritual exercises are comprehended by *seva* (service).

For the achievement of the four *Purusharthas* (main goals of life) – *Dharma, Artha, Kama, and Moksha* (righteousness, wealth, desire and liberation), health is essential. **Without good health a man cannot accomplish even the most trivial thing. Hence, health is wealth.** However, because of the influence of the present *Kali* (evil) Age, man is a prey to all kinds of ailments and has no peace of mind despite the possession of every conceivable kind of wealth and comforts. There is no dearth of doctors. In spite of the availability of so many amenities, why is man afflicted with disease? Indeed, more than physical ailments, mental diseases are growing limitlessly. Mental sickness caused by tension and worry gives us so many bodily ailments.

Man today is afflicted with discontent. As one set of desires are satisfied, other desires go on cropping up. **If desires are reduced, contentment will grow.** Moreover, because of the perversions of the *Kali* Age, the five basic elements–ether, air, fire, water and earth – are polluted. The water we drink is impure. The air we breathe is polluted. The food we consume is polluted. As a consequence the mind gets polluted.

## Understand the Relationship between Matter and Mind

Today man has to understand the true relationship between matter and mind. When one is asked about the mind, he says, "Don't mind." When he is asked about matter, he answers: "It doesn't matter." By this sort of casualness, man is failing to understand mind and matter.

**Only when man understands the nature of the mind can he recognise the true nature of humanness.** What is the mind? It is not something negative. It is positive. It represents the power of the *Atma*, the power of *Sankalpa* (Will). It can travel any amount of distance in space. It is capable of exploring the powers of the atom. The mind is capable of recognising the truth that is valid for the three categories of Time – the past, the present and the future. The mind is therefore very essential in man's daily life. It is the source of all strength. Man today is indifferent to the importance and the powers of the mind.

## Search for Happiness Within Yourself

Man is seeking happiness from birth to death. The search starts with education. But education does not confer happiness. He desires a job, but that does not make him happy. He then seeks marriage as the means to happiness. Happiness eludes him because the wife claims equal rights. Then he declares: "My life is a total darkness." What is the reason for this feeling? It is the ego that is the cause. As a man grows, his egoism also grows. One after another, desires go on increasing. Their fulfilment does not bring him the happiness he seeks.

Where is this *ananda* (bliss) to be found? It does not exist in material objects. It is not to be found in physical pleasures. **The truth is man is the embodiment of bliss. He is searching for it outside himself. This is the mark of ignorance. When he is the embodiment of bliss, how can he secure bliss outside himself?**

Today, inspite of all his wealth, man is unhappy. He is perpetually racked by lack of peace. Devotees come here from all parts of the world. Each of them asks: "I want peace." Here are three words: "I," "want," "peace." **"I" is ego. "Want" is desire. Remove the ego and desire, you will have peace.** Ego and desire have enveloped peace. When the covering is removed, peace will manifest itself.

Man can lead a blissful life only when he enjoys health. Wealth can offer comforts but not peace. Wealth can provide a multi-storyed mansion but not sound sleep. Wealth can provide bodily comforts, but physical comforts do not produce bliss. Air-conditioners and luxury mattresses may give comfort to the body. But when there is no peace of mind, of what use are these comforts? **The body is like a water bubble, the mind is like a monkey; don't follow the body or the mind, follow the conscience.**

Man today is not following the conscience. He is sticking to the body and mind which are useless. **He must enquire into the problem, "Who am I?" He will discover that the body, the senses and the mind are all the instruments and he is their master.** The master has today become a slave of his body and mind, which should be his servants. You are the Soul. Make it the basis for all your actions.

### Realise the Human Values First

Today man is forgetting his essential humanness. **The first requisite is for man to realise human values: Truth, Righteousness, Peace and Love.** For a bulb to burn, you need a connecting wire, a switch and electric current. **For man, that current is Truth or God. It is energy. This Divine energy has to flow through the wire of Dharma (Righteousness), reach the bulb of Santhi (Peace) and produce the light of Prema**

**(Love). Love is God. Live in Love. Love is everything. Without love, life is a living death for man.**

Love expresses itself in many forms in relation to different persons, but is essentially one. Today love is tainted by selfishness, whether in relation to the mother, the spouse or the children or others. Man's selfishness is polluting the entire society. Attachment to others is natural. But there should be a limit to it. When this limit is exceeded, it becomes a disease. This is true in every case. Because of man's excessive desires, he is prone to diseases of every kind.

The most common source of illness among people today is tension. What is the cause of tension? It is indulgence in excesses of various kinds. Men must learn to moderate the hectic pace of living. **Hurry causes worry and worry causes disease. "Hurry, worry and curry (fatty food)" are the causes of heart diseases. Therefore the first requirement is control of food and head (the mind).** When you control these two, there will be no room for illness.

### Importance of the Eye

Today the new operation theatre has been inaugurated in our hospital. Doctors know that in the eye there are billions of cells which react to light rays. If any of these cells are affected, the vision is affected. **For man the eye is the most important organ for comprehending the Universe. Hence the eye has to be regarded as a sacred instrument.** You cannot change creation, but by changing your vision you can get the proper view of creation.

Here is an illustration. Once there was a king, who developed an acute stomach trouble. All the medicines administered by doctors were of no avail. He then approached a great *yogi*, who told him that for his stomach ailment he had to change his vision. He should see nothing but green everywhere. The *yogi* left and the king ordered that all places in his kingdom should be painted green. Sometime later, the *yogi* returned and found that people were engaged in splashing green paint everywhere. When asked for the reason, they told him that they were carrying out the

king's orders. The *yogi* went to the king and told him that to see everything green, all that was needed for him was to wear green glasses. It was absurd to attempt to paint everything green.

**Similarly if we change our vision, we will experience peace. When people view the world with the vision of love, they will have peace. All diseases will be cured.** Most diseases have their origin in the mind. Everything has a psychological basis. When a person feels that something is wrong with him, he develops an illness. A healthy mind is needed for a healthy body. But it is not enough to be physically healthy. Man needs *Dhaiva-anugraham* (God's grace) also. To acquire God's grace you have to cultivate the love of God. Love has become today a kind of show. Genuine love should emanate from the heart. **Start the day with love, spend the day with love, end the day with love, that is the way to God. If you develop love, diseases will not come near you.**

### Realise the Value of Health

**I am 70 years now. I can see even an ant that is far away. It is not due to Divine power. It is physical power. What is the reason? Diet control. My weight has remained the same for over sixty years – 108 pounds only.** Proper balance must be maintained throughout life. There must be balance in respect of knowledge and several other things. Students pollute their knowledge by seeing bad things, listening to bad things and by bad thoughts. Their minds are perverted by addiction to films. They should learn to lead pure lives. Only then will they experience bliss and health.

*Embodiments of the Divine!* Realise the value of health. **Self-restraint is essential to maintain health.** Regulate your habits and develop good manners, which are the mark of a true man. Similarly the good devotee is one who does his duty. Duty is God. Everyone has to develop the manners required in daily life. The manners should be such that they confer self-satisfaction. You should conduct yourself properly not for the sake of others but for your own sake. When there is self-satisfaction there will be self-realisation. For all these you must have self-confidence. Most

people today have no confidence in themselves and are perpetually racked by doubts. In Jesus's time there was one "Doubting Thomas." But today all are "Doubting Thomases." Everyone is doubting every other.

**For every man two things are essential: *arogya* (good health) and *ananda* (happiness).** Health for the body and bliss for the spirit. With these two wings you can soar to any height. **You need both the things, for which you must secure God's grace.** To get God's grace, you have to engage yourself in sacred action. **Bear in mind the three P's – Purity, Patience and Perseverance.** With these three you are bound to acquire good health and bliss.

### Bhagavan's Example

You may believe it or not. But the truth is that these three are responsible for My *arogya* (health) and *ananda* (bliss). **I am always happy.** I would like to run but there is no place where I can do so. I can lift anybody at this age. This strength is present potentially in everyone. But it is being wasted. If the energy in everyone is properly conserved he can do anything.

The hospital here began in a small way with a single room. Over the years it was expanded. Dr. Rajeswari, mother of Sreenivas, (former Warden of Brindavan Hostel) worked hard to develop the hospital. She devoted all her earnings to the expansion of the hospital. She worked ceaselessly day and night. Ultimately she passed away in the hospital itself. The hospital was her home.

Thereafter, Dr. Savithri has been carrying on the work. Savithri has been working tirelessly. She attends to everything herself. By her work for patients she is becoming a patient herself. She must take care of her health. **Only when the doctor is healthy, the patients can be well cared for.** As is the doctor so is the patient. Hence Savithri must take care of her own health. This is all the more necessary because the hospital is growing day by day. Sreenivas is rendering every help for the hospital. There are others who are also serving the hospital in various ways.

## Free Medical Aid

The Whitefield Hospital which began in a single room, has now grown into a big complex. The doctors have to meet the growing demands on their services. The numbers of patients coming to the hospital are growing all the time. All services are totally free. Not a *paisa* is collected from the patients. Such free medical treatment is not given anywhere in the world. This applies also to the Super-Speciality Hospital in Prasanthigram. Elsewhere hospitals have become big business. In fact, in every sphere commercialisation is rampant. Education is a business, music is a business, health is a business.

The whole world has become a market place. Welfare services should be free for all. **There are numerous people who cannot afford the costs of medical treatment. Doctors should render free service to such persons.** My words should not be misunderstood. Even in the earning of incomes there should be a limit. Many doctors lack determination. They join a hospital on a good salary. But after a month or so, when another hospital offers a higher salary they go over to the new hospital. How long are you likely to stay in the other hospital? When you go like this, you forfeit the confidence of hospital managements. Even workers behave in this way. They shift from place to place. The right thing is to stick to a job for three or four years. Then your work will secure automatic recognition.

## Doctors Should Inspire Confidence in Patients

Doctors are obsessed with salaries. They should be more concerned about patients. When they concentrate on their patients, they will develop into excellent doctors. Inspire confidence in the patients. Then any medicine you give will work wonders. The patients will hail such a doctor as a “good doctor.” A “good doctor” in due course becomes a “God doctor.” *“Vaidhyo Naaraayano Harih,”* it is said. The doctor is Divinity itself. Doctors should render service in this spirit. Service is God.

Very good work is being done in our hospital as well as elsewhere. *Bharat* would not be what it is without good people. Without meritorious people can the world experience light? There are good and bad people in the world. All should become good and develop into godly men. The same *Atma* is present in everyone. Doctors should look after the patients with the same care they would show to their kith and kin. Then all would experience equal happiness.

June 3, 1995  
Sri Sathya Sai Hospital  
Whitefield, Bangalore



“Start the day with love, spend the day with love, end the day with love, that is the way to God. If you develop love, diseases will not come near you.



# Treat Patients With Love

The first message conveyed by *Bharatiya* culture to the whole of mankind is this: “**Let all people live happily, in good health and cheer.**” It desired that no one should experience suffering or misery in this world.

Health is the English term for *aarogyam* in *Sanskrit*. The word health is derived from the Latin word “Healy.” *Aarogyam* has several meanings. One is sacredness. Another is *Paripurnam* (Wholeness). The term thus indicates that all the organs of the body should be perfect and holy. If any organ is afflicted, the body cannot be said to be Whole.

Hence men should aim at achieving perfect health and help others to do so. “*Karmaath Jayathe Narah Karmanyeva Prabodhathi.*” (Every man takes birth as a result of past actions. *Karma* is the cause of death). Thus *karma* is the cause of birth and death.

**Every action has an effect. In any action done by man, its consequence is present in a subtle form.** Action thus is related to its fruits. Moreover, time is also related to action. **Action and time are inextricably inter-related.**

Every action has its own *maarga* (course). One object is separated by space from another. Likewise, time is the measure of the duration between one action and another. Here is a tumbler. Beneath it is a plate.

The space between the glass tumbler and the plate is termed *Dharma*. There can be no separateness between one object and another without this *Dharma*. *Dharma* defines the inter-relationships between two objects.

Now regarding time: A doctor fixes 8 A.M. as the time for performing an operation. By 11 A.M., the operation is completed with the stitching of sutures. The three-hour interval between the commencement of the operation and its completion indicates the time taken for the surgery. In reckoning time, action is also involved. Action is the interval between two points of time. Thus time and action go together. Hence everyone should recognise the intimate relationship between action and time.

**Every action, whether good or bad, has its consequence. There is no action in the world which is devoid of consequences. This is law of nature.** For instance, a finger is cut by a knife. Immediately the finger starts bleeding. The result of the cut is instantaneous. When man slips on a step while walking, he sustains a fall and a limb is fractured. Here again, the result of the fall is instantaneous. Take another example. You had your breakfast this morning. It takes two hours to digest the food you have consumed. In the two earlier examples the results of the actions were instantaneous. But in the case of digestion of food you have consumed, it has taken two hours.

Another example: You sow a seed. It becomes a sapling after some days. To bear fruit it takes some years. **Thus every action has a consequence, but the time interval between action and result varies from case to case.** *Bharatiya* culture recognised the truth about action and consequence. Others have also got to realise this truth.

One who is aware of this truth is unlikely to commit any wrong action, because he knows that good actions produce good results and bad deeds have bad consequences. **Recognition of the Law of Karma will make men lead proper lives. Man today takes**

to wrong paths because they have not realised this truth.

### Way to Maintain Heart in a Good Condition

Health is essential for the body. A healthy mind can exist only in a healthy body. Only a man with a healthy mind will take part in joyous activities.

This Conference is concerned mainly with the heart. Many consider the heart as the most important organ. There is a way to maintain the heart in good condition. Most of the organs in the body are in an immobile state. But the heart is continually active. It is difficult to perform an operation on an organ which is ceaselessly at work. If the heart has to be stopped beating for performing an operation, this cannot be done for more than two or three minutes. No operation can be done in such a short time. Hence heart specialists investigated the methods by which the heart could be kept inactive for a few hours so that cardiac operations could be performed. The heart-lung machine was designed to enable heart operation to be done.

The heart is the primary organ for keeping the body well. Only when the heart is sound there can be proper blood supply to the whole body.

Who invented the heart-lung machine? It is a product of human intelligence. This shows that intelligence is even superior to the heart. It is this intelligence that has been responsible for the discovery of numerous devices.

### Recognise the Relationship between Time and Action

It is by the use of intelligence for a practical purpose that doctors have found the technique of carrying out heart operations. **The intelligence is as important as the heart. It is the combination of the intelligence and the heart that helps to keep a person healthy.** A doctor may be extremely intelligent in performing operations. But if during an operation his mind wanders, the operation will not be successful. The

combination of qualities required for success should be properly understood.

**The relationship between time and action should be recognised.** Modern man tends to ignore the consequences of his actions. Purely for the sake of worldly pleasures, he considers wealth as the most important thing. The Chinese were accustomed to a certain traditional practice. Every morning on waking up they used to remember the saying: "Difficulties are our friends; let us welcome them." Today people regard difficulties as enemies. Without difficulties you cannot obtain a comfort.

People consider wealth as essential for physical comforts and thereby become slaves of wealth. As long as they remain slaves of wealth, they will have no respite from troubles.

"*Sarve Bhavantu Sukhinah.  
Sarve Santhu Niraamayaah*"

(All should be happy. All should be free from sufferings.)

If you are to pray in this manner, you must have these feelings in you.

You are not lacking in strength. God has endowed you with strength, but you are not using it on right lines. **Every human being is endowed with a Divine energy, which has to be used for proper purposes.** It has to be used righteously according to the dictates of one's conscience. When the conscience is satisfied the energy gets sanctified. Man today misuses the Divine energy for selfish purposes.

### Duty of Doctors Today

Men should realise the sacredness of action and time. The presiding deity of *Karma* is all-powerful. Hence a prayer is addressed to the deity requesting him to see that one's actions are good.

**The human race is called Mankind, because sacred feelings, thoughts and intentions are there in man. It means "humanness" is synonymous with kindness.** The Sage Vyasa wrote eighteen *Puranas*

(sacred epics). Who has the time to read so many *Puranas*? Therefore, ruminating on this point, Sage Vyasa declared the quintessence of these *Puranas* just in these words: "Help ever; Hurt never."

This is the duty of doctors today. They have acquired valuable knowledge. This should be used for public good. The more it is used this way, the more it will grow. Always be prepared to serve a patient when he comes to you. It is a sign of weakness to turn away a patient on a plea of inability. You have the God-given power. Be conscious of your power.

Doctors should recognise the importance of the five human values: Truth, Righteousness, Peace, Love and Non-violence. **Love is the basis for all the other values. Doctors can infuse courage in patients by the love they show towards the patients. If doctors carry out their duties with love they will be crowned with success.**

### **"Old Is Gold"**

In the discussion at the Conference, several conflicting views were expressed by the participants. One of the issues was whether the latest technique should be preferred as against earlier techniques. Swami was of the view that the older techniques had much to be said in their favour. The older technique, though they may not produce quick results, are slow and sure. The latest techniques appear successful momentarily but their long term results are not always good. While the latest technique should be employed where necessary, the earlier techniques should not be rejected. "Old is Gold." The old techniques have the merit of proven value.

A caveat should be said about heart transplant. The operation may be easy, but how easy is it to get a heart for transplanting? **A transplanted heart may serve for a time, but cannot serve as long and as well as the God-given heart.**

A word of caution has to be uttered with regard to heart transplant or transplanting the cornea for the eye. **The character of the person from whom the transplanted heart or cornea has been got should also**

**be taken into account.** The practitioners of medicine in ancient times considered these factors in treating patients.

The antecedents of families were fully examined in the past before marital alliances were concluded. But today these factors are ignored. People are indifferent to family backgrounds, while they are concerned about the pedigrees of dogs in dog show! This indifference to lineage accounts for the breakup of many marriages after a short time. This should not happen. **Marriage should be a life-long partnership.**

### **Good Thoughts Are More Efficacious Than Drugs**

It is better to remedy the original heart of a patient than to try to replace it with another heart of a person whose antecedents may not be good. **The heart is the most vital organ in the body. To keep it in a healthy condition, one's thoughts should be healthy. Good thoughts are more efficacious than drugs.**

The doctors who have gathered here are esteemable persons. They are broad-minded, gentle and kind hearted persons. You may receive fees from the rich patients. But you should treat the poor free. **Dedicate one day in a week to render free medical service to people, irrespective of creed or nationality. Such service will give you spontaneous joy and enable you to experience the Divine.**

Make love the capsule you offer to your patients. When a weak patient comes to you do not be content with offering him glucose or some other thing. Give him the injection of love. That will give him instant strength. Speak to him with love, offer medicines with love and keep him in good humour. That is the way to make him happy. **Happiness is union with God. Anything you do with love will be rewarding.**

The participants have stood for great ideals. Their experiences are beyond praise. As they related their varied experiences, it was thrilling to hear them. They are all experts in their field. Your presence at this Conference and the encouragement you have given to our doctors are deeply appreciated. Symposia and

conferences are held all over the world. But at this Conference everyone was deeply involved. Everybody experienced Divine vibrations wherever they met. I bless you all that you may return to your countries enriched by your experiences here and serve your respective countries well. Wish you all peace and happiness, which you should share with your people.

December 18, 1995

Valedictory Function of the International  
Conference on Cardio-Vascular Diseases,  
Sri Sathya Sai University Auditorium,  
Prasanthi Nilayam



*“The heart is the most vital organ in the body. To keep it  
in a healthy condition, one’s thoughts should be healthy.*

*Good thoughts are more efficacious than drugs.”*



# Human Effort and God's Grace

*The motherland of ours gave to the world  
Noble souls renowned in all the continents.  
It is the land, which ousted the  
Foreign rulers and achieved freedom.  
This Bharat is reputed for its scholarship.  
It is the sacred land, which stood forth  
As the exemplar in the realms of music, literature  
and sacred lore; Born in the land of Bharat,  
noted for its fine arts and natural beauty, oh  
devotees!  
It is your bounden duty to foster  
The glory and prosperity of the motherland.*

(TELUGU POEM)

**Embodiments of Divine Atma! In life, health is the greatest wealth.** Since ancient times, many *yogis*, sages and seers and men of excellence have been making deep investigations into the ways and means of keeping good health. They made great efforts in this direction as they were of the view that man could work for the peace and security of the nation only when he was hale and hearty. In modern times, some people repose complete faith in Allopathy while some others feel *Ayurveda* is also essential along with Allopathy. Allopathy gives only temporary relief; it does not have permanent cure for diseases. But *Ayurveda* can provide permanent cure for diseases.

## Divine Grace Sustains Human Life

The heart is the most important part in the body. If the heart goes on strike, the body becomes lifeless. What is the role of the heart in the human body? It pumps blood to the lungs where it gets purified and then it is supplied to all parts of the body. Each time the heart beats, the blood travels a distance of 12,000 miles in the body. Who has endowed the heart with such a capacity? Is it the scientist, the engineer or the *yogi* or any man-made machine which makes it perform such a stupendous task? No. It is only the Divine power that is the basis for all this. **Man cannot accomplish even a small task without the help of Divine power.** Today man has lost self-confidence and does not have faith in God. So, first of all, man should foster self-confidence without which life becomes meaningless.

Allopathy cannot eradicate disease-causing germs permanently. It can control them only to a certain extent for a certain period of time. There is always the risk of relapse. Though Allopathy has been progressing from time to time, the number of diseases too has been increasing. Dr. Samuel Hahnemann of Germany, who discovered Homoeopathy, also made deep investigations into *Ayurveda*. Welfare of the whole world was his motto. But man today is not concerned with the welfare of the world.

## Impart Health and Happiness to the Poor

These days heart diseases are widely prevalent in society. That is why we established a Super- Speciality Hospital at Prasanthi Nilayam where 10,600 operations have been performed so far, totally free of cost. Many poor people have benefited from this. Heart surgeries have become very expensive. In such a situation, what would have been the fate of poor people? No one seems to be bothered about this. **One has to work for the welfare of the poor, alleviate their suffering and set an ideal to the nation.** Service becomes truly meaningful only when it is rendered to the poor and needy. Today neither the doctors nor the politicians, not even the

Government for that matter, are concerned about the welfare of the poor. If a hospital is constructed at a cost of ten *crores*, they expect a profit of 100 *crores*. Instead of being kind-hearted, they have become business-minded. Hence, the pathetic condition of the poor.

During the last three or four days, many heart surgeries have been conducted here in this hospital. Who are the patients? One is a carpenter, another is a *dhabi* (washerman). Many such patients who are economically backward are being treated here. In this short period, as many as 50 heart surgeries have been conducted! One gets immense joy seeing their happy faces. **Of what use is medical science if it does not bestow health and happiness on the poor and needy?**

Today the educated do not care to spare a thought for the poor and forlorn. This hospital is dedicated for the welfare of the poor. I am happy only when the poor are served. **I have dedicated My entire life for the uplift of the poor and downtrodden.** In future, even the highly advanced surgeries like heart transplant and lung transplant will take place here. One may be wealthy and virtuous but without good health, one cannot lead a happy life. The late former Chief Minister of Karnataka, Patel helped us a lot in this project. The present Chief Minister, Krishna, has also been of great help to us. Many noble people of Karnataka are also associating themselves with this project. So, we are determined to give happiness to the people of Karnataka.

### Sai Institutions Are Eternal

Disease has no distinction; it may afflict anybody, be it a pauper or a millionaire. We too have no such distinction. **Here the treatment will be rendered totally free of cost to the rich and poor alike. Not merely this, even the food will be supplied free.** Our aim is to cure the patients of their ailments and send them home happy and healthy. This establishment will serve the poor forever. Some may have a mistaken notion that it will only be a temporary one. All the institutions established by Sai are eternal.

The other day, a washerman from Gulbarga underwent a heart surgery in our hospital. When he saw Me, his joy knew no bounds. He said, "O Swami, You are our God, I have undergone heart surgery in Your hospital." One needs to spend a lot of money to undergo a heart surgery. Even for admission, one needs to spend thousands of rupees. The poor washerman does not have even a fraction of the required amount. In this world, there are many men of affluence, but how many are showing compassion towards the poor? They may say a thousand things, but do they practise even one? Is there any rich person who is doing even one-thousandth part of what Sai is doing?

We are spending *crores* of rupees to provide potable drinking water to the villagers, to render free medical treatment and to give free education. But some people out of jealousy are indulging in false propaganda. The tongue has no bone, so people twist it in the way they want. Let us see, if any of those who indulge in false propaganda are prepared to feed the hungry and alleviate the suffering of the poor. In fact, such people set their dogs on the beggars who come to their doorstep to beg alms. Today all the fields like education, medicine, music, literature, etc., have become business-oriented.

### Sacrifice Is the Hallmark of a Doctor

*Embodiments of Love, Doctors! Fill your hearts with compassion and serve the poor and needy.* Don't be stone-hearted and money-minded. When the hour of reckoning comes, will you be able to carry with you the wealth you have amassed? No. Serve the poor with love. That alone can redeem you. Service to the poor is service to God. Sacrifice your life for the cause of the poor. **Service to the poor is My only motto; I have no other desires. I am prepared to sacrifice even My life to serve the poor (cheers).** Do at least one-thousandth part of what Swami is doing. Of what use is human life if it is not spent in the service of the poor?

*Neither by penance nor by pilgrimage nor by study of scriptures nor by japa can one cross the*

*ocean of life. One can achieve it only by serving the poor.*

(SANSKRIT VERSE)

**It is your good fortune that you have become doctors. Sacrifice is the hallmark of a true doctor. So, doctors should have the spirit of sacrifice. They should be compassionate and considerate towards the poor.** There are many poor people who are losing their lives as they cannot afford costly treatment. Your love alone can sustain such lives. The more you develop the spirit of sacrifice in you, the greater will be the world's progress. Hospitals are meant to serve the poor and not to earn money. What is the point in earning *crores* of rupees when one has to ultimately leave the world empty handed? So, spend all your earnings for the welfare of the poor. Dedicate your lives to the service of your fellowmen.

Prior to the establishment of this hospital, the land here had not much value. But after the hospital has come up, here the land value also has gone up. Now you find so many buildings coming up around. What is the use if one is merely interested in making profit? One should utilise it for the benefit of the poor. **Your happiness will become manifold if you can make at least one poor person happy. Help ever, hurt never.** Do not extort money from the poor. Do not put them to suffering for your greed for money. Remember it is not money that you are wresting, but their lives. Lead a life suffused with love, compassion and sacrifice. *Thyaga* (sacrifice) alone can lead to *Yoga* (spirituality).

We don't have any distinction of caste, creed, religion and nationality. We offer free treatment to everybody. We are determined to offer free treatment, come what may, even if we have to take loans. **We are prepared to spend any amount of money; safeguarding the life of patients is our main objective.** All of you, particularly doctors, should learn this lesson. Eschew greed for money; develop love and spirit of sacrifice. Then money will come to you automatically.

## **Divine Grace Is Essential for Cure**

*Embodiments of Love! Medicines on their own cannot cure diseases; it is Divine grace that cures. Only sacrifice can win God's grace.* Do not be satisfied by merely filling your own belly; try to appease the hunger of others too. Undertake such activities which will benefit the poor. This hospital does not merely stand for architectural beauty. *Andam* (beauty) has no value if there is no *anandam* (bliss). You can experience bliss only when you give happiness to the poor. The poor are suffering as they cannot afford to buy medicines. We will give all the required medicines free. Make every effort to give happiness to all.

Today, as the programme is already delayed, I do not have enough time to give you further details. Develop spiritual outlook and treat the patients with love and care and make them happy and healthy. **Without God's grace, even the pulse cannot beat.** You are under the mistaken notion that mere medicines can cure the diseases. If that were the case, what happened to all those kings and rich men who had access to best medical facilities? So, along with medicines, one should have Divine grace too.

Medicine and Divine grace are like negative and positive, respectively. Diseases can be cured only when both these come together. So, along with taking medicines, one should also pray for Divine grace. Without Divine grace, human body cannot be sustained. Human body is most wonderful and mysterious. Who is responsible for the pulse beat? Who is making the heart pump blood? All this happens because of Divine Will. Divine power is responsible for the growth of the body. There is no point in merely feeding the body and sustaining it unless it is used to serve the poor.

This hospital will surely attain exalted position. You may not understand it now, but you will realise it in future. People belonging to different parts of the world will come here for treatment (loud applause). *This hospital has such Divine potentiality in it.* Do not entertain any wrong notions about this hospital. Earlier when the Super-Specialty Hospital was established at

Puttaparthi, people had their own misgivings about its functioning. Now, in the villages surrounding Puttaparthi, you don't find anybody suffering from heart diseases.

Even small children are not afraid to undergo heart surgery in our hospital there. Likewise, we should see to it that no one suffers from heart diseases in the State of Karnataka. Villagers who are suffering from heart diseases should be brought here for treatment. Anybody can come here for treatment. We have no objection. Everyone has equal right to get treatment here.

### **Leaders Should Support Noble Causes**

Our Prime Minister Vajpayee took great pains to come here. Leaders like him are very essential for this world. He is a leader who supports and encourages noble causes like this. Ministers who extend their cooperation for good causes are very much necessary for the nation to progress. They should have noble feelings and love for God to attain Divine grace. **There is nothing that one cannot achieve if one has Divine grace. Loka Samastha Sukhino Bhavantu (May all the worlds be happy!)** That is My desire. I am prepared to do anything for this. I am prepared to sacrifice even My life for the welfare of humanity. Of what use is the life of one who does not aspire for the welfare of humanity? I always wish for the well-being of others. My feelings are always pure and sacred. If your feelings and intentions are noble, you need not be worried about money; it will come to your doorstep.

*Embodiments of Love!* We have caused great inconvenience to you by making you wait for a long

time. You are all very tired having been sitting here patiently for the last three to four hours. Having taken part in this congregation, may you develop the spirit of sacrifice and spend your time, wealth and energy in the service of the poor! This is what I desire from you. I do not ask anything from anybody. **Help the poor in every possible way. Feed the hungry. Food is God. Do not waste food. Do not waste money. Money makes many wrongs. Misuse of money is evil.** The rich squander their wealth in drinking and gambling. Money should be put to proper use. One should not spend as one pleases. Do not waste energy and do not waste time. These are the four important principles which a man should adhere to.

Time wasted is life wasted. Instead of wasting time in vain gossip, utilise it to serve society. Help everybody to the extent possible. This is what I expect you to do. Come and see it for yourself the work that is being done here with the spirit of sacrifice, and experience bliss. Here you will find the poor with happiness and joy on their faces. You should see to it that the poor lead a healthy and happy life. That should be your aim in life. **Paropakaraya Punyaya Papaya Parapeedanam (one attains merit by serving others and commits sin by harming them).** I bless you all so that you may attain the deservedness to see the happiness of the poor.

January 19, 2001  
Inauguration  
Sri Sathya Sai Institute of Higher Medical Sciences  
Whitefield, Bangalore

# Safeguard the Health of the Mother and Child

*Neither by penance nor by pilgrimage nor by study of scriptures nor by Japa can one cross the ocean of life.*

*One can achieve it only by serving the pious.*

(SANSKRIT VERSE)

*Dharmarthakama Mokshanam Arogyam Moola-muttamam.* Health is the fundamental requirement to achieve the four goals of human life, namely, *Dharma* (righteousness), *Artha* (wealth), *Kama* (desire) and *Moksha* (liberation). Without good health, man cannot perform even a small task. **Health is man's supreme wealth. It is much superior to the other types of wealth possessed by man.**

## Recognise Your Innate Divinity

God is omniscient and omnipotent and is present in all beings. That is why Lord Krishna declared, *Mamaivamsho Jeevaloke Jeevabhuta Sanathana* (the eternal *Atma* in all beings is a part of My Being). God has endowed all beings with some power. But the power He has bestowed on human beings is much greater than that given to other living beings.

Man's physical strength may be less, but God has blessed him with immense mental power. With his will power, man can achieve any mighty task. There is nothing in this world that he cannot achieve with his will power. **He is spending all his energy to travel lakhs of miles into space, but is he making any effort**

**to travel even half an inch into his heart? It is the power of the mind that helps man to go within.** It is possible only when he makes proper use of this power.

Man is undergoing hardships in life as he is unaware of his immanent Divine power. One needs to have a mirror to see one's own reflection. Likewise, when man looks into the mirror of his divinity, he can realise his true potential. When a small piece of wood comes into contact with fire, it becomes fire itself, *Brahmavid Brahmaiva Bhavathi* (**the knower of Brahman becomes verily Brahman**). When you put a drop of water on your palm, it gets evaporated in no time. But when you put the same drop of water into the ocean, it assumes the form of the ocean.

**Your position in life depends on the company you are associated with.** Hence, it is said, "Tell me your company and I shall tell you what you are." **When you develop intimate relationship with God, you become God yourself.** There is none in this world who does not possess Divine power. All powers are latent in man, but he is unable to realise them. As a result, he is leading a miserable life.

## All Acts of God Are to Help His Devotees

Divinity pervades everything right from microcosm to macrocosm. *Anoraneeyan Mahato Maheeyan* (**Brahman is subtler than the subtlest and vaster than the vastest**). Though God is omnipresent, omnipotent, and omniscient, He sometimes pretends to have certain desires. Everyone should try to understand this. Lord Krishna, before conferring wealth and prosperity on His childhood friend Kuchela, asked him if he had brought anything for Him. All that Kuchela had with him was a small quantity of beaten rice. Krishna ate the rice brought by Kuchela. He did so only to confer His grace on Kuchela and redeem his life. In *Vamana Avatar*, the Almighty Lord approached Emperor Bali and asked for three footsteps of land in charity. Does it amount to begging? No. Not at all. God

does such acts only to confer His grace on His devotees and redeem their lives.

Once Krishna entered the house of a *Gopika* after a long walk and said that He was tired and hungry. He asked her to give Him something to eat. The *Gopika* wondered as to how the Lord of the universe could ever be hungry. She said in all humility and devotion that she did not know how to satiate the Lord's hunger. Krishna said that it was enough if she gave Him a glass of buttermilk. Then, the *Gopika* prayed to Krishna thus:

*Oh Lord! How is it possible for me to give You delicious food when you have the entire universe in Your stomach? How can anyone build a temple for You when You are all-pervasive? How can anyone light a lamp before You when you are shining with the effulgence of a billion suns?*

(TELUGU POEM)

When the Pandavas were living in exile and were undergoing a great deal of hardship, Sage Durvasa along with thousands of his disciples went to their hermitage and asked for food. He told them that they were going for a bath in a nearby river and would come back to have food. The Pandavas were gripped by anxiety as to how to provide food for so many guests when they had nothing with them. Fearing the curse of Sage Durvasa, Droupadi prayed to Krishna to save them from this predicament. Krishna promptly appeared on the scene and asked Droupadi to give Him something to eat. Then Droupadi replied, "Krishna, if we were living in Hastinapur, I would have certainly given You a sumptuous feast. But alas! We are living in a forest eating roots and tubers. In such a situation, what can I offer to You?"

Krishna told her to look into the vessel, which she had already cleaned, if there was any food particle left in it. She did accordingly and found a tiny piece of leaf sticking to the vessel. Krishna ate that leftover leaf. As soon as He did so, the hunger of Durvasa and his disciples was satiated and they went away without bothering the Pandavas. In this way, Krishna saved the

Pandavas from the curse of Durvasa. Thus, sometimes God pretends to have desires, not because He lacks anything, but only to help His devotees.

### Sacrifice Is the Noblest Virtue

You might have heard the story of Laila and Majnu. Laila was a rich lady while Majnu was very poor. She wanted to know whether he really loved her because she wanted to marry him. She thought of a plan and sent two of her maid servants to him. They approached Majnu and told him that Laila was very sick and was in need of blood. Majnu said that he was willing to sacrifice his life itself for the sake of Laila and that her well-being was his prime concern. When this was conveyed to Laila, she realised how pure and selfless Majnu's love was. She repented for not having properly estimated Majnu's love for her. Likewise, some people do not understand Divinity and the inner meaning of God's acts. **God does not desire anything for Himself. All His desires are meant to uplift and redeem the lives of His devotees. Whatever He does is only for others. You should understand this truth.**

It was Dr. Rajeswari, the mother of C. Sreenivas, who started this hospital. She was highly qualified and had worked in several countries. She would often tell Me, "Our Sreenivas should become highly educated and get degrees from A to Z." I would reply, "Mother, don't worry about his studies. If he is interested, he will study." She was very loving and caring towards everybody. She started this hospital in a small room. Gradually, she expanded it and brought it to its present state. Every year she would add some new department to it. Though it is a general hospital, all types of advanced treatments are now available here. One cannot say that treatment for a particular ailment is not available here. Then how can we call this a small hospital? It may look small in size but the service rendered here is great (cheers). In that sense it is, no doubt, a big hospital.

All the doctors who serve in this hospital are highly qualified and reputed. They come here from far-off places and serve the village people with love and care. Bereft of all self-interest, they serve with a great spirit of sacrifice. Such sacrifice is very rarely seen among

people today. ***Na Karmana Na Prajaya Dhanena Thyagenaikena Amrutatthwa-manasu*** (immortality is not attained through action, progeny or wealth. It is attained only by sacrifice). Very few are blessed with such a noble quality.

It is a great good fortune to be able to love and serve the suffering humanity. In the outside world, doctors crave for money, but here doctors aspire for the well-being of patients. They render service to the patients with noble feelings and purity of heart. With such dedicated doctors serving here, this has become an ideal hospital. In fact, the entire staff here work with total dedication.

One may build big hospitals. We too have constructed a big Super-Speciality Hospital in Whitefield. But its services are limited to only cardiology and neurology, whereas in this hospital, various diseases pertaining to lungs, liver, heart, etc., are treated. You can see it for yourselves; most of the patients who come here are poor and helpless. They are the people who need our love and care most.

You should render service with the spirit of sacrifice. Sacrifice is the only way to immortality. **Service is superior to rituals like Yajnas and Yagas.** Enquire for whose sake you are performing *Yajnas* and *Yagas*. You are doing them for your own sake, not for the sake of God. God does not need them. You may say that you are performing *Yajnas* for the welfare of the world. But, in fact, you are doing it for your own welfare. It is God alone who looks after the welfare of the world. *Sarvata Pani-padam Tat Sarvathokshi Siromukham, Sarvat Sruthimalloke Sarvamavruthya Thishthati* (with hands, feet, eyes, heads, mouth and ears pervading everywhere, He permeates the entire universe). He alone can confer physical, mental and spiritual strength.

### New Building for the General Hospital

**He alone is a true human being who has the purity of thought, word and deed.** Hence, it is said, “*The proper study of mankind is man.*” The doctors of this hospital are rendering service with such purity

and broad feelings. Dr. Rajeswari used to work day and night in this hospital. I often used to tell her not to exert herself too much. I would tell her, “Rajeswari, it is possible for you to serve others more and more only when you have good health. So, you should take proper rest.” She would say that serving others was her way of taking rest. Her only wish was to leave her mortal coil while serving in the hospital. That is what happened ultimately. She breathed her last in this hospital itself while doing some work sitting in a chair. Dr. Savithri has been continuing the good work initiated by Dr. Rajeswari. Dolly is also rendering great service.

In addition to these doctors, there are some specialists who come from the city to serve here – an eye specialist, a dentist, a liver specialist and an orthopedic surgeon. They are doing service with utmost devotion. All of them are highly dedicated and have love and concern for the patients. I want everyone to develop such love. Every doctor should have such love for the patients. They should talk to the patients with love and make them feel comfortable. They should develop the noble virtues of understanding and adjustment.

I wish to give you a small example to illustrate this. When I gave mementoes to the doctors, one doctor did not receive the memento as he came in the end. Immediately, one of the doctors offered the memento that was given to him. What a noble act it is! All these doctors are endowed with such selfless love. **Love alone sustains the entire world. Love is God, live in love.** **Humanness cannot exist without love.** God does not exist in the form of Vishnu, Siva, etc. He exists in the form of love. One doctor has practically demonstrated such spirit of love in action just now. None of you have taken notice of it, but I noticed it. Only the fortunate few are endowed with such spirit of sacrifice.

There are many doctors in the world who are highly qualified and reputed, but they are after name and fame. They are interested in advertising their achievements, whereas our doctors do not care for name and fame. Service is their prime motive. It is because of such noble doctors that our hospital has earned good reputation.

I have noticed that the space available here is very less. There are four operation theatres here. Not an inch of space is left as all the five acres of land are occupied by this building. That is why before coming here, I laid the foundation stone of the new general hospital building in the ten-acre plot of land donated by our Adikesavulu. The Chief Minister of Karnataka also participated in that function. Actually, I am not interested in foundation laying ceremony. What I am interested in is the inauguration ceremony. I have already decided to inaugurate this new hospital on November 23, 2001 (cheers). Then what will happen to this hospital? This hospital is also very important. This was like a tiny banyan seed that has now grown into a gigantic tree. It will continue to grow more and more. That general hospital is meant for treating ailments relating to disorders of lungs, bones, liver, etc. This hospital will be exclusively meant for the mother and child.

### Hospital for the Mother and Child

My opinion is that the mother and child care should be given top priority. Without the mother, how can the world exist? **One should become the recipient of one's mother's love and grace. Only then can one expect to win Divine grace.** Here is a small example to illustrate this.

In the *Mahabharata*, Gandhari, being a woman of chastity and virtue, blindfolded herself as her husband Dhritarashtra was blind by birth. She did not even see her own sons. After the *Mahabharata* War, when Krishna went to console her at the death of her hundred sons, Gandhari, in her moment of despair and anguish, severely castigated Him. She questioned Him, "Krishna, could You not save even one of our sons to perform our final rites? Why didn't Your vision of grace fall on any of them?"

Krishna gave a fitting reply. He said, "Mother, did you ever see your own sons? How can My vision of grace fall on those whom their own mother does not look at?" **One who cannot win one's mother's love cannot attain Divine grace. So, first of all one should try to become the recipient of one's mother's love.**

**That is why the Vedas declare: *Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava* (revere your mother, father, preceptor and guest as God).**

It is because of men of sacrifice that our country *Bharat* has been able to enjoy peace and prosperity. The spirit of sacrifice, love and righteousness that is found in *Bharat* is not present anywhere else in the world. This is *Thyaga Bhumi, Yoga Bhumi, Karma Bhumi* and *Yajna Bhumi* (land of sacrifice, land of spirituality, land of action and land of *Yajnas*). Such a sacred land is being converted into a *Bhoga Bhumi* (land of pleasure) by modern youth. **The bliss that one experiences from *Thyaga* (sacrifice) cannot be obtained from *Bhoga* (enjoyment). *Bhoga* leads to *Roga* (disease) and *Thyaga* leads to *Yoga* (union with God).**

Imbibe the spirit of sacrifice and utilise your energy and education for the welfare of others. Understand that education is meant for serving society and not for doing business. There is no greater service than utilising your education for the benefit of others. Especially, doctors should make every effort to safeguard the health of the mother and child.

### Selfless Service of the Hospital Doctors

The culture of *Bharat* teaches, "*Sathyam Vada, Dharmam Chara*" (speak the truth and practise righteousness). Humanness will blossom in the world only when this principle is put into practice. Truth is referred to as *Neeti* (morality), righteousness relates to *Reeti* (procedure) and sacrifice confers *Khyati* (reputation). *Manava Jathi* (human race) is the combination of *Neeti*, *Reeti* and *Khyati*. But today morality is lacking in society. Of what use is education without morality? **Life itself has no value without morality. Adhere to truth; practise righteousness; cultivate the spirit of sacrifice. There is nothing greater than this.**

*Embodiments of Love!* If you come across anyone who is suffering, make every effort to give him solace. This was the ideal demonstrated by Dr. Rajeswari.

She spent all her earnings for this hospital. After her demise, Dr. Savithri has been working tirelessly day and night. At times, she even foregoes her food to serve the patients. I told her that it was not good for her health to work day and night without proper food and rest. I took a promise from her that she would take her food on time.

All the doctors who work here, including the visiting doctors, do not take even a *naya paisa* from us. This has been the case for the past 25 years. They bring all the necessary equipments and medicines also with them and serve the patients here. There is no dearth of doctors in our country. But most of them are after money and fame. **Doctors should have compassion and concern for patients. We have many such noble doctors coming from various places to serve in this hospital. He alone is a true doctor who serves patients in a selfless manner.** *Vaidyo Narayano Hari* (doctor is verily God).

What does Lord Narayana do? He helps everybody. Likewise, doctors should also help everybody. With such noble feelings, the doctors are offering their services here and it is because of them that this hospital has earned a good name for itself. Whenever need arises, these doctors even go to Puttaparthi to offer their services.

In the Super-Specialty Hospital at Puttaparthi, we have the departments of cardiology, urology, nephrology and ophthalmology. Dr. Hemanthmurthy, an eye specialist, goes every week to Puttaparthi to perform eye operations. It is no ordinary task to go to Puttaparthi all the way from here, week after week to render service. How many doctors in this world have such a spirit of service? Even the dentist and anaesthetist go from here.

In Puttaparthi Hospital, sometimes we have to perform a large number of operations. Then there is invariably a need for more anaesthetists. We just make one phone call, and they immediately present themselves there. Very rarely do we find such service-minded doctors today. But in this hospital, we have

many of them working tirelessly day in and day out. Dr. Hemanthmurthy is one among them who is performing eye operations with utmost care. I told him that I was ready to get all the equipments he required to do his work more effectively.

**I always encourage those who dedicate themselves to service. I am prepared to establish any number of hospitals like this and give all the help needed.** I am not interested in money and I have nothing to do with it. You may wonder as to how Sai Baba gets money for His projects. You may think that He creates money. No, not at all. I don't indulge in such bad practices, because money is related to Government. I can create any object, but I don't create money. Whenever need arises, someone or the other will get the noble idea to donate the required amount. Just one word from Swami is enough; there are many Indian and overseas devotees who will do the needful at once. So, you don't need to have any doubts whatsoever.

We have to develop this hospital further. Yesterday, a liver specialist came to Me and expressed his willingness to work in Swami's hospital. He has worked in America before. He can perform liver transplant operations. I gave him permission, saying Swami was always ready for any good work.

### **Drinking Water Project in Karnataka State**

Today the food you eat, the air you breathe and the water you drink have become polluted. Consequently, people are suffering from heart and liver disorders. In olden days, such ailments never existed. The pollution of food, air and water is the main cause of the diseases. That is why I have resolved to provide pure drinking water to the needy.

First of all, I started educational institutions and hospitals as education and health care are very essential for one and all. Then I started Drinking Water Project. I provided water not just by getting borewells dug. Borewell water may contain excess fluoride, which is harmful for health. So, I made arrangements to get water from natural sources like Krishna river, spending

*crores* of rupees. Now the Chief Minister of Karnataka has requested Me to provide pure drinking water to Bellary, Bidar and Bijapur districts of Karnataka State. I have agreed to do so. Wherever there is scarcity of drinking water, one should make every effort to provide it. We need not give money; it is enough if we provide safe drinking water to the people.

**There is no dearth of rich people in the country. But of what use is wealth if it is not used for sacred purposes? No one can carry even a fistful of dust at the time of departing from the world.** Otherwise, there would have been rationing even for dust in the country. So, money should be utilised for the benefit of society. *Hastasya Bhushanam Danam, Sathyam Kanthasya Bhushanam, Srotrasya Bhushanam Sastram* (**charity is the true ornament for the hand, truth is the true necklace and listening to sacred texts is the true ornament for the ears**).

**What is most essential in life? It is essential to develop intimate relationship with God. You will be charged with Divine energy when you come into contact with Divinity. Living in the company of God is true *sathsanga* (good company). *Sathsangatwe Nissangatwam, Nissangatwe Nirmohatwam, Nirmohatwe Nischalatattwam, Nischalatattwe Jivanmukti*** (good company leads to detachment, detachment makes one free from delusion, freedom from delusion leads to steadiness of mind and steadiness of mind confers liberation). But today man does not have a steady mind. All the time his mind wavers like a mad monkey. When you say, "my body," "my mind," "my *buddhi*," etc., all these are different from you. Then

question yourself, who am I? **The same principle of "I" is present in everybody, right from a pauper to a millionaire.**

**In order to understand this "I" principle, you have to develop the spirit of sacrifice.** Patients belonging to different religions, namely, Hindus, Muslims, Christians, etc., come here for treatment. All are treated alike. There are no differences whatsoever. **All are the children of God. This hospital stands for the ideal, "Brotherhood of Man and Fatherhood of God."** In all Sai Organisations, there are no differences of caste, religion, etc. Many *Seva Dhal* volunteers from Sai Organisations come here for rendering service. There are at least 100 *Seva Dhal* volunteers serving in the Super-Specialty Hospital, Whitefield everyday. The youth of today should cultivate such spirit of sacrifice. As they grow old, their spirit of sacrifice should also grow.

Today we are celebrating the Silver Jubilee of this hospital, but I am not satisfied with this. We should develop this hospital further and celebrate its Golden Jubilee. Many more doctors should join this hospital and all should work in a spirit of complete unity. Anything can be achieved with unity. The small hospital started by Dr. Rajeswari has grown into a big one. I wish it grows further and serves the poor and needy. I bless you all and bring this Discourse to a close.

June 10, 2001  
Sri Sathya Sai General Hospital,  
Whitefield, Bangalore

# Spirit of Sacrifice Is the Hallmark of a True Doctor

*If you look to Me, I will look to you.*

Forbearance is the real beauty in this sacred land of Bharat (India). Of all the rituals, adherence to truth is the greatest penance. The nectarous feeling in this country is the feeling of love toward one's mother. Character is valued far higher than the very life itself. People have forgotten the basic principles of this great culture and are imitating Western culture. Alas! The Bharatiyas (Indians) are not aware of the greatness of their cultural heritage just as a mighty elephant is not aware of its own strength.

(TELUGU POEM)

*Embodiments of Love!*

Man is born in action, is sustained by action and ultimately merges in action. Action is the cause of pleasure and pain. Truly speaking, action is God for man.

(TELUGU POEM)

Man by and large considers himself to be healthy and tries to lead a happy life. But, in fact there are 326 diseases which haunt man day in and day out. Excessive *vaatha*, *pittha* and *sleshma* (wind, bile and phlegm) are responsible for various diseases. *Vaatha* gives rise to 80 types of diseases, *pittha* to 82 types and *sleshma* to 164 types. Such being the case, how can man enjoy a healthy

life? Only when he develops *Atmic Consciousness* and distances himself from the adverse effects of *vaatha*, *pittha* and *sleshma* can he be healthy.

## Body Consciousness Is the Cause of Suffering

For the past one month, you could not see Swami. What is the reason for this? It is because of the indisposition of this body. I have neither taken upon Myself the illness of anybody nor has it emerged from this body. Today, I am revealing the truth to you.

*The body is made up of five elements and is bound  
to perish sooner or later,  
but the indweller has neither birth nor death. He  
has no attachment whatsoever.  
Truly speaking, the indweller is verily God  
Himself who is in the form of the Atma.*

(TELUGU POEM)

Man is always concerned about his health. He has become a victim of various ailments as he is steeped in body consciousness rather than in the *Atmic* principle. **It is very essential for man to realise that diseases underscore the need for getting rid of body consciousness.**

You are all aware of the fact that Swami fractured His hip and it was in three pieces. The ball in the hip was in two pieces. The pain was so excruciating that it cannot be described in words. It was impossible to move this way or that way. It pierced the body as if it were an electric shock. But, I was unaffected by it. I underwent all this suffering only to demonstrate that one should not be attached to the body. Instead, one should develop Divine consciousness. **I am not this body. Body consciousness leads to untold suffering. One has to get rid of body attachment in order to enjoy peace and happiness.** What is this body composed of?

*This body is a den of dirt, and prone to diseases;  
it is subject to change from time to time;*

*it cannot cross the ocean of Samsara.  
It is nothing but a structure of bones.  
O mind, do not be under the delusion that body is  
permanent.  
Instead, take refuge at the Divine Lotus Feet.*

(TELUGU POEM)

**Dehabhimana** (body consciousness) will disappear once you develop **Daivabhimana** (Divine Consciousness). The first step on the spiritual path is to keep body consciousness under check. **You are subjected to misery as you are immersed in body consciousness. Body consciousness and Atmic consciousness are inversely proportional. Nobody can escape the consequences of karma (action). Karma is the cause for birth and death.**

The Bhagavad Gita declares:

*Karmanyevadhikaarasthe Maaphaleshu  
Kadhachana Karmanubandheeni Manushya  
Loke*

(Man has right to action but not to the fruits of action. Human society is bound by action.)

**Man should develop Atmic consciousness and plunge into the field of action without aspiring for the rewards.** Dharmaraja, eldest among the Pandavas, was the very embodiment of righteousness. Yet, he had to undergo the ordeals in the court of King Virata as a result of *karma*.

*Were not the mighty Pandavas compelled to go into exile and lead a life full of troubles?  
Did not emperor Harischandra, having lost his kingdom, become caretaker of a graveyard?*

**Everyone is bound to face the consequences of his or her action. However, man does have the capacity to escape from the consequences of karma.** He has become weak as he is unable to harness his innate potential due to body attachment. Having assumed a human body, one cannot escape from suffering. Body is momentary, like a water bubble.

I was all smiles when I was being taken to the hospital. Many doctors surrounded Me at the hospital. They were anxious. I told them not to worry. "This body is not Mine. It is yours. You can do whatever you deem fit to this body. I have no pain whatsoever," I assured them. I came back after three hours. I was full of smiles. **A true spiritual aspirant is one who undergoes difficulties with a positive frame of mind.** Do not care for the suffering of the body. Suffering is quite natural to human body. One has to face suffering with *Atma balam* (will power).

### **A Day of Rededication**

Today, being Doctors' Day, doctors have to set an ideal by infusing courage and conviction in patients. Doctors, after putting in lot of efforts, have been able to find remedies for various ailments. But, there seems to be no end to diseases. There are many doctors all over the world. But, the number of patients and ailments are on the rise. If there are two doctors for a family, there are four patients! Patients outnumber doctors. Man's lifestyle and habits are responsible for this spurt in diseases.

After the surgery, I was able to walk within a short span of three days. The reason being I have no body attachment. I see all of you with Atmic consciousness and hence am blissful. **I teach everyone, "My dear! don't fall a prey to body attachment; develop Atmic consciousness and lead a blissful life."** Your *ananda* (bliss) is My *aahaara* (food) and *aarogya* (health). You call a person healthy when all his limbs are functioning properly. All the organs of My body are functioning effectively.

Physical afflictions are temporary, like passing clouds. **Life is a Challenge, Meet It; Life is Love, Enjoy It; Life is a Game, Play It.** You have to play the game of life in the right spirit. I have been doing the same. I have absolutely no pain. Generally, the pain arising out of hip fracture is unbearable. But, I am unaffected by injury to any organ of the body, leave alone the hip. Suffering arises when you identify yourself with the body. I have no pains since I have no body attachment.

I take delight in your love. Your prayers are responsible for My speedy recovery. In all the corners of the world devotees have been praying intensely. **Through prayer you can achieve the impossible.**

*Embodiments of Love!* Gradually give up body attachment. Develop *Atmic* consciousness. *Atma* alone is true and eternal. *Atma* is our life. Everything else is a passing cloud. Today, we are celebrating Doctors' Day. This is the day when doctors rededicate themselves to the alleviation of suffering. There are very few doctors who discharge their duties with a spirit of sacrifice, keeping the welfare of patients as their sole objective.

Dr. Sundareshan took great pains to ensure the well-being of Swami. He was monitoring Swami's progress every moment. I was telling repeatedly, "Sundareshan, I am all right, do not worry." But he would not be satisfied. He would keep on enquiring about My welfare; whether I had pain in any part of the body. He is equally concerned about the welfare of other patients too. When one of our college students met with a motorcycle accident, Dr. Sundareshan used to monitor his progress day in and day out. He used to make frequent visits to Puttaparthi without taking any rest just to treat that patient. If all doctors in the world were to be like Dr. Sundareshan, there would not be any disease at all. Today diseases are on the rise because doctors have become money-minded.

One day, nine years ago, after having a head bath, I wanted to dry My hair. One of the American doctors had lovingly presented a hair-dryer to Me. When I was trying to use the same, the power supply was cut off. It was restored when I was having a close look at the drier. Consequently, a sudden gust of hot air ripped through My eye damaging the retina. I was least perturbed. One eye is sufficient to see this wide world.

*Sahasra Seersha Purusha,  
Sahasraksha Sahasra Pad*

(God has a thousand heads, eyes and feet.)

Dr. Hemanth Murthy (ophthalmic surgeon) pleaded with Me to undergo an eye operation as well,

along with the hip surgery. The damaged part, which was removed from My eye, was as dark as charcoal. Since then I am able to see clearly with both My eyes. With such doctors around, any surgery can be performed successfully. Eye surgeons like Dr. Hemanth Murthy and orthopaedic surgeons like Dr. Sundareshan are few in number in this world. Such doctors should be given all encouragement and support. Even the Government is unable to provide the necessary infrastructure. Consequently, the doctors are handicapped and are unable to give their best. Doctors' Day is being observed to encourage and motivate these doctors.

However skilled a doctor may be, he cannot discharge his duties diligently unless he is provided with proper equipments. Swami's intention is to support and encourage such doctors by providing the necessary facilities. **Health and education are the two most important aspects of life. One can put knowledge into practice only when one has good health.**

*Embodiments of Love!* In today's world, many people are suffering for want of proper medical facilities. It is your bounden duty to help the suffering humanity. Only then will the country prosper. **Money comes and goes; Morality comes and grows.** Today, many doctors are commercialising the field of medicine. Such doctors are sinners of the worst kind. He is a true doctor who aspires for the well-being of the patient. We have to encourage such noble doctors.

*Embodiments of Love!* One has to take good care of one's health with proper food and habits. There are many poor people in our country who lack the basic necessities of food, raiment and shelter. Who will take care of them when they are afflicted with diseases? Our hospitals are doing yeoman service to suffering humanity. Do not think that I am lavishing praise on our own hospitals. You can see it for yourself when you visit these hospitals. If you go to our General Hospitals and Super-Speciality Hospitals, you will find a number of poor people being treated for various ailments totally free of cost. Elsewhere, the Super-Speciality Hospitals are established with commercial motives. They collect

fees even to check the temperature of a patient. How can the poor afford such costly treatment? Doctors should render free service to patients to the extent possible.

*Embodiments of Love!* Doctors should serve the poor with a spirit of sacrifice. There is no greater service than this. **God is the sole refuge of the destitute and the forlorn. As man is the embodiment of God, it is his primary duty to help the destitute and the forlorn.** Medical treatment should not be commercialised. It is meant to promote heart-to-heart and love-to-love relationship between doctor and patient. A true doctor is one who realises this truth and conducts himself accordingly. One with commercial outlook is not a doctor at all. In fact, he is a patient himself! Spirit of sacrifice is the hallmark of a true doctor.

The doctors who are working in our hospitals are endowed with that spirit of sacrifice. Dr. Savithri and others are working tirelessly day in and day out in our General Hospital. I often tell them, "take proper care of your health in the first instance. Only then can you serve the patients more effectively." How can you look after the patients if your health is spoiled? Our Principal in his speech mentioned the axiom: *Vaidyo Narayano Harihi* (doctor is verily God). Being the very embodiment of Lord Narayana, the doctor should serve everyone. God is ever engaged in service.

*Paropakaraya Punyaya*

*Papaya Parapeedanam*

(One attains merit by serving others and commits sin by hurting them.)

**One need not be a doctor in order to serve others.  
One should help his fellow beings to the best of his**

**ability.** We have established hospitals at various places like Puttaparthi, Bangalore, Alike, Muddenahalli, etc. I feel very happy to see the doctors working there with great dedication. We have opened a hospital in Alike quite recently, which is catering to the needs of many poor patients. I am thrilled whenever I see their happy faces. Their happiness gives Me immense strength.

**Only through service can one become the recipient of Divine grace.** Life is meaningless if one does not participate in service activities. **The best way to love God is to serve God.** You should aspire for the welfare of all and follow the path of Love and Service. Only then will your life find fulfilment.

There is a General Hospital at Puttaparthi. There is one more at Whitefield. Amazing cures are taking place in these hospitals. It is the happiness of the patients that gives Me happiness and health. If you aspire for the health and happiness of Swami, look after the patients well. The patients' welfare must be your topmost priority. Serve them with dedication. **Service to patients is service to God. There is no service higher than this.**

Celebration of Doctors' Day will be meaningful only if service activities are undertaken with dedication and not merely by donning grand attire. As you are aware, Dr. Savithri and Dr. Santha are doing yeoman service in our General Hospital here. Several other doctors also come from city regularly and render voluntary service.

July 5, 2003  
"Doctors' Day"  
Brindavan, Bangalore

# Eschew Body Attachment

*The Effulgent Lord who shines in every atom and pervades the entire universe will protect you always. He is the Omnipotent Lord of Parthi who will grant you Bhakthi (devotion), and will certainly help you in all your endeavours. What else is to be conveyed to this assembly of noble souls?*

(TELUGU POEM)

*Embodiments of Love!* Man thinks that he is able to lead a comfortable life with the help of wealth, food, clothing, houses, etc., he has acquired. This is not true. **The very survival of a human being is dependent on God's grace.** There are many wealthy people in this world. Do they all lead a comfortable life? It is a fact that none can achieve anything in this world without God's grace. Hence, first and foremost man must contemplate on God. One may read a number of books, acquire a number of academic degrees and visit a number of countries, but these cannot help a human being to lead a comfortable life.

## **Education sans Educare Is No Education**

People think that they have acquired high academic qualifications, but they enable them to acquire only bookish knowledge. At present, you find that everyone is engaged in acquiring bookish knowledge. But, they forget the fact that people led a happier and better life

without bookish knowledge in the past. People think that pursuing academic education and acquiring bookish knowledge is real education. No, that is not real education. **Education devoid of Educare is not real education. What is Educare? Educare is that which brings out the latent divinity in a human being.**

Divinity is also known as consciousness. It is only because of the consciousness present in him that every individual is able to know the nature of the world around him. But, unfortunately, no one is able to recognise this all-pervading consciousness. In fact, it is only this consciousness that is protecting every human being.

In spite of one's education and scholarship, one is not able to realise this truth. Education is negative and artificial, whereas Educare is positive. People are going to foreign countries to acquire such artificial education. What is the use of acquiring such education? Instead, everyone should strive to acquire Educare. One need not go to foreign countries for acquiring Educare. It wells up from within and protects the person constantly. **Educare is the unity of thought, word and deed.**

## **Awareness of the Atma Tattwa Is Real Education**

One who has realised his own nature is an educated person in the real sense. One may enquire, "Who are you?" "Who is he?" etc., but one may not know one's own self. One might have acquired encyclopaedic knowledge about everything in this world. But, of what use is it if he does not enquire into himself by questioning "Who am I?" **Real education constitutes enquiring into oneself about his true nature.** You may question someone, "Sir! Where did you come from?" The person replies, "I am from India." That very reply that he came from India connotes a negative sense. The real "I" is to be explored. That "I" is the real source. Without realising this source if one simply states that he came from this place or that place, it is not the correct answer. The reply that he came from

India refers to the body. The body must have travelled from India. But, the consciousness is all-pervading.

**When someone questions, “Who are you?” The correct answer would be, “I am I.”** If someone replies that he came from America or India, it connotes a negative sense. We often make a statement that this is my body, my mind, my intellect, etc. These are all artificial and not real. Nowadays, a lot of research is being made into the nature of the mind. But the mind is never steady. **The mind is like a mad monkey and the body is like a water bubble. You are not this mad monkey. You are not this water bubble.** The name given to the human race is “mankind.” But, today that kindness is gone and mankind has become monkey mind. You don’t find even an iota of kindness and compassion in human beings today.

Realising one’s innate divinity is Educare. That innate divinity in man has been referred to by several people as *Atma*. Without realising the nature of the *Atma* one cannot understand the nature of the body. **Educare consists of realising the nature of the Atma.** When someone questions you what is the meaning of the word “self,” you answer “I.” But that is not the correct meaning of self. It is not correct to identify “I” with “self,” i.e., body. “I” refers to *Aham* (individualised soul). As long as one identifies “I” with self (body), one cannot understand the real meaning of “I.”

It is only when one sheds attachment to self (body) and develops the feeling of equanimity, can one understand the nature of *Atma*. This *Atma Tattwa* is equally present in every being. This is the fundamental principle. It is only because of this fundamental principle that every living being acquires value. One has to recognise this fundamental principle. Only then does one deserve to be called a human being. **In this world birds and beasts live along with human beings. Human beings can be differentiated from birds and beasts only when man realises that fundamental “I” which is the Atma Tattwa.** Since ancient times people in India have been striving to realise this fundamental “I” which is present in all beings.

## **The Fundamental “I” Alone Is Eternal**

These days people are confronted with several difficulties and worries in their life since their awareness is limited to bodily relationship. Such body consciousness is artificial. It does not reveal their true Self. One has to strive to realise the fundamental “I.” **Human body is ephemeral and is bound to perish one day or the other. When we speak of “I,” it should not be limited to the ephemeral human body, but to the fundamental “I.”**

*The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment whatsoever and is the eternal witness.*

(TELUGU POEM)

The *deha* (human body) with which we identify ourselves saying “I,” is subject to birth and death again and again. But, the *dehi* (indweller), is the eternal *devadeva* (*Paramatma*). **While the vesture of deha (body) has birth and death, the dehi is beyond birth and death and is omnipresent.**

*Consciousness has neither birth nor death. It has neither beginning nor end. It is present in all beings as the eternal witness.*

(TELUGU POEM)

You might have observed a beggar standing in front of your house seeking alms with a request *Bhavathi bhikshaamdehi* (give me alms). He is reminding you of your true nature of divinity by addressing you so. The word “*dehi*” refers to Divinity. He is seeking alms from God Himself. Hence, true education is realising the *dehi*. Education is not merely reading a number of books, which confers only bookish knowledge. Why do you run after these books? This bookish knowledge will enable you to merely eke out a livelihood. But, there is something beyond this bookish knowledge and livelihood, which all of you have to pursue.

*Can you call all those who know how to read and write educated?*

*Can one be called educated merely by acquiring degrees?*

*Can you call it education which does not confer virtues?*

*If education is just for a living, don't we find birds and beasts carrying on their lives?*

(TELUGU POEM)

One may acquire a lot of wealth and become a millionaire with the help of bookish knowledge and high academic degrees. **But, ultimately people will give value to a realised soul and not to the one who has accumulated enormous wealth.** As long as the body is present, people will refer to a person as “so and so; a very rich person; a king, etc.”

At present, man is exposed to unrest and lack of peace. What could be the reason for this state of affairs? Not even one individual is living peacefully. The whole world is in a state of turmoil. It is true that secular education is necessary for one's living in this world. But, one has to go beyond this level and explore into the realm of universal consciousness that leads and motivates every living being. That consciousness is present equally in every human being right from a pauper to a millionaire. **The fundamental “I” is present in you, him and every individual.**

Here is a small example. Supposing you question somebody, “Who is the doctor?” The doctor will immediately rise to answer, “I” am the doctor. In this example, the doctor identifies himself with his profession and says “I” am the doctor. But he forgets about the fundamental “I” present in him. When a question is put, “Where is God?” The natural answer would be, “He is present in all.” The same truth is enshrined in the aphorisms, *Easwarah Sarva Bhutanam* (God is the indweller of all beings) and *Isavasyam Idam Sarvam* (the entire universe is permeated by God).

Different varieties of sweets like *Mysore Pak*, *Gulab Jamoon*, *Laddu*, *Khova*, etc., are prepared. Names are different, but the fundamental ingredient (sugar) in all

these sweets is the same. Similarly, **one who realises the truth that the same Atma Tattwa is present in every human being and, in fact, in every living being, is the happiest person. Every person must attain such a level of consciousness.** People in ancient times strove to attain that state and therefore they were aptly referred to as *yogis*. **They realised the truth that every human being was actually a three-in-one entity:** (1) the one he thinks he is, (2) the one others think he is, and (3) the one he really is. All the three aspects are present in one individual, with no separate entity for each aspect. This principle is changeless and eternal.

### Do Not Give Excessive Importance to Physical Relationships

We often come across people who claim that their sons are employed in lucrative jobs in America. As a matter of fact, who is your son? You say that so and so is your son, keeping in view the bodily relationship with someone who has a name and form. Devoid of name and form, who is the son and who is the father? All these names and forms are acquired only after a person is born.

*When man emerges from the womb of his mother, one does not find any garland around his neck. There are no jewels made of pearls nor are there glittering gold ornaments. There are no chains studded with precious stones like emerald and diamonds. But there is one garland around his neck. Brahma strings together the consequences of his past deeds into a heavy garland and puts it around his neck at the time of his birth.*

(TELUGU POEM)

As long as there is bodily relationship between you and him, you call him your son. If the body perishes, whom do you call your son? All these relationships are worldly and physical. As long as the physical relationship exists you consider someone as your relative, friend or foe. Hence, do not ever give excessive importance to these physical relationships. **It is only when you rise above these physical relationships that you will realise the Antaryami (inner motivator).** You

may enquire from any of our boys, "Where is God?" They will spontaneously answer, "Everywhere. In fact, you are God." Their relationship with God is beyond the physical level of the body.

We are always leading a life based on physical relationships. But, these are not permanent. Such relationships exist today, but may cease to exist tomorrow. As long as there is life in the body, you say, "I am." Once the body perishes how can you call yourself "I"? When you enquire into the matter deeply, everything in this objective world reduces itself to zero. All that we see in this world are zeros. Unfortunately, today we consider the zero as hero. However, there is one fundamental principle "I" which is eternal. That fundamental principle is hero. It is present in every individual, but it is not noticed. It is the inner motivator. We often refer to our human body consisting of flesh and blood as "I." Our physical body is not eternal. It is like the passing clouds which come and go. Considering such transient body as the eternal "I," we often struggle to keep the body in comfort. This is not the correct approach. The body must be employed for the purpose for which it was given to us.

Man is born to realise the eternal truth. Here is a small example. You performed the marriage of your son and brought a girl into your house, claiming her as your daughter-in-law. Before her marriage to your son, who was this daughter-in-law? The relationship ceases to exist once you leave this world. Such relationships are like passing clouds. Unfortunately, today we are passing our lives keeping such passing clouds as our true relationships. This is not the proper thing to do. Every individual should desist from leading a life based on *dehabhimana* (attachment to the body). Even educated people have attachment to the body. They constantly strive to maintain the physical body feeding it with comforts. It is only because of attachment to the body that they are exposed to sorrows and difficulties. Hence, shed body attachment and cultivate attachment to the Eternal Truth.

People crave for the *Darshan* of Rama, Krishna and other deities, which are the names given to the physical

body donned by Divinity in different ages. As long as you are attached to the physical body, you cannot realise the *Atma Tattwa*. In fact, *Atma* does not have any attachment. **The Atma is present in you, Me and every individual and every living being in keeping with the aphorism *Ekatma Sarva Bhutantaratma* (one Atma dwells in all beings).** Realising the nature of such an all-pervading *Atma* is considered to be true spirituality; not just performing some rituals like worship, religious vows and *bhajans*.

When someone enquired of Sita, "Where is your Rama?" she replied, "Sri Rama is always with me only." What people generally refer to is the physical body of Sri Rama, the son of King Dasaratha. In fact, the real Rama is not related to any individual – neither the son of some king nor the son-in-law of another king. He is immanent in every living being.

### **Instead of *Dehabhimana* Cultivate Spiritual Relationship**

Keeping in view the bodily relationship, people often make enquiries, "Where did your uncle come from? Where did your aunt come from?," etc. Supposing you question the same person, "Where did you come from?" He cannot give a correct answer. The truth is all people come from the same source. When one realises this truth, there will be no more worry or sorrow. Hence, one has to realise this universal truth. If you do not develop faith in unity, but follow diversity, your entire life will be chaotic. **Do not develop attachment to the world. Instead, cultivate spiritual attachment.** When you live in harmony with your fellow human beings, you will derive happiness. Then you will enjoy the unity between human beings. The real devotee is one who has realised such unity. **Unity leads to purity, which in turn leads to Divinity. One who has not experienced such unity, purity and divinity confines himself to body attachment and will be trapped in the birth-death cycle.**

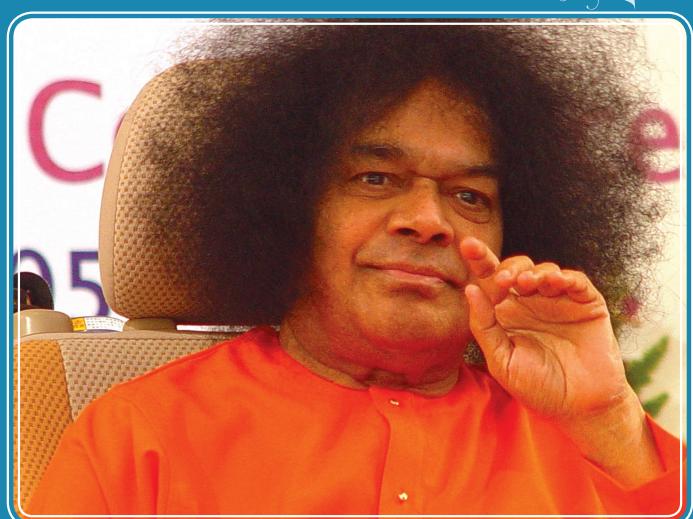
You are all aware of the havoc caused by tidal waves that shook the coastal villages on the east coast of India (Tsunami), a few months ago. More recently, in America a very devastating hurricane submerged

several towns and villages. The entire region presented the picture of a vast sheet of water. No one knew who survived and who died. It is only after the water receded, an estimate of the extent of damage caused to life and property could be made.

***Embodiments of Love! Eschew body attachment and realise the unity in diversity present everywhere. That is real *sadhana*.*** Today, people undertake *sadhana* to achieve something, all the while thinking of something else. As a result, they are unable to achieve their goal. Such divided attention is the fault of the concerned individual, but not that of the objective world. Ensure that your *sadhana* is on the right track. Only then will you be able to realise the unity in diversity. Several people live long years of age, some even 100 years. But, they are unable to realise this unity. Instead, they visualise duality everywhere. This cannot be termed as real *sadhana*. **One who has realised the non-dual (*advaita*) Brahman alone can be considered to be a real *manava* (human being).** Hence, try to realise the unity in diversity by removing the feelings of duality and experience bliss. In fact, unity is divinity and that divinity is immanent in you.

As long as you are under the influence of duality, you will not be able to realise that unity. **Realise unity, experience unity and spread unity to the entire world. Unity alone brings purity and purity develops love.** If only you develop such pure love, you will be able to understand everything in the spiritual realm. I will take some other opportunity to explain in greater detail the concept of pure love. If you entangle yourself in worldly attachments and still aspire for divinity, how is it possible? Hence, keep yourself away from all attachments and attain unity.

September 3, 2005  
International Sai Medical Conference  
Prasanthi Nilayam





# Sathya Sai Ideal Healthcare

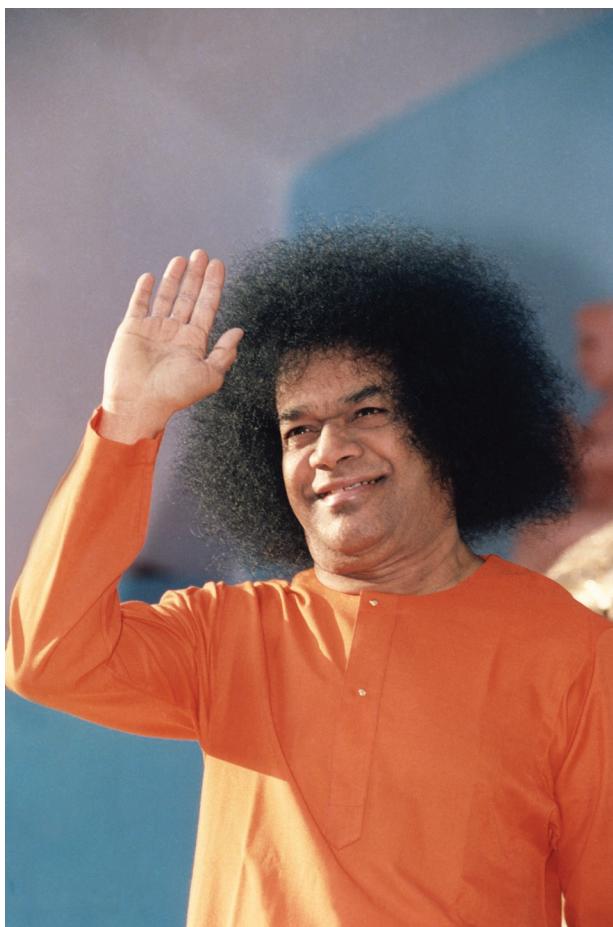
*"People should not suffer from ailments of any kind.  
Regard these hospitals as yours. They are not Mine.  
They exist for your sake. Anyone is free to come to  
these hospitals and seek relief and lead an ideal life  
thereafter. This is My benediction on all of you."*

—Bhagavan Sri Sathya Baba

July 1992

## Sathya Sai Ideal Healthcare: Divine Mission

It is common practice for the delivery of healthcare to be driven by a commitment to a philosophy of what constitutes good healthcare. However, this commitment and the philosophy vary not only among healthcare providers within a country but also across countries. But when there is a singular commitment to a unified philosophy, the results are often astounding and more in keeping with the fundamental ideals of healthcare.



Today, even in countries with the technologically best healthcare equipment and educated professionals, healthcare systems are struggling with declining patient welfare and satisfaction. Why is it not enough to have the best trained doctors and the best equipment? Indeed, education without character and intelligence without compassion are not beneficial to society. Successful healthcare institutions can arise in a milieu of medical excellence when it is suffused with love, compassion and patient-centred care. Bhagavan Sri Sathya Sai Baba has demonstrated that with His Divine Will (*Sankalpa*), such exemplary institutions can exist. Every cog in His wheel of healthcare delivery is committed to the human values of Truth, Right Conduct, Peace, Love and Non-violence leading to a fundamental transformation of the practice of medicine that is patient-centric.

Bhagavan Sri Sathya Sai Baba's vision of ideal healthcare is predicated on five principles. These principles are based on a strong commitment to universality of state-of-the-art healthcare.

### 1. Universal Healthcare

Bhagavan has repeatedly emphasised that state-of-the-art healthcare should be available to all people and especially the poor. In keeping with this commitment, He has established a chain of super-specialty and general hospitals delivering the best medical care to all. In addition, with His Guidance and Blessings, healthcare professionals provide free healthcare in over 30 countries.

*Doctors should serve the poor with spirit of sacrifice. There is no greater service than this. As man is the embodiment of God, it is his primary duty to help the destitute and the forlorn. Medicine should not be commercialised. It is meant to promote heart-to-heart and love-to-love relationship between doctor and patient. A true doctor is one who realises this truth and conducts himself accordingly*

—Sri Sathya Sai Baba, 2003

## **2. Free Healthcare**

Bhagavan has deemed that high-quality healthcare should be delivered free of cost to all patients so that no one is prevented from receiving the highest benefits of healthcare. Every Sri Sathya Sai Hospital and the international Sri Sathya Sai clinics and medical camps delivers such care free of cost to the patients.

*Welfare services should be free for all. There are numerous people who cannot afford the costs of medical treatment. Doctors should render free service to such persons.*

—Sri Sathya Sai Baba, 1995

## **3. Loving Healthcare**

Bhagavan has prescribed that healthcare workers should deliver this care with love and compassion thereby elevating the healthcare worker to a healer.

*If the doctor is full of love and compassion, God works through him. Doctors, therefore, have to endeavour to become the receptacles of Divine Power during their healing process.*

—Sri Sathya Sai Baba, 1980



## **4. Comprehensive Healthcare**

Medical care is for the whole patient. Ideal healthcare encompasses treatment of the body, mind and spirit.

*Man suffers from two types of ills, physical and mental. They are caused by disequilibrium of the three tempers and three Gunas. Physical health is a prerequisite for mental health and mental health ensures physical health.*

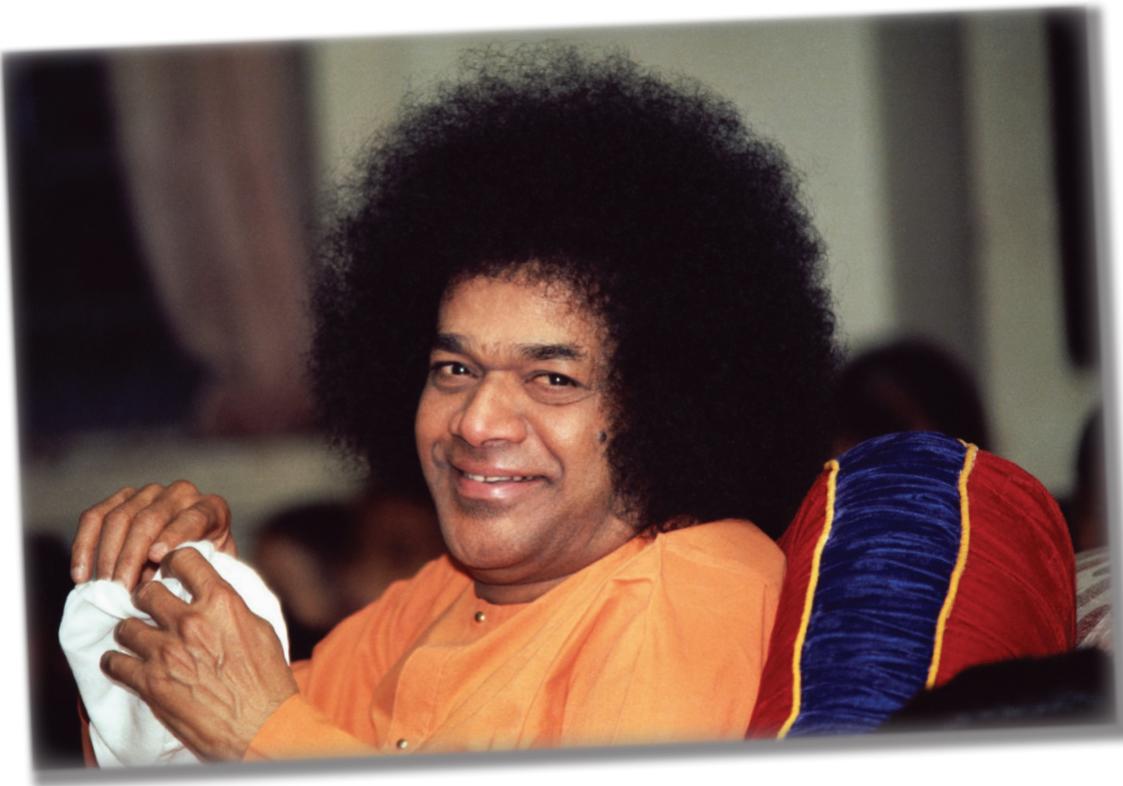
—Sri Sathya Sai Baba, 1959

## **5. Preventive Healthcare**

Finally, Bhagavan Sri Sathya Sai Baba has said that the duty of the physician is not only to treat with love and compassion but to educate patients in healthy living and thus prevent frequent visits to the physician and hospitals.

*The current belief is that medicine is to be valued for its use during illness. But this point of view has to change. Medicine is used to see that one does not fall ill, just as the purpose of truth is to so live that one is not subjected to birth again.*

—Sri Sathya Sai Baba, 1980



Together these five principles lead to an enhanced and healthy life for all. Sathya Sai Ideal Healthcare is more than a principle or a commitment. It is a prescribed way of life for every healthcare professional. It is a reminder to one and all to make the right choices in patient interactions and patient welfare. It brings to the fore the understanding that being a doctor is a privilege, not a glory nor a way to eke out a living. It introduces the notion of self-sacrifice rather than self-aggrandisement. It emphasises that patient welfare takes precedence over physician prosperity.

Delivering state-of-the-art medical care with excellence, love, compassion, and patience is not fiction; it is a challenge to which one can arise and experience the immense joy therein. It involves self-sacrifice. It involves de-commercialisation. It involves dedicating one's resources and life to the welfare of the sick. It involves humility and an understanding of the might of Divine Love over the limitations of human intellectual prowess.

Sathya Sai Ideal Healthcare begins with sound medical practice and adds to that the guiding principle that the patient is indeed Divine. Such an approach not only enhances the efficacy of medical care but also improves patient response to medical treatment by imparting to the patient a sense of inner peace and love. Such peace is well known to reduce stress, boost the immune system, speed up tissue healing, enhance physiological response to disease, and improve individual quality of life.

A recent paper in 2006, published in *American Family Physicians* titled “Religion, Spirituality and Their Relevance to Medicine” finds that good medicine tempered with love and spirituality indeed helps treat diseases better. The evidence for this is not lacking. A look at any of Bhagavan’s healthcare delivery systems stands as an irrefutable testimony to this dictum.

The practice of Bhagavan's teachings about healthcare not only benefits patients but also brings peace and joy to healthcare workers and their families. Interactions with other individuals form a large part of the lives of healthcare workers. If these interactions are filled with love and driven by compassion, the outcome at the end of the day is a deep sense of peace in the individual.

*The body, Atma and the mind are closely interrelated. An attitude of generosity, a spirit of enthusiasm to do good, to be of service to the best of one's capacity—these build up the mind as well as the body. The very joy derived from service reacts on the body and makes you free from disease.*

—Sri Sathya Sai Baba, 1959

Sathya Sai Ideal Healthcare is delivered within India through the Sri Sathya Sai Institutes of Higher Medical Sciences and the Sri Sathya Sai General Hospitals, Sri Sathya Sai Mobile Clinics and medical camps organised by the Sri Sathya Sai Seva Organisation of India. It is also delivered internationally by dedicated healthcare professionals under the auspices of the Healthcare Committee of the Sri Sathya Sai World Foundation. Through each of these institutions, a temple of healing arises wherever Sathya Sai Ideal Healthcare is practiced by each and every professional delivering healthcare. Whenever such healthcare has been delivered to patients, it has repeatedly drawn the attention of doctors, administrators, politicians, and even heads of states and inspired them to be part of Bhagavan's Divine Mission.

A fundamental change in the practice of medicine began in 1956 when Bhagavan Sri Sathya Sai Baba blessed the people of Puttaparthi with its first general hospital. This has now blossomed into a vast network of efficient, compassionate, excellent and free healthcare delivery in over 30 countries. Sathya Sai Ideal Healthcare is transforming the practice of medicine; with the patient's help, the healthcare worker gets a glimpse of Divinity; with the healthcare worker's help, the patient gets a moment of God's Love.







# Sathya Sai Global Healthcare Mission

*"Doctors should look after the patients with the same care they would show to their kith and kin. Then all would experience equal happiness."*

—Bhagavan Sri Sathya Sai Baba

June 1995

## Sathya Sai Global Healthcare Mission

Sathya Sai Global Health Care Mission provides loving, compassionate and state-of-the-art medical care to patients. Through a network of healthcare professionals in India and overseas, Sathya Sai Ideal Healthcare touches the lives of hundreds of thousands of patients globally. Each participating healthcare professional is committed to the principles of Sathya Sai Ideal Healthcare and delivers the same quality of service and care in each country. With the Blessings and Guidance of Bhagavan, healthcare is delivered in India through the Sri Sathya Sai Medical Trust and the Sri Sathya Sai Seva Organisation of India and it is delivered in all other countries through the Healthcare Committee of the Sri Sathya Sai World Foundation.

### India

Sathya Sai Ideal Healthcare is delivered in India at the Sri Sathya Sai Institutes of Higher Medical Sciences, the Sri Sathya Sai General Hospitals, the Sri Sathya Sai Mobile Clinics and through medical and dental clinics.

#### Sri Sathya Sai Medical Trust

The Trust administers the General Hospitals, the Super-Specialty Hospitals, the Sri Sathya Sai Mobile Hospital and academic programmes.

#### 1. General Hospitals

The Sri Sathya Sai General Hospital (SSSGH) in Prasanthi Nilayam was Blessed by Bhagavan during its inauguration in 1956. It started as a small two-bed hospital and has blossomed over the years to a full-fledged 100-bed hospital. Under the Divine Guidance of Sri Sathya Sai Baba another general hospital was opened at Whitefield, Bangalore on August 28, 1976. Since the hospital was located on the outskirts of an expanding city, it had to grow rapidly. Today that hospital has become large enough to handle more than 1,000 patients daily.



Sri Sathya Sai General Hospital in 1956

The General Hospital in Puttaparthi alone has treated about 4 million patients since its inception. Both hospitals today have specialty units. The various departments in the General Hospitals are:



Sri Sathya Sai General Hospital in 2005

- General Medicine
- Paediatrics
- General Surgery
- Orthopaedic Surgery
- Plastic Surgery
- Urology
- ENT Surgery
- Ophthalmology
- Sri Sathya Sai Baba Eye Bank
- Obstetrics and Gynaecology

These hospitals have made steady progress as institutions offering high-quality free service to poor villagers. The dedicated and selfless services of the full-time and visiting doctors have resulted in the phenomenal growth of these hospitals. The majority of patients, who come for treatment to the General Hospitals and Super-Specialty Hospitals, are from socially and economically weaker sections of society.

## 2. Super-Specialty Hospitals

The Super-Specialty Hospitals named Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), are tertiary-care hospitals within Sri Sathya Sai Baba's Global Healthcare Mission.



**SSSIHMS-Prasanthigram**



**SSSIHMS-Whitefield, Bangalore**

The specialties available in the two Super-Specialty Hospitals are:

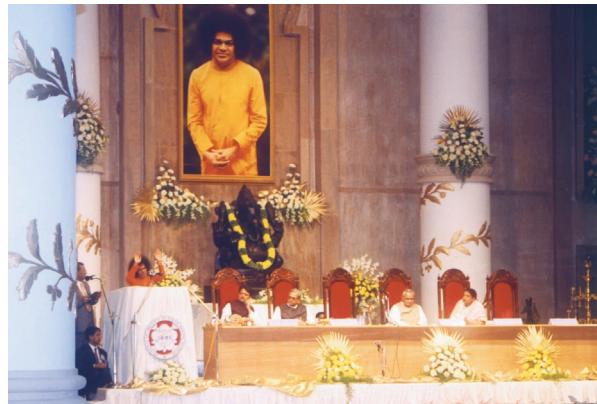
- Cardiology
- CTVS
- Ophthalmology
- Plastic Surgery
- Urology
- Orthopaedics
- Gastroenterology
- Neurology
- Neurosurgery



**Inauguration of the SSSIHMS-Prasanthigram**

The hospitals provide excellent patient care facilities to everyone without distinction of any kind. Expensive surgeries with state-of-the-art equipment are performed in several subspecialties including neurosurgery, cardio-thoracic surgery, ophthalmology, urology and orthopaedics entirely free of cost to the patient. The Super-Speciality Hospital in Puttaparthi was inaugurated in 1991. Over a period of 17 years since

its inception, this Super-Specialty Hospital alone has carried out approximately 18,000 cardiac surgeries, 21,000 cardiac catheterisations, 35,000 urological surgeries and 34,000 ophthalmologic surgeries and over 1.5 million outpatients have been seen. The hospital in Whitefield, Bangalore was inaugurated in 2001. In the past seven years, this hospital has seen about 500,000 patients and carried out about 18,000 surgeries in neurosurgery and cardiac surgery alone. A free nursing school is also associated with the Super-Specialty Hospital in Bangalore. The distribution of patients seen in all these hospitals is skewed towards those with low household incomes. A unique feature of these Super-Speciality Hospitals is the post-discharge follow-up of patients even from far away villages as part of the Sai rehabilitation programme.



**Inauguration of the SSSIHMS-Whitefield**

### 3. Mobile Hospitals

The Sri Sathya Sai Mobile Hospital began operation in 2005. The focus of this hospital was to provide both preventive and curative healthcare. Every month, about 7,500 patients are being seen by the Mobile Hospital.



**Sri Sathya Sai Mobile Hospital**

### 4. Academic Programmes

In addition to clinical facilities, the Sri Sathya Sai Medical Trust administers academic programmes such as the Diplomate of National Board (DNB), a nursing school, courses and training in anesthesia technology, cardiac perfusion technology, medical imaging technology and medical laboratory technology.

### 5. Medical and Dental Clinics

Under the auspices of the Sri Sathya Sai Seva Organisation of India, between the years 2003-2005, 5.2 million patients were seen in about 39,500 medical and dental clinics or camps. This was conducted not only in medical facilities but also in innovative outreach locations such as railway stations. In addition, close to 400 veterinary camps were held in which about 35,000 animals were seen. Surgical procedures were carried out as needed without any cost to the patient.



## International

The Healthcare Committee of the Sri Sathya Sai World Foundation provides Sathya Sai Ideal Healthcare in countries of the world other than India. Its activities are conducted with the Blessings and Guidance of Bhagavan Sri Sathya Sai Baba. The delivery of healthcare takes place under six broad categories:

- Medical camps and clinics
- Medical conferences
- Medical rotations
- Disaster relief
- Medical education
- Ongoing permanent projects

### Medical Camps and Clinics

Medical camps have been conducted by Sathya Sai physicians from several overseas countries for more than a decade. The recent statistics shows that from July 2007 to June 2008, 272 medical camps were conducted in 28 countries where about 157,000 patients were seen and treated free of charge. Medical specialists in the medical camps were from the following specialties:

- Cardiology
- Dentistry
- Dermatology
- Endocrinology
- ENT
- Acute Care
- Gastroenterology
- Neurology
- Nutrition
- Obstetrics and Gynaecology
- Ophthalmology
- Internal Medicine
- Orthopaedic Surgery
- Neurosurgery
- Pharmacy
- Speech Therapy
- Audiology
- Social Work
- Veterinary Medicine



Medical Camp in Prasanthi Nilayam November, 2008



The following are a few examples of our volunteers serving the sick with love, compassion and excellent medical care.

A dental camp was organised for blind children in the Southeast Asian country of Laos from July 7-8, 2007.



**Blind Children Dental Clinic, Laos**



**Leprosy Sanitarium, Malaysia**

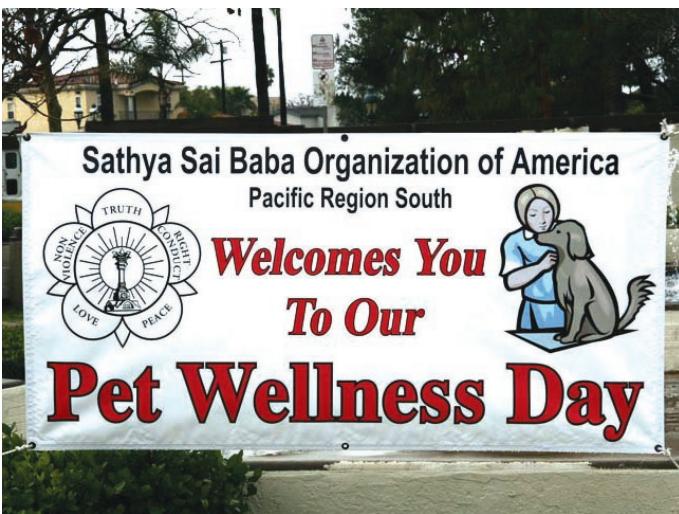
Sathya Sai Healthcare workers in Malaysia frequently visit a leprosy sanitarium in Kuala Lumpur where 190 patients are lovingly treated. After routine medical check-up, the volunteers spend time with the patients engaging in conversations and light entertainment.



On May 2, 2008, a dental camp was organised in Oregon, U.S.A. in which 73 patients were seen including children. Patients received treatments, education and preventive kits.



**Dental Camp, Oregon, U.S.A.**



Veterinary Camp, U.S.A.

On January 27, 2008, a veterinary camp was conducted in San Diego, U.S.A. in which about 300 animals were seen with respect, compassion and kindness for vaccination, de-worming, flea control and grooming.

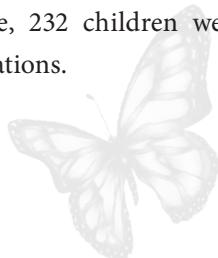


Corona Medical Camp, U.S.A.



Patients waiting to see doctors, Indonesia

On July 20, 2008 in a small village near Jakarta, Indonesia 1,163 patients were seen by Sathya Sai healthcare teams. They visited individual patient homes to render care and also conducted a medical camp. In addition, in June, 232 children were given Hepatitis vaccinations.



On August 16, 2008, a medical camp was held in Posadas, Argentina. Approximately 262 patients were seen, treated, provided with free medications and sent home with oral hygiene kits.



**Medical Camp, Argentina**



**Consultations in Medical Camp, Fiji**

In addition to the medical, dental and veterinary camps, there are permanent free medical or dental clinics in the following countries:

- Vietnam
- Argentina
- Brazil
- Ecuador
- Colombia
- El Salvador
- U.S.A.
- Malaysia



**Permanent Medical Clinic, Colombia**



**Permanent Dental Clinic, Brazil**

These permanent medical clinics arose out of requests by local authorities who observed the excellent, caring, compassionate and loving medical care rendered during routine Sathya Sai medical camps.



### **Medical Conferences**

In 2005, the International Medical Committee of the Sri Sathya Sai Organisation held the first International Medical Conference on “Sathya Sai Ideal Healthcare” in Puttaparthi in the Divine Presence of Bhagavan.



**International Medical Conference 2005, Prasanthi Nilayam**



**Medical Conference 2008, Hanover, Germany**

In 2008, under the auspices of the Sri Sathya Sai World Foundation, a medical conference was held in Hanover, Germany, on “Practicing Human Values in Medicine.”

Another conference was held in Viti Levu, Fiji on “Make a Difference in Medical Care” on July 12, 2008.

In commemoration of the second anniversary of the Department of Orthopaedics, a CME Conference was held on July 11 and 12, 2008 at the Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram. During the Orthopaedics Conference, there were technical sessions by renowned orthopaedic surgeons. They also had presentations on Sathya Sai Ideal Healthcare.



CME Orthopaedics Conference 2008, SSSIHMS

### Medical Rotations

A steady stream of 135 licensed and specialty-trained doctors from many parts of the world participate in a year-round free service at the Sri Sathya Sai General Hospital in Prasanthi Nilayam and the two Super-Specialty Hospitals. These doctors serve in outpatient departments seeing patients and in the operating theatres performing surgeries. They provide consulting services in radiology and laboratory medicine.

### Disaster Relief

When a natural disaster strikes anywhere in the world, the Sri Sathya Sai World Foundation has been quick to respond to the needs of the victims and they provide medical care promptly. Relief was provided in Sri Lanka, Indonesia, Malaysia and Thailand during the Tsunami of 2005.

More recently in 2007-2008, immediate relief was also provided to victims of the floods in Tabasco and Chiapas in Mexico and earthquake victims in Peru and Indonesia. Some of this relief work required the healthcare workers to travel formidable terrain in boats in order to reach the victims and begin serving them.



Helping the Earthquake Victims in Peru

In Peru, for example, there was an earthquake measuring 8.0 on the Richter scale near Lima. Over 500 people were killed by the devastation. Sathya Sai volunteers braved gutted roads to reach a large football field filled with temporary plastic shelters to deliver medical care.





**Flood Relief Medical Camp, Mexico**

On September 12, 2007, an earthquake of magnitude 8.4 on the Richter scale hit Sumatra. On September 16, 2007, Sathya Sai volunteers provided medical aid, food and physical support to the victims.

### **Medical Teaching and Training**

In addition to clinical duties, all rotating doctors who work in the departments with postgraduate training programmes teach the residents and fellows. This takes place in the Super-Specialty Hospitals and the General Hospitals in Puttaparthi and Whitefield. Currently teaching takes place in radiology, cardio-thoracic surgery, anaesthesia, orthopaedic surgery, cardiology, urology, ophthalmology and neurosurgery. Teaching in nursing has been approved to begin soon. There is a comprehensive video teleconferencing facility available in the hospitals and radiology teaching is conducted on a daily basis by radiologists in the U.S.A.

### **Department of Orthopaedics**

With the Blessings and Guidance of Bhagavan, the Healthcare Committee of the Sri Sathya Sai World Foundation and the Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram, inaugurated the Department of Orthopaedics on July 13, 2006. The first surgery was performed on the same day. The Department has three major operating rooms, one minor operating room, a recovery/ICU unit, a ward with 45 beds, a full-service physiotherapy unit and an outpatient clinic.

There is a DNB programme for fellows within the Department. In the two years since its inception, 2,100 surgeries have been performed, about 50,000 patients were seen in the outpatient clinics and about 30,000 physiotherapy treatments were given.

In Mexico, torrential rains left over a million people homeless. A medical camp was held from November 7 - 11, 2007 to provide aid to the victims and prevent the spread of disease.



**Providing medicines and food, Sumatra**



**Inauguration of Orthopaedics Department, SSIHMS-Prasanthigram**

## Gastroenterology Unit

With the Blessings and Guidance of Bhagavan and the combined work of the Sri Sathya Sai World Foundation and the Sri Sathya Sai Institute of Higher Medical Sciences in Puttaparthi, a new Gastroenterology Unit was inaugurated by Bhagavan Sri Sathya Sai Baba on July 12, 2008. The first Endoscopy procedure was performed in the Gastroenterology Endoscopy Unit, soon after the inauguration on July 12 2008. In the 24 weeks following the inauguration, 858 upper and lower endoscopy procedures have been performed. In addition, 3,728 patients have been seen in the outpatient setting. The unit also provides in-patient consultations both at the SSSGH and the SSSIHMS.

A silent transformation is taking place in the delivery of medical care throughout the world. This is brought about by Sathya Sai Ideal Healthcare based on the universal and eternal Message and Love of Bhagavan Sri Sathya Sai Baba. Financial and medical experts thought the delivery of free and compassionate medical care was impossible. But when the Divine Will prevails, the impossible becomes possible. Millions of people throughout the world are now able to get the needed excellent healthcare free of charge and are able to spend their lives in good health.



GI Unit Inauguration, SSSIHMS–Prasanthigram

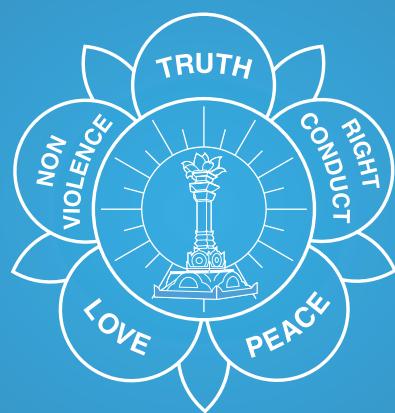


GI Unit Inauguration Exhibition



GI Unit Inauguration Exhibition





**Sri Sathya Sai World Foundation**