

SATHYA SAI
THE
ETERNAL
COMPANION



VOLUME 4, ISSUE 12
DECEMBER 2025



DIVINE
GLORY &
MISSION OF
SRI SATHYA SAI



Make the heart big and the mind pure. Then only can peace and prosperity be established on earth. This day (Christmas) is a holy day, the day on which Jesus was born. He announced himself as the Messenger of God. In fact, all humans are born as Messengers of God. The sole purpose of this human life is to propagate the Omnipresence of God, His Might and Glory. No one is born for merely consuming quantities of food and catering to one's senses. Human life is much more precious than that. That is why the capacity to appreciate beauty, truth and goodness has been endowed only on man. To acquire awareness of the divine, one need not journey to any special region or place. It is enough if the eye is turned inwards.

Sri Sathya Sai Baba

December 25, 1976



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





Volume 4 • Issue 12 • December 2025

ISSN 2831-6908 (Online)
ISSN 2831-6916 (Print)

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Riverside, California, USA

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Published by: Sri Sathya Sai International Organization

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TABLE OF CONTENTS

Volume 4 • Issue 12

December 2025

6 Editorial

Uniqueness & Universality of Sathya Sai Baba's Teachings, Part 1 of 2

12 Divine Discourse

[Fill the World with Love, Part 2 of 2, November 18, 1995](#)

20 Experiences of Devotees

Not Even a Blade of Grass Moves Without Sai's Will by Jack Feely, Ph.D.

Vibhuti Restores the Life of a Beloved Pet by Mr. José Cabezas

Vibhuti Cures Disabling Vertigo via Mr. Eugene Gussenhoven

From Potholes to Purpose by Mr. Eduardo Umaña

36 Humanitarian Service

Love in Action—Brazil, Russia, Thailand, and Sri Lanka

38 Glory of Womanhood

From Death to Life by Ms. Jan DiSanti

44 Ideal Sai Young Adults

Living the Sai Way, Central America

Shaping Tomorrow's Leaders, Indonesia

Grounding and Uplifting Tree Planting, Europe

Self-Transformation: The True Christmas Miracle

50 Sathya Sai Education

With contributions from Aradhya, Akhil, Amaran, Anusha, Aniv, Ariya, Charitha, Darshan, Diya, Durga, Nidhi, Nivi, Raman, Riyan, Sai Sanjiv, Sachi, Satvik, Sivanewry, Srinikaa, Suhas, and Vrithika

54 SSSIO Events and Websites

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UNIQUENESS & UNIVERSALITY OF SATHYA SAI BABA'S TEACHINGS

Part 1 of 2

Swami's teachings are universal, transcending the barriers of race, religion, faith, gender, nationality, culture, and ethnicity. They are for everyone, and for all times. When we dive deep into His teachings and practice them, we will be redeemed from the cycle of birth and death.

In His discourse on May 17, 1968, Swami assures that following His commands implicitly, completely, and immediately is enough to realize the *summum bonum* of life—one's supreme Self. He declares that this path is more effective than any great austerity or penance.

Swami is the divine teacher, the universal teacher, the supreme teacher, the teacher of teachers, and the true teacher. He has no teacher for Himself, for He is the highest. As part of the divine play, Lord Rama revered sages Vasishtha and Vishwamitra as gurus, Lord Krishna followed sage Sandeepani, and Shirdi Sai Baba had Venkusa as guru. But in this avatar, Swami said that He has no guru because He is the supreme.

Swami says that He is *Sathya Bodhaka*, the teacher of truth. He came to teach the ultimate truth that everyone is the embodiment of love and that love is both the path and the goal of life. That is why His first message to humanity was the bhajan "Manasa Bhajare Guru Charanam."

The *bhajan* implores everyone, "O mind, hold on to the feet of the Guru by singing His glory and taking refuge in Him, to cross the very difficult ocean of life." The *bhajan* also makes it clear that He is Lord Shiva and the *Pranava*, the Omkara, which represents the ultimate reality without attributes—the supreme *Brahman*.

From His early childhood days, Swami played the role of a guru. In fact, Sathya was called a "guru" by His peers and classmates. Even at a young age, He corrected scholars such as Pandit Narayana Shastri regarding a complex scripture, the Hamsa Gita. Since He is the greatest Guru, spiritual seekers from all walks of life and all corners of the world came to His lotus feet seeking the ultimate truth. This included great vedic scholars such as Sri Kamavadhani, Sri Kuppa Bairagi Shastri, and Sri Uppuluri Ganapati Shastri in India, as well as theosophists and philosophers like Sri Rajagopal, Prof. N. Kasturi, a great devotee of Sri Ramakrishna Paramahansa, and Prof. V.K. Gokak, an ardent follower of Sri Aurobindo. All such renowned spiritual aspirants found their ultimate master in Swami. Western spiritual seekers like Dr. John Hislop from the USA and Mr. Howard Murphet from Australia, along with many luminaries, were enlightened by His simple yet profound, universal teachings.



Swami's Universal Message is for All

Just as the Bhagavad Gita is the essence of all Upanishads, Swami's teachings embody the essence of all scriptures and all religions. They are universally applicable to all faiths. In a *bhajan*, Swami is extolled as "*Sarva Dharma Priya Deva*," which means that He is dear to all faiths, and that all faiths are dear to Him. **Every word of His is a *mantra* (sacred word); every sentence, a *sutra* (aphorism); every conversation, a Gita; and every discourse, a Veda.**

Jesus said, "What is the point of saying 'Lord, Lord,' if you don't follow what I say?" Similarly, Swami says, "Don't merely talk about My form and personality (*vyakti prachara*). Instead, propagate and live My teachings (*tattva prachara*)." That is why we should focus on His teachings and benefit from them. Swami emphasizes that individual miracles and experiences are personal and may be confounding, but His teachings are universal, eternal, and enlightening.

Swami says that He is Sathya Bodhaka, the teacher of truth. He came to teach the ultimate truth that everyone is the embodiment of love and that love is both the path and the goal of life.

In the *Bhagavad Gita* (BG 18.68 and BG 18.69), Lord Krishna says that those who spread His teachings are dearest to Him. Similarly, **Swami instructed the leadership of the Sri Sathya Sai International Organization in 2004, saying that the greatest service one can do is to go to all corners of the world and spread His message and share His love.**

Swami's love and teachings are for everyone—from the uneducated and simple-hearted to the greatest scholars. His approach as a teacher is unique, customizing His lessons to each devotee's spiritual progress. The curriculum and teaching techniques are unique to each individual enrolled in the 'University of Life' to earn the degree of 'Self-Realization.'

For instance, He guided one devotee, Sri Gopal Rao, former Chairman of Andhra Bank, to chant the Lord's name incessantly. To another devotee, Sri Ratanlal, Swami emphasized *jnana marga* (path of Self-inquiry). To others like Colonel Joga Rao, He prescribed *karma yoga*, performing selfless service. In fact, Swami would call him 'Yoga Rao.' Swami also integrated all three—*karma*, *bhakti*, and *jnana yoga*—into one unified path, as reflected in the beautiful 'Lord's Prayer' that He has given us. This prayer is discussed in detail in the editorial of the August 2022 issue of *Sathya Sai—The Eternal Companion*. The statement, 'Take my love and let it flow in fullness of devo-

tion to Thee' stands for *bhakti* yoga, 'Take my hands and let them work incessantly for Thee' for *karma* yoga, 'Take my mind and thoughts and let them be in tune with Thee' for *raja* yoga, and 'Take my soul and let it be merged in one with Thee' for *jnana* yoga.

Among His devotees was the great vedic scholar Sri Kuppa Sivarama Bairaga Shastri, well-versed in the Vedas and the Upanishads. He spent most of his last years at Prasanthi Nilayam, participating in the Veda Purusha Saptaha Jnana Yajna and once told Swami that by having His *darshan*, *sparshan*, and *sambhashan*, he felt he had attained liberation. Swami spontaneously replied, "*Were you bound at all in the first instance, for you to say now that you have gained liberation?*" The scholar was dumbstruck as Swami reminded him of the **highest Advaitic doctrine of *Ajatavada*—the theory of non-causality: no creation, no bondage, and hence no liberation. This is the highest, absolute, and transcendental truth.**

Swami beautifully says, "*He who considers himself free is free indeed. He who considers himself bound remains bound. Think of yourself as free—the eternal, unlimited, consciousness-bliss—and you will be free and happy. Constantly think of yourself as the eternal free Self. Realize you are ever free.*"

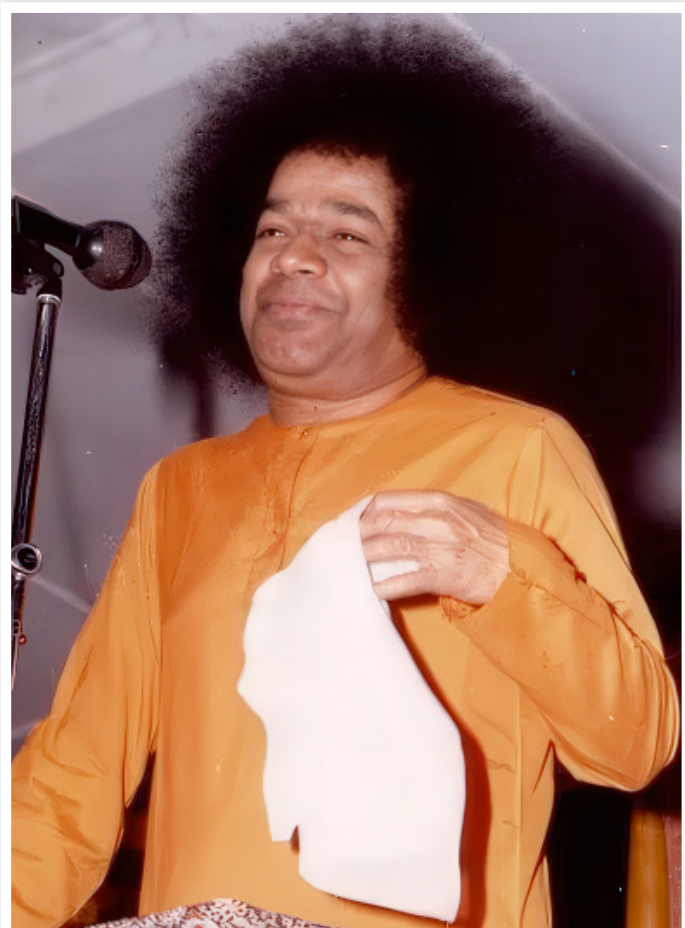
The Many Teaching Techniques and Devices of Swami

Swami is a great teacher, and His teaching techniques are many. Every word of Swami is a *mantra*. Every gesture of Swami is a divine directive for a spiritual seeker.

Swami teaches through parables, which He calls *Chinna Kathas*—small stories that are so simple that even a child can understand the message. They are entertaining yet enlightening, showing that the greatest truths can be expressed in the simplest words. Like '*Chinna Katha*,' Swami also says, '*Chinna Udaharanamu*,' meaning, 'Here is a small

example,' and through these examples, He conveys profound spiritual truths.

He refers to simple, familiar objects like a handkerchief to convey deep spiritual truths regarding the *jeeva*, bondage, purity, and unity. In fact, Swami has conveyed almost a dozen messages and truths through just the example of a handkerchief—exploring each of them may be the subject of another editorial. For example, He says that a handkerchief, which is made up of many threads, is comparable to the mind, composed of many thoughts. When we remove the threads one by one, there is no more cloth. Similarly, if by practice, we remove all thoughts, then there is no mind left and only the Self remains. Furthermore, a handkerchief is originally white and clean, but over time it gets dirty. To regain the original purity, we need to remove the dirt. Similarly, we are originally pure, but over time, we acquire impurities through negative thoughts and deeds. However, by intense *sadhana*, with the help of the





Guru, we can become pure again by getting rid of the impurities. There are many such profound messages illustrated through the handkerchief.

Once, when Dr Hislop was traveling with Swami, He spoke about *maya* and gave the example of a nearby palm tree. Swami says that when you stand under the palm tree, you see the shadow of the tree and the shadow of the fruits. If you try to reach for the shadow of the fruits, you will get nothing and be disappointed. But if you climb up the tree and pluck the real fruit, you not only enjoy the real ones but also automatically get the shadow of the fruit, too. **Similarly, if we pursue God, we get both God and the world. But if we pursue only the world, we remain in illusion, disappointment, grief, and bondage.** That is why Swami emphasizes what Jesus has said, “Seek ye the Kingdom of God, and everything shall be added unto you.”

Bhagawan also uses acronyms to convey profound messages—even through His own name, *Sai Baba*. He explained them in different ways for devotees on the spiritual path to practice.

For the sacred name **SAI**, Swami says to aim for:

- S** Spiritual transformation
- A** Association transformation, and
- I** Individual transformation.

Swami says the three *yogas* to follow are:

- S** Service (*karma* - work)
- A** Adoration (*bhakti* - worship)
- I** Illumination (*jnana* - wisdom).

He also advises that for spiritual seekers, the order of priorities should be:

- S** Sai first
- A** All others next
- I** ‘I’ (one self) last.

Finally, the realization that “**S And I** are one” refers to *Advaita*—the nondual truth that only One exists.

Swami even humorously says, “*I never went to college, but I am a double graduate—BA and BA.*” Then He reveals the inner meaning: **BABA** stands for **Being, Awareness, Bliss**, and **Atma**, the ultimate reality.

Swami says, the holy name **SAI BABA** means “**See Always Inside—you will experience Being, Awareness, Bliss, and Atma.**” There

THE HOLY NAME
SAI BABA
means
SEE ALWAYS INSIDE
you will experience
**BEING, AWARENESS,
 BLISS, AND ATMA.**



are many such sublime truths hidden in His very name.

Swami also teaches us spiritual lessons through acronyms such as **JOY**, by saying that if anyone desires 'JOY' in life, the priority should be **J**–Jesus first, **O**–Others next, **Y**–Yourself last.

He explains the meaning of **MAN**:

- One who overcomes **M**aya (Illusion).
- Rejoices in the **A**tma (Self).
- Attains **N**irvana (Liberation).

Swami uses even ordinary objects like a watch to teach profound truths. He says that to be happy and peaceful, one must '**WATCH**' five things.

- W** Watch your **W**ords
- A** Watch your **A**ctions
- T** Watch your **T**houghts
- C** Watch your **C**haracter
- H** Watch your **H**earth

Essence of All Scriptures

Swami says that the essence of His teachings lies in the five fundamental human values of *Sathya, Dharma, Shanti, Prema, and Ahimsa*—Truth, Right Conduct, Peace, Love, and Nonviolence. But He beautifully explains that there is really only one supreme, overarching value—Love—which is

the undercurrent of all other values. He then explains this axiom, saying:

- Love as thought is **Truth (Sathya)**
- Love as action is **Right Conduct (Dharma)**
- Love as feeling is **Peace (Shanti)**
- Love as understanding is **Nonviolence (Ahimsa)**

That is why Swami always exhorts us to fill our hearts with love. Once we live in divine love, we reach the goal. It is also important to note that the first book in the *Vahini* series that Swami wrote was *Prema Vahini*.

Another unique milestone in human history is that, for the first time, more than 1,500 divine discourses of an Avatar are available not only in print, but many are also in audio and video format. Devotees can listen to the golden voice of God Himself and be uplifted in bliss, hearing even God sing the universal eternal truths!

Out of His infinite love and compassion for humanity, Swami Himself authored many spiritual gems, articles in the monthly magazine, *Sanathana Sarathi*, which have been compiled into the sixteen *Vahinis*—streams of His divine love—available today in both print and e-book formats, for everyone's benefit.

These *Vahinis* cover all aspects of spiritual practice—meditation, selfless service,

and living a righteous life. Swami also expounds on the great epics like the *Ramayana* (Ramakatha Rasa Vahini) and the *Bhagavata* (Bhagavatha Vahini). There is even Sai Krishna's own commentary on the *Bhagavad Gita*, called the *Geetha Vahini*. He also wrote commentaries on Vedantic texts like the *Upanishads* and the *Brahmasutras*.

For our benefit, Swami summarizes all His teachings into four simple and practical spiritual mandates everyone can follow:

Love All, Serve All

Help Ever, Hurt Never

Swami says that these four messages are the essence of all the eighteen *Puranas* (ancient spiritual texts), and when practiced, they will help us live in peace and happiness.

Swami says, "Love all" means love everyone—friends, family, people who dislike us, animals, animate and inanimate objects—everything, because everything is permeated by the divine. Our love should therefore be all-inclusive.

Automatically, when we love all, this love is expressed in action through service. Similarly, when we realize that only divinity exists, we will 'help ever.' And we must never hurt anyone, because all that exists is divinity itself. As Swami says, whatever we do to other beings—human, animal, or any form of life—reaches God. There is a beautiful saying, *Sarva Jeeva Namaskaram Keshavam Prati Gachchati. Sarva Jeeva Tiraskaram Keshavam Prati Gachchati*. **This means that whatever you do to others reaches God. If you respect all beings, you are respecting God. If you hurt or insult them, that rejection or insult also reaches God. We must remember this and act accordingly.**

(In Part 2 of the editorial, the simple manner in which Swami conveys complex concepts of eternal wisdom will be explored. We will also highlight new concepts and revolutionary interpretations of existing concepts that Swami has blessed all of us with.)

Jai Sai Ram



Fill the World with Love

Part 2 of 2

*Part 1 of this discourse appears in the November 2025 issue of
Sathya Sai—The Eternal Companion*

Your Life should be Swami's Message

Why does man suffer today? It is because he compares himself with the achievements and appearances of others, such as better looks. Such a focus on differences rather than having a sense of equality is the real cause of suffering. This can be regarded as extreme selfishness. Is it not jealousy if you say that he has it and I do not? Jealousy is a disease. So, we must eliminate it. Similarly, we get angry when someone says something against us. However, even anger can become a disease that eventually turns into hatred. **Therefore, regardless of what others say, have patience. Develop patience, develop peace.** Only then can these diseases be cured.

It does not matter what others say. **I have often said, 'My life is My message.'** Many people may criticize or praise Me in various ways. Yet I neither rejoice in seeing those who praise Me nor do I feel sad (or grieve) looking at those who criticize Me. I remain steady in a constant state of equanimity. That equanimity itself is yoga (union with

God). What do I lose if someone criticizes Me? Their criticism reflects their own feelings and reactions, not Mine. Even when someone abuses us, it stems from their own understanding and feelings, not from any fault in us.

Here is a small example. A lovely wedding took place, and various sweets were being served to all the guests. Upon offering the sweets, some people said 'no.' Who are these people who are refusing the sweets? It's not that they dislike sweets—in fact, they actually like them. But, because the individual has a disease called diabetes, the person refused the sweet.

Similarly, those who say 'no' to Baba (Swami) are suffering from a similar ailment. They, too, in truth, desire Baba. They recognize that Baba's works are good and selfless. Yet, because their selfish desires have not been fulfilled, they say 'no' to Baba. That itself is a disease. For example, after eating a *laddu* (Indian sweet), they claim that it tastes bitter. This is due to their illness, and not the fault of the sweet.

The bitterness is not from the sweet, but from their own illness. It is like having a fever due to malaria, which makes things taste bitter to the tongue. So, the fault lies in the disease within them, not in the sweet. Only when we have peace inside can we understand this truth.

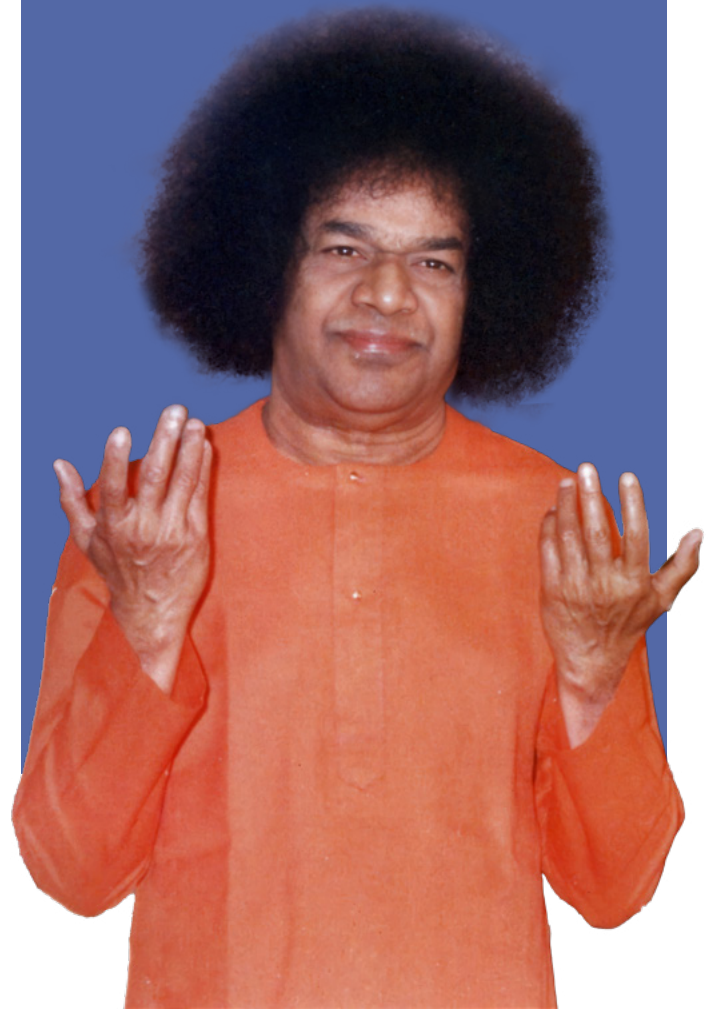
Experience Divinity through Unity

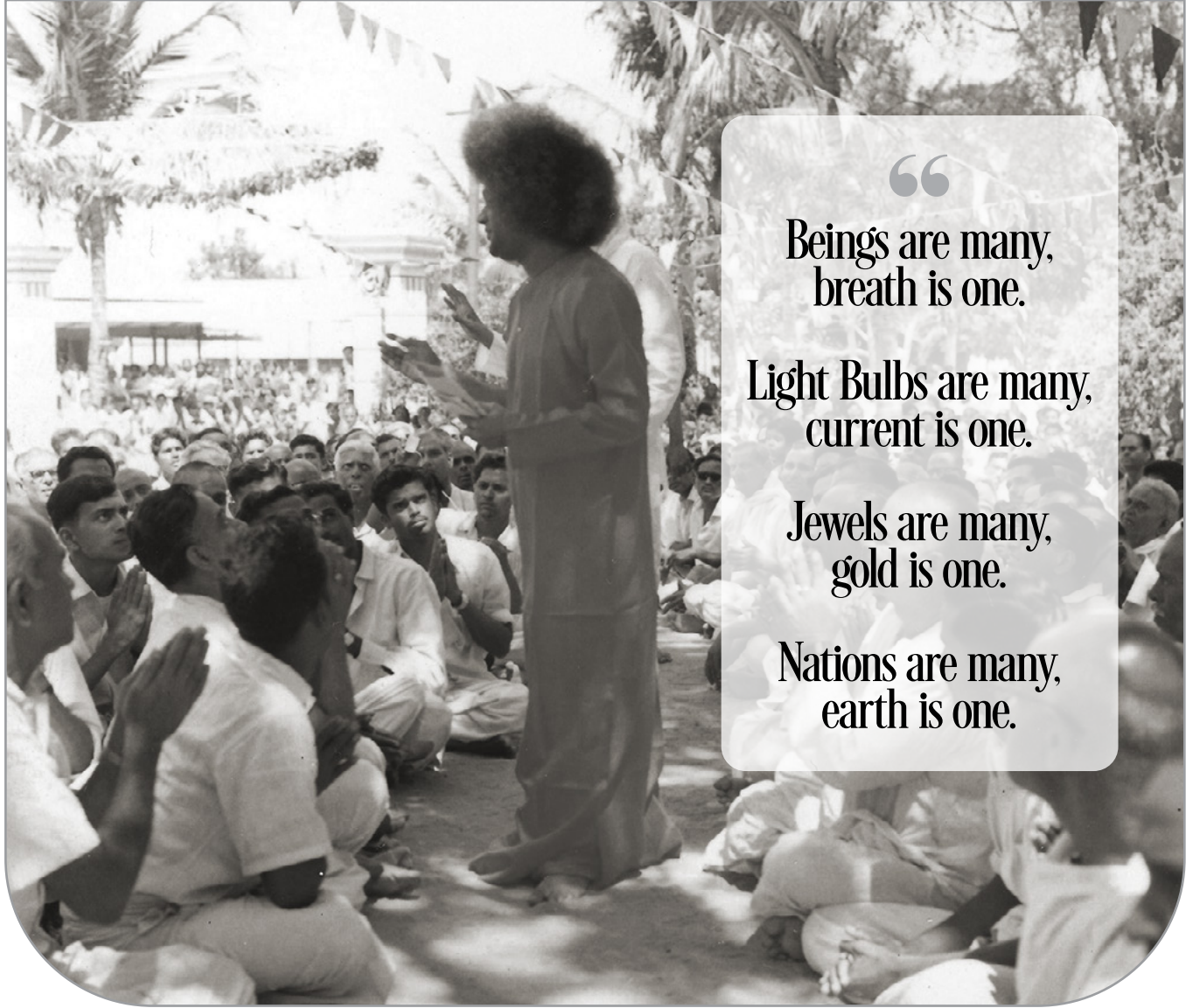
We must maintain equanimity, without elation or dejection, under all circumstances. Promoting equality and equanimity is more essential than expanding the Sai organizations. Within Sai organizations, there should be no jealousy or hatred toward one another. There is only one God who resides in all. There is one *atma* (Self) that dwells in all beings. See how many bulbs are present here—although bulbs are many, the current flowing through them is one. There is no separate current for each bulb. The bulbs may differ in color and voltage, but the current is the same. Likewise, all bodies are like bulbs—though different, the *atma* within is one. You must foster this feeling of oneness in the organization. Recognize that the current is one. That very oneness is unity in divinity. We must steadily progress to realize this divinity.

We have been working in the organization for many years. However, the concept of unity and divinity is still not understood. Today, because there is no unity, enmity is developing. When enmity is present, the community itself is troubled. Therefore, we must achieve unity without enmity and division in the community. We experience divinity only through unity. True progress in the organization is achieved only when we attain unity among everyone.

All this advice is not for My sake. It is for your sake. A doctor prescribes bitter medicine to a patient. Did the doctor prescribe it out of dislike for the patient? No, no. He gave it with the intention of curing the disease.

*Whatever
Swami does,
Swami says, and
Swami gives, is
all for your good,
and not for
Swami's sake.*





“

**Beings are many,
breath is one.**

**Light Bulbs are many,
current is one.**

**Jewels are many,
gold is one.**

**Nations are many,
earth is one.**

Similarly, whatever Swami gives is also a remedy for curing your disease. God is the doctor who cures the disease of worldliness. You are unaware of your disease and expect the medicine to be pleasant and sweet. However, the main purpose of the medicine is to cure the disease. Whatever Swami does, Swami says and Swami gives, is all for your good, and not for Swami's sake.

**Recognize the Truth
beyond the Apparent**

Beings are many, breath is one.

Light Bulbs are many, current is one.

Jewels are many, gold is one.

Nations are many, earth is one.

This realization must dawn upon us.

That is why unity in divinity is essential. How can this realization be attained? There are many beings. We are all living on this

earth. We are not in a place that is hanging between heaven and earth (like *trishanku swargam*). We are all on this earth. It is our home. We are all children of Mother Earth. Recognize this truth and deepen your faith in it. Only then can peace on earth be with us. From the food that sustains us, to the recreation that refreshes us, and the growth that shapes us—everything is nurtured and protected by Mother Earth.

But today, people believe that only the forms they see are true and consider the formless (divinity) to be untrue. This is a big mistake. Some say, 'Show me proof; otherwise, I will not believe.' But what benefit do I gain by your belief? Believe if you wish, or leave it. My Truth is Mine. If you accept only what is visible as the primary basis, then you are a fool. Then you are not a seeker of Truth. Direct proof alone is not the primary evidence or the standard. There also exists

something beyond—an unknown power. What does ‘unknown’ mean? It is that which is not known to anyone and is incognito.

Many Hindus know that the five Pandavas (noble brothers) spent 12 years in the forest and the 13th year incognito. What does living incognito mean? It meant they lived in a way that no one recognized them for who they truly were, as Pandavas, the Kings. **Similarly, divinity resides within us, hidden in an incognito state. We must clearly recognize this power that is latent within us.** We should not limit ourselves to direct perception alone as proof.

Here is a small example. Take a person who is six feet tall, well-built, good-looking, and weighing 80 kilograms. This is merely the direct perception of the person externally. However, it is only an illusion, not real evidence of who he truly is. Within him are certain qualities, and even he himself may be unaware of them. There may be a great spirit of sacrifice, a deep feeling of love, and a lot of anger. Can you see his anger? Can you see his love or his compassion? Without realizing these qualities, if you look only at the outer form, is that not foolishness? Those who rely only on direct evidence are such fools. We should manifest the inner qualities that exist within us. Looking only at the individuals from outside without seeing their qualities is what is considered direct perception. But even direct perception has an indirect, invisible basis that supports it.

You are seeing this magnificent, beautiful hall. If you regard only this outer appearance as direct proof, then what about the foundation underneath this structure? In the same way, God is the basis. Nature (*prakriti*) is the form. The Self (*Atma*) is the basis, the body is the form. While looking at the form, you must also recognize its

basis (*adharam*). Therefore, direct perception alone cannot be taken as proof. Even direct perception depends on an indirect basis for its support. Hence, considering only direct perception as proof is great foolishness.

For example, consider this rose. It is visible to you. But inside this visible rose, there is also a fragrance that is invisible. You see the flower, but you do not see its fragrance. Does that mean the fragrance doesn’t exist? It is there, but it has no visible form. The flower that carries fragrance has a form, but the fragrance itself is formless. In the same way, you believe in this body, which is like a flower. But you fail to perceive the fragrance—the divinity inherent within. Although the body is associated with unpleasant odors (worldly tendencies), the form is still needed for perceiving the fragrance of divinity. Therefore, this visible body of ours is just like a flower.

The same rose also has thorns beneath it. You must cut the flower without touching the thorns. The flower is what you desire, but there are no roses without thorns. Since you desire the flower, you must pluck it carefully without getting hurt by the thorns. **Likewise, set aside all doubts that arise and embrace only love. Embrace love alone!**

Butter is present throughout milk, even if you can’t see it. That does not mean it is absent. When you churn the milk properly, the butter that already exists within rises to the surface. **Similarly, within the ocean of your heart, use the churning stick of knowledge and hold firmly the reins of your mind, and perform the churning called spiritual practice (*sadhana*). Then you will obtain the butter of God realization. This is the lesson we must learn today.**

Experience Bliss

Certain decisions have to be made at this conference regarding:

- How to recognize the truth within our organizations?
- How to improve the results within the organization? When should it be achieved, and how can it be accomplished?

I do not have a desire to see an increase in numbers in Sathya Sai Organizations. **What I truly desire is the manifestation of divinity in everyone. If divinity grows, you can experience bliss yourselves.** All this is undertaken only for your welfare and your benefit. The development of these organizations does not bring Me any benefit. For Me, it is always the same - I am always in bliss. Yesterday, someone said to me, "Swami, Happy Birthday, Happy Birthday!" I replied, "*I am always happy. It is you who lack that happiness, so you wish it for yourself.*" You need not wish Me 'Happy Birthday,' for I am always happy. All such things related to the body are mere illusions. They are not the ultimate truth.

Embodiments of Love! For being addressed as 'Embodiments of Love,' you must truly cultivate such love within yourselves. **That pure love alone is enough. No other spiritual practices are necessary. Love everyone. Do not see distinctions between mine and thine. All are children of God and are related to Him.** All are manifestations of the divine essence itself. I would like you to nurture this sense of oneness. What are the ways by which we can foster this oneness? How should we conduct ourselves? How should we understand it? These are the matters on which we must decide within the next two or three days of the conference. Once that decision is made during this 70th birthday, we must hold onto it and go forward, practicing it throughout the journey of our lives.

Focus on the (Omni)Present

Sri Krishnamurthy, Madras state president (the former president of the Sri Sathya Sai Seva Organization, Tamil Nadu, India), appealed, "Swami! When you come again in the third incarnation, as the embodiment of love, as Prema Sai, we would like to serve You." I replied, "*Sir, focus on what is present within your reach now and make the best use of it (Swami and Swami's teachings). Why do you long for something that is yet to come?*"

The present is very important. Past is past—forget the past. The future is not sure—do not brood over the future. The present is very important, as this is not an ordinary present. This is omnipresent. The past and future are like trees, but the present is like the seed from which the tree emerges. If you do your duty correctly in the present, the appropriate result will come to you in the future and take care of itself. There is no need to anticipate and worry about it. Diligently perform the tasks given to you—'Duty is God, work is worship.' Only when we recognize and live by this truth will everything proceed along the right and ideal path.

Why did we inaugurate this conference today? **We have begun a quest for truth, a journey to experience divinity. Until now, all our activities have focused on worldly matters. But today marks the beginning of seeing divinity present in everyone through the principle of unity.**

What is True Youth?

It is now the 70th Birthday celebration (of Swami). You should reflect deeply on this. Human life is made up of the five elements (*pancha bhutas*—Earth, Water, Fire, Air, and Ether); the five vital life forces (*pancha pranas*—*Prana, Apana, Samana, Udana, and Vyana*); the five senses (*pancha indriyas*—the five sensory organs of action and



The past and future are like trees, but the present is like the seed from which the tree emerges. If you do your duty correctly in the present, the appropriate result will come to you in the future and take care of itself.

the five sensory organs of perception); the five sheaths (*pancha koshas* - *Annamaya*, *Pranamaya*, *Manomaya*, *Vijnanamaya*, and *Anandamaya*); and the five directions (*pancha dikkulu*). The body experiences a certain enjoyment through engagement with the five elements up to the age of 50 years. That stage is called youth. But what exactly is youth? Youth does not mean getting married, having dozens of children, and pursuing worldly pleasures. Youth means proving one's true strength and power through right actions.

More than anything, youth is the most fleeting stage of life. It comes in the middle, and it leaves in the middle. Youth is like a passing cloud. There is no need to take pride in it. One should not become arrogant or overjoyed merely because of youth. No one can predict when youth will begin or when it will fade away. You think of youth as something based on the condition of the body. In ancient times, youth was not measured by the body. **People generally regard the age between 20 and 40 as**

youth, but that is only the age of the body. Then what is true youth? It is the power and strength of the mind.

During the great Mahabharata war, Bhishma was 112 years old, Krishna was 78 years old, and Arjuna was 74 years old. Yet it was Bhishma, who led the army as commander-in-chief. At that time, 112 years was considered youth. **So, can youth be determined by the body? No, not at all. It is determined by the strength of the mind. With that mental strength, one can remain youthful for the entire life. That is willpower.** This willpower originates from the divine itself. Some refer to it as 'free will.' But only God has the true 'free will.' What human beings call free will is only for name's sake. God alone has true free will. Therefore, it is through this divine willpower that we must act and succeed.

Milestones of Life

So, the youth stage may be up to the age of 50. During that period, one must take up responsibilities and fulfill one's duties. In India, there is a tradition of conducting the '*Shanti Puja*' (a special sacred ceremony to confer peace on an individual) when one reaches the **age of 60**. What does this signify? It means gaining control, at least to some extent, over the

Desires are the luggage.

Reducing desires is what is
called renunciation.



six inner enemies (*arishadvargas*)—desire, anger, greed, attachment, pride, and jealousy. Then comes the 70th year. What is its significance? It represents the realm of the seven sages, the seven oceans, the seven musical notes, and the seven colors of the spectrum. The seven notes symbolize music. The seven colors represent the essence of the Sun, which is eternal. Therefore, the 70th year signifies permanence or eternity. It means that one must strive to attain the state of a sage (*rishitva*). Attaining this state of sainthood is the true goal of the 70th year.

What is the significance of the **80th year**? It symbolizes the *Ashta Grahas*—the eight planets. Within this planetary system, you must become like one of the planets. That is the principle of the eight planets. Then comes the **90th year**, representing the *Nava Grahas*, the nine planets. You must become one among these nine - radiant, strong, and powerful like a planet. This means leaving behind the negative and living only in the positive. **The next milestone is the 100th year.** This is the stage when the ten senses—the five organs of action and the five organs of perception—become pure and sacred. At this stage, even body-consciousness disappears. **As long as body-consciousness remains, you cannot experience eternal bliss. As body-consciousness declines, the awareness of the *Atma* (the soul or true Self) unfolds and blossoms.**

Love God; Reduce Desires

So, one must gradually reduce desires. The more desires a person has, the weaker they become. As lust, anger, and similar passions increase, human life is shortened. What really reduces our lifespan? Anger cuts down our life span. Jealousy shatters our lives into pieces. Attachment destroys our longevity. **These vices, in essence, kill our lifespan. Without these vices, nothing can limit our life span. Hence, it is said, 'Less luggage, more comfort, make travel a pleasure.' Life is a long journey.** If you carry too much luggage along the way, how troublesome life becomes! And this is not a short trip. It is a long journey that

spans many births. What is this luggage? Desires are the luggage. Reducing desires is what is called renunciation (*thyaga*). That is why the scriptures declare: “Only through sacrifice or renunciation can one attain immortality” (*thyagenaike amrutatva manushuh*).

To attain immortality, one must gradually reduce desires and develop divine love and divine awareness. There is no love greater than divine love, and none can match its sweetness. The sweetness of divine love can be found nowhere else.

*Sweeter than sugar, more delicious
than the cream of curd (yogurt),
More delicious than the
rich pure honey,
constant repetition of the
sweet divine name
verily tastes like the divine
nectar itself.*

(Telugu poem)

As you continue to chant and repeat the divine name, an ever-increasing sweetness fills the heart. Just as sugarcane becomes sweeter the longer you chew, divine love grows sweeter and sweeter the more you experience it. **Therefore, the essence and goal of these organizations (Sri Sathya Sai Organizations) lie in the sincere effort to attain the love of God.**

Cultivate this principle of love and foster the unity of oneness. Within the organization, you can certainly make decisions on how it should be run. It is very simple. You may think it is difficult, but there is nothing easier than the spiritual path. Even pressing the petals of a rose requires effort, but attaining divine love through the spiritual path is much easier. The difficulties you face arise only because you have not yet discovered the proper path. You must focus on learning and following the right path.

Think of holding a piece of cloth in your hand. The longer you hold it in your grip, the more your fingers begin to ache. To keep on holding is hard but letting go is easy. **Similarly, clinging to worldly things or attachments can cause pain. Instead, let go and hold onto divinity, and you will be free of suffering. You must carefully inquire into this divinity.** Money comes and goes. But divinity neither comes nor goes. If health is lost, it can be regained. If wealth is lost, it can be earned again. But if love is lost, it can never be regained. Therefore, we must nurture love without losing it. We must protect and preserve it. Only then will our lives be sanctified.

Sri Sathya Sai Baba

November 18, 1995





Experiences of
Devotees

NOT EVEN A BLADE *of* GRASS MOVES WITHOUT SAI'S WILL

I grew up as a Catholic in St. Louis, Missouri, USA. My parents were from Ireland, a country known for impassioned Catholicism. I was taught by nuns in primary school, and later by a religious order of brothers in an all-boys high school. These brothers were not priests, but they had taken the same vows, and they dedicated their lives to teaching. I will always be grateful for the education they gave me. After high school, I attended a Jesuit university. Even as a part-time graduate student, while working a full-time job, my studies for a Ph.D. in Psychology remained within the Catholic tradition.

However, as I grew older, I began noticing something that didn't sit right with me.

There were many denominations within Christianity, and many of them criticized one another. That confused me. **After all, they were all studying the teachings of Jesus Christ. How could they be so divided?**

This curiosity led me to explore other spiritual paths. I started meditation, *kundalini* yoga, and various other spiritual pursuits. Then in 1978, something significant happened. I was attending a seminar on meditation in Jackson, Mississippi, with Dr. Bill Harvey, a psychologist and my mentor. He and I worked together at a drug abuse treatment program. The seminar was led by Mr. Alexander Everett, a British man. He casually mentioned during one of the



Here was a man in His 60s, having walked through the sand and dust, and yet His feet were completely clean. When I felt the bottom of His foot, I was amazed that the sole was as soft as a baby's skin.

sessions that he had just returned from India and that the holiest person on the planet lived in South India.

That caught our attention. Dr. Harvey and I looked at each other. No one else in the room seemed to notice, but we made sure to ask him at lunch who this person was. He said, "His name is Sathya Sai Baba."

When we returned home to St. Louis, Dr. Harvey did some research. He found out more about Sai Baba, and later that year, he visited India and went to Sai Baba's *ashram*. When he came back, he brought with him books and profound stories. **The first book I read had a teaching from Sai Baba that stood out – the unity of all religions. That struck a chord with me.** Having seen so much division within Christianity, this message felt profound and right.

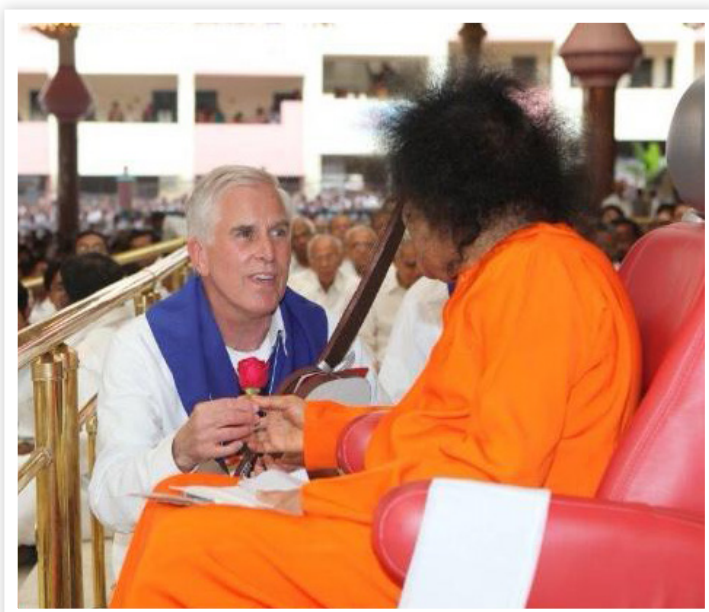
I continued reading about Sai, and over time, I started going to a Sai Center. But the Center experiences then were very different from what they are today. Back then, I didn't find it very welcoming. The *bhajans* were all in various Indian languages. There were maybe a dozen people—some of Indian heritage, some Caucasian, some African-American.

But there was no study group. They sang devotional songs in a language I didn't understand, and afterward, people were talking in whispers among themselves. It didn't remind me of what I had read in the books. I went back a few more times, but eventually thought, "This isn't for me."

Looking back, I realize how valuable that experience was. Today, when I visit Sai Centers, I always try to remember what it was like to walk into a Center for the first time, knowing nothing about Indian culture or Sai Baba. That initial discomfort helps me empathize with newcomers.

Several years passed, and I lost contact with Dr. Harvey. Then one day in 1987, he called me. A few days earlier, my best friend had died of cancer. I helped his wife arrange the funeral. Afterward, I was at the family's home when I checked my answering machine and listened to Dr. Harvey's message. I called him back and he said, "Jack, I know we haven't talked in a while, but you once told me: if I ever saw vibhuti forming, day or night, to call you. So, I'm calling."

He told me that *vibhuti* was forming in a devotee's home across the Mississippi River in Illinois. I said I would love to go and see it, and that evening we visited the house. **It was a small house, and the scent of jasmine filled the air. There was *vibhuti* everywhere—**



forming on pictures of Sai, tables, and other surfaces. Some people had placed their own Sai Baba pictures on the table, and *vibhuti* had formed on them as well! Dr. Harvey handed me a small picture of Sai Baba and said, “Here, take this. Place it on a table. Maybe He’ll bless it.” I placed it next to some others and checked it repeatedly. But nothing formed.

About six days later, Dr. Harvey said, “I think the *vibhuti* blast is over now. There has been no new *vibhuti* formation in the past two days.” I said, “Let’s go back.” When we got there, I saw that more *vibhuti* had formed on additional photos. *Amritha*, sacred nectar, had dripped on some pictures. Red Kumkum appeared on some photos. I immediately went to check the little picture I had placed on a table the week before. My picture of Sai was the only one that had no *vibhuti* on it. It was completely clear. Much later, I learned to be grateful that *vibhuti* did not appear on my picture because I realized Sai went out of His way not to materialize on it. He was giving me a special message. In fact, if it had appeared, I might have been skeptical of the whole thing!

Indeed, the Lotus Feet

In 1990, I made my first trip to see Sai at Prasanthi Nilayam, the primary *ashram*.

Dr. Harvey and a few others were part of a group. He and another woman in our group had been there before; the rest of us were newcomers. On my first day at Prasanthi Nilayam, being my first trip to India, I walked all around the *ashram* and outside, taking in all the scenes, sounds, and fragrances. Back at the *ashram*, Dr. Harvey saw me and encouraged me to stay within the *ashram* premises, warning me that I was not used to the hot sun. But I did not heed his advice and told him that I felt like I was experiencing a ‘walking meditation’.

At our first *darshan*, we were blessed to be called for an interview. During the interview, I noticed a woman touching Sai’s foot. I instinctively touched His other foot, having learned that touching the foot of a holy person is a privilege and blessing. **I was stunned: here was a man in His 60s, having walked through the sand and dust, and yet His feet were completely clean. When I felt the bottom of His foot, I was amazed that the sole was as soft as a baby’s skin. I was in awe.** During that interview, Sai looked at me and asked, “How was your walk?” Later, I asked Dr. Harvey if he had told Sai about my walk. He just laughed. Obviously, he hadn’t, and Sai was giving me a glimpse of His omniscience.

Sai Decides the Timing

After the interview, we left, and I walked across the sand and sat on a low wall around the *darshan* venue with another man from our group. After a while, he said he needed to walk around and process what had happened. I stayed, trying to absorb my own experiences.

Then something strange took place. After sitting there for quite some time, thinking about what had just happened, I thought I would get up and walk. **I tried to get up but couldn’t. There was no pain, no fear—just a strange stillness and immobility.** I thought

it was odd, but I stopped trying to stand up and just settled back on the low wall.

The courtyard was mostly empty except for a few *sevadal* (volunteers), and some elderly men in wheelchairs in front to my left. When I relaxed back on the wall and looked toward the front, I saw the door of the interview room slowly open. Sai Baba emerged and began walking calmly toward me. He looked at me as He walked, and I looked at Him. Our eyes locked. When He was about 25 feet away, He stopped, smiled, then slowly turned and walked toward the men in the wheelchairs. He blessed them and then went back inside the interview room. The moment the door closed, I instantly jumped up, almost with a jolt!

It took me a while, but I finally understood the lesson: **God decides the timing. Not us. That lesson has stayed with me forever.**

The following week, Sai travelled to Brindavan, the *ashram* near Bengaluru, and we packed up quickly and followed Him. Again, we were fortunate to get interviews with Swami. It was in one of the interviews that Sai materialized a lingam for one of the doctors in our group. **He told her to place the lingam in water and give the water to her sickest patients.** Later, when I saw her, I asked about the lingam. She had it with her and handed it to me. I told her it looked larger when I saw Sai materialize it. She said, "It was bigger; it has gotten smaller." That was yet another miracle.

Sai Knows Our Innermost Thoughts

On my second trip to India three years later, I realized that, coincidentally, Dr. Harvey was also in Prasanthi Nilayam at that time! I joined the small group that he was part of. I had been fortunate the first time to get two interviews, so part of me hoped it might happen again. Every day, I'd tell the group, "Today's the day." But the days passed, and we weren't called.

I was then in my 40s and was still unmarried. I constantly thought about it and believed that it was not in my fate to ever get married, despite my attempts at different relationships. Finally, it was our last *darshan*. In a few hours, we were to leave for the airport. I sat there, accepting the fact that we would not get another interview. I was reflecting on how I felt. I asked myself, "Am I glad I came?" The answer was yes. I asked myself if I would ever return to Prasanthi. And I could not answer that.

That day, I got a good number pick in the queue lines and sat up front. Swami came across from the ladies' side. As He walked toward the gents' side, He looked at me and I looked at Him. Our eyes locked. He walked directly toward me. With folded hands, I said, "Swami, interview please."

He asked, "*How many?*"

I replied, "Eight."

He said, "Go."

In that interview, He looked at me and asked, "*Where's your wife?*"

I said, "Swami, I'm not married."

He said, "*I know. But now you want a wife.*"

I wasn't sure how to respond. Then He said, "*Spell wife.*"

I was confused. He said again, "*Spell wife.*" Someone in the room said, "Jack, He means the word." I said, "W-I-F-E."

He smiled and said, "*Yes. Worries invited For Ever.*" I did not understand back then. Later, I came to know that Sai has another expansion of the acronym WIFE. When both husband and wife pursue God or the ultimate goal of life together, WIFE becomes 'Wisdom Invited For Ever!'

Then He told me, "*Come next time. Bring wife.*"

Wisdom Invited For Ever

I kept that to myself, but later, a Nepali couple from our group, who had visited Nepal after

leaving the *ashram*, returned to St Louis and came to the Center meeting. They shared their experiences from Prasanthi Nilayam, and when they saw me, they announced, "Oh yes, Swami told Jack to come back with a wife." That sparked the interest of many devotees. Some months later, at the annual Mid-Central Regional retreat of the SSSIO-USA Sai, I met Ms. Kathy Schaefer. She was a

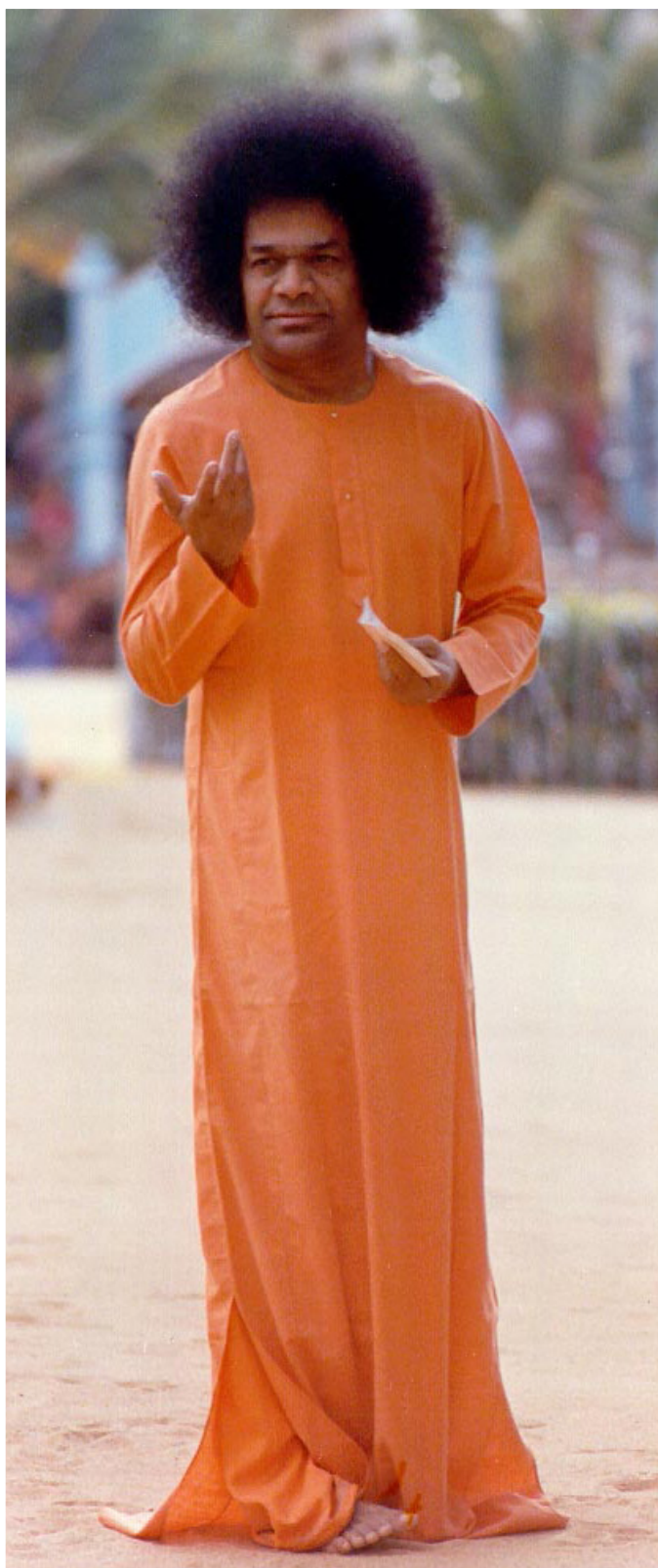
primary school teacher in Milwaukee and the Regional Vice President of the North-Central Region.

Sometime after the retreat, someone in my Center asked me to call Kathy because she had created a Center Manual which would be good for our Center. When I called her, she was happy to mail it to me. **We spent time talking about Sai and His teachings. It was a *Satsang* and study group of two.**

Later in the summer, I attended the North Central Regional Retreat and met many devotees, including some from Kathy's family. Afterward, we kept talking on the phone, and I shared what Sai said to me about coming back with a wife. She shared that during her first trip to Prasanthi Nilayam in 1989, she had an interview where Sai told her many things, including, "*I will send you a good husband.*"

It seemed to us that Sai had something in mind for the two of us. We eventually wrote a letter to Sai asking for His blessing and whether He wanted us to get married. If He said no, we were ready to walk away. We decided to go and see Him during Kathy's Christmas break from school. Her mother, who was a devotee, wrote a letter to Sai asking for blessings for our marriage. We put our letter, her mother's letter, and a photo of Kathy and a separate photo of me in an envelope, which we would offer to Sai at *darshan*. We made several copies of the packet in case we would not get close enough to give it to Him. The idea was that perhaps a devotee we knew might get close enough to give it to Him.

Then we tried to book our flights with specific departure and return dates because Kathy had a short Christmas break from school. But the travel agent she knew told her there were no flights available for those dates. One evening, Kathy's friend, a devotee living in Casa Blanca, called her. After hearing our dilemma, she asked Kathy to send a copy of our packet to her because she and her husband were planning to go to Prasanthi



Nilayam, and they could try to offer it to Sai. Kathy sent it to her, and they left.

We still didn't have reservations and accepted that we might not be able to go. Then our friend called from Prasanthi Nilayam and told Kathy that Sai took our letters during *darshan*! When they finished the phone call, the travel agent immediately called Kathy and said, "You won't believe this, but a couple just cancelled their flights to the same destination on the same dates you want. Do you want the reservations?" Kathy said, "Yes."

Our trip was very spiritual and dharmic. At the *ashram*, she shared a room with ladies, and I stayed with some men devotees. At our first *darshan*, we both took a packet with our letters and photos. **Sai took both the packets from us. We then knew He approved of this step.** I told Kathy we have some extra packets, so I will bring another one to *darshan*. She said she was satisfied, but I could certainly give another one to Sai. At the next *darshan*, Sai took my letters. And at the third *darshan*, He took another packet. It almost became a game. I went to the village, found a copy store, and made additional copies of the letters and photos. **In those few days, Sai took 10 copies of the packet!** At one *darshan*, I was in the last line, in the back, behind the crowd. As Sai walked in, I began to walk toward the front. Strangely, the crowd seemed to part open as I walked further. As I reached the front, with the seated men clearing out of my way, Sai was watching me and held out His hand. I handed Him my last packet!

He had said yes—ten times! He took ten copies of the same letters from us on different days. Even fellow devotees commented, "He's taking your letter every day!" I didn't tell them they were copies of the same letters. We had a wedding ceremony at the



Wedding ceremony in Prasanthi Nilayam



Jesus statue in the 'Sarva-dharma' garden at the *ashram*. We found a minister from Canada. She said she was unable to officiate a marriage, but she would perform a marriage blessing. With a few friends, we had a ceremony at the garden and another ceremony at the Ganesh temple near the *ashram's* front gate.

We left Prasanthi Nilayam very happy and had an interesting moment at the airport. The airline representative at the counter told us they did not have our names on the passenger list. We asked to speak to the manager. Fortunately, I had arranged to

have printed copies of our flight confirmation. The manager apologized and said the flight was full, and the only seats available were First Class. So, he gave us those seats. **We were elated and understood that it was Sai's blessing and a wedding gift to us.**

Everything in Life is His Gift

When we returned home, we arranged to have a wedding in Milwaukee with family and friends. Kathy moved to St. Louis and found a teaching job at a school. In time, she was asked to become the Regional President of the Mid-Central Region of SSSIO-USA, and she also served as the Central Council Secretary, the only time that position existed. Together, we gratefully dedicated our marriage to Sai's work.

Seven years later, Kathy was diagnosed with cancer and passed away. I was in deep grief. A few weeks later, I was asked to take over Kathy's position as Regional President. I declined. A couple of weeks later, I was asked to take that position again. I explained that I was mourning the loss of my wife and could not even consider it. A couple of weeks later, I was asked again, and for some reason

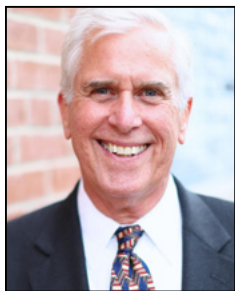
I cannot explain, I accepted it. **In time, I realized it was good for me. It wasn't just about being busy. It was about being immersed in Sai's work, which gave meaning to my life.**

After finishing Kathy's term, I started another 4-year term as Regional President, and then all officers were asked to serve an additional term. After that, I served as National Service Coordinator, then National Vice President, and Co-Chair of the International Disaster Relief Committee. During the 2013 typhoon in the Philippines, I was part of a 20-member team that served in a medical camp for two weeks. The people we served—especially the children—were full of joy and gratitude, even amid tragedy. It was deeply humbling. Then I was asked to serve as National Council President. Currently, I serve as Central Coordinator, SSSIO-USA.

From Catholic roots to Sai devotion, from loss to leadership, every step of my journey has carried one resounding truth:

Not even a blade of grass moves without Sai's will.

Jack Feely, Ph.D. 
CENTRAL COORDINATOR, SSSIO USA



Dr. Jack Feely is a psychologist and organizational/management consultant. He received his doctorate from St. Louis University in 1978 and had a clinical practice for 45 years. During this time, he also owned and operated a management and organization consulting firm for 25 years.

Dr. Feely began reading about Sri Sathya Sai Baba in 1978 and attending Sai center meetings. After his first trip to Prasanthi Nilayam in 1990, he became actively involved in the Sai Organization. He has held several positions in the SSSIO, including Center President, Regional President, National Service Coordinator, Vice President, and National President of the SSSIO USA. He also served as the Co-Chair of the SSSIO Humanitarian Relief Committee. Dr. Jack Feely is presently the Central Coordinator of the SSSIO USA.



Vibhuti Restores the Life of a Beloved Pet



Let me share a story that still moves me deeply every time I recall it—a story that bears witness to Bhagawan’s boundless compassion and His mysterious ways of letting us know that He is ever-present, guiding and protecting us.

In 2007, we launched a weekly radio program in Costa Rica. It was broadcast on AM radio and later uploaded to a website under the name: “SSB: *Love in Action*.” None of us could have imagined how far-reaching this small effort would become. But, because He is omniscient, Swami was surely aware of it. I say this confidently because, during a private dinner at Prasanthi Nilayam with Dr. G. Venkataraman, a renowned devotee and resident at the *ashram*, Baba unexpectedly mentioned the program and blessed it. **With a smile, He said that He was very pleased with it. How He came to know of it remains beyond human comprehension, but His acknowledgment filled our hearts with indescribable joy.**

Divine Love Inspires

Maybe it was because of this blessing that unusual and miraculous events began to unfold around the program. About two years after it started, a gifted professional announcer at the same station, Teresita, was impressed by the sincerity of the testimo-



Perhaps it is a reminder to us that no act of love and selfless service, however small, goes unnoticed by the divine.

nies, the power of the Swami's discourses, and the living stories of miracles. She then offered to lend her beautiful voice to our recordings—completely free of charge! Her contribution elevated the program's quality, and for months, she worked with us enthusiastically. **Though she never became directly involved with the Sai Center, her heart was touched by Swami's love. She especially cherished receiving the *vibhuti*, which I often shared with her.**

Death of a Beloved Pet

One afternoon, Teresita waited for me at the studio, visibly shaken and restless. With a trembling voice full of urgency, she said she had to tell me something. She was a devoted animal lover and had a small dog whom she loved like a member of her family. Just a few days earlier, the dog had fallen critically ill. Seizures wracked his little, frail body; he lost mobility and finally collapsed in agonizing convulsions. Within hours, it seemed certain that he would not survive.

Desperate, she sent her 12-year-old son to carry him to the veterinary clinic barely 50 meters away. The boy returned still clutching the suffering animal, explaining that the doctor had given an injection but had not asked for payment. Nothing had changed, and the dog was dying before their very eyes.

That same night, the poor animal breathed his last in the family's living room. Overcome with grief, the family wept inconsolably. Teresita resolved to bury him the next

day, and for the moment, they covered his lifeless body with a blanket. **Then, a thought struck her. She sprinkled the little dog with *vibhuti*, the sacred ash blessed by Baba, and left him lying there as they retired for the night.**

Overnight Miracle

The next morning, a miracle awaited the family. To their astonishment, the little dog was not only alive but wagging his tail joyfully, running about as if nothing had ever happened! The family was speechless, overwhelmed with joy and gratitude. A few



days later, Teresita invited me to their home to meet this happy, revived creature, full of life and energy.

She later returned to the same veterinarian. The doctor, stunned to see the dog alive, confessed that the injection he had administered the day before was nothing but plain water. Knowing the dog's condition was hopeless, he did not want to disappoint the young boy with unpleasant news. Yet, what medical science declared impossible had happened by miraculous divine intervention.

No Service to God Will Go Unrewarded

Reflecting on this, I could only conclude that Swami, in His infinite kindness, revived the dog as a token of His blessings for Teresita, acknowledging her sincere, selfless efforts to spread His message through the radio program. **Perhaps it is a reminder to us that no act of love and selfless service, however small, goes unnoticed by the divine.** Through this miracle, He showed His infinite compassion and His power of unconditional love.

Mr. José Cabezas
COSTA RICA 



Mr. José Alberto Cabezas is a Costa Rican attorney, notary public, and communications specialist. He is a columnist for the news media and a host of radio programs.

He has produced the weekly program 'Sathya Sai Baba: Love in Action' for seven years, which was broadcast on a local radio station in Costa Rica and online, reaching audiences in 92 countries. He also served as the SSSIO Regional Coordinator for Central America during 2000–2010. He has given inspiring talks about Bhagawan Sri Sathya Sai Baba in New York, Miami, the Dominican Republic, and throughout Central America, Peru, and Argentina.



Vibhuti Cures Disabling Vertigo

*“Deena Dukhiyon Se Prem Karo, Mera
Sai Prasanna Hoga
(Love the forlorn and the helpless, and
my Sai will be pleased)”*

This is the refrain of a popular *bhajan*. It is an extension of Swami’s commandments, “Help Ever, Hurt Never” and “Love All, Serve All.” **Whenever there is an effort or even an intention to help others, Swami is pleased, and He showers His blessings.**

The following episode that took place in 2025 in Botswana exemplifies this, showcasing the love of a son, the selfless service of devotees, and the miracle of *vibhuti*. It serves as a shining testament to this aphorism, demonstrating the power of *vibhuti* and His blessings.

A Cry Across Continents

It all started with a simple email to the Sri Sathya Sai International Organization (SSSIO) from Mr. Eugene Gussenhoven.

“Om Sri Sai Ram, my father has not been feeling well. He is from the US and is staying in Gaborone. Is it possible to send some *vibhuti* for him?”

Eugene was in the USA, but his father, Francis Gussenhoven, was unwell and bedridden thousands of miles away, in Botswana. Eugene had tried to reach out to the local Sai Centre on Facebook, but was not successful. Now he was appealing directly to Swami’s organization, the SSSIO, clinging to the last strand of hope—Swami’s *vibhuti*, which was known to have miraculous powers. It was a cry for grace, a plea for his father’s healing.



When medicine falters, when reason fails, and all options seem exhausted, that is the time when the heart turns to God, the sole refuge.

The Heart of Seva

Eugene's message reached Krishna, the SSSIO representative, who responded promptly with love and concern.

"Kindly send the address and contact phone of your father as soon as possible. Thank you."

Eugene responded with gratitude, providing an address and phone number in Gaborone, Botswana, and received assurance that the *vibhuti* will be delivered within a week.

Days later, Eugene wrote again, his words heavy with distress:

"Sairam Krishna, my parents are in the hospital now in Gaborone, but the *vibhuti* has not reached them. Please advise how we can get *vibhuti* to them. My father has lost his ability to walk. Om Sri Sai Ram."

His tone was urgent, as his father was deteriorating, unable to walk, and suffering from vertigo. His mother, too, had fallen ill, struggling with a blood clot in her lungs. The family was in deep anguish. Medical treatment seemed to offer little hope, as doctors could not readily diagnose the illness.

When medicine falters, when reason fails, and all options seem exhausted, that is the time when the heart turns to God, the sole refuge. *Vibhuti*—the holy ash that Swami Himself would often materialize and distribute with His own hands—was now the last refuge. **To Eugene and his family, it was not just ash; it was hope, it was healing, it was life itself.**

Relentless Efforts of Sai Volunteers

Behind the scenes, the Sai family in Botswana was doing all it could. Krishna quickly reached out to Dr. Sunil Kadiyala, the medical director of SSSIO, Zone 9 (Africa), and the physician who runs the free Sathya Sai clinic in Botswana. Dr. Kadiyala, moved by compassion, tried calling and sending text messages to Francis repeatedly, but to no avail. Going beyond the call of duty, he enquired for an alternative number and address. Learning that both of Eugene's parents were admitted to Princess Marina Hospital, he arranged for Swami's *vibhuti* to be delivered there. Perseverance in *seva* is indeed perseverance in love!

On July 2, Krishna received another email from Eugene:

"Om Sri Sai Ram, thank you so much, Krishna. The *vibhuti* was delivered today. We are now praying for Swami's blessings. Peace and Love."

The *vibhuti* had finally found its way, despite distance, confusion, and obstacles, by Swam's grace. Swami had ensured that His gift reached His children.

Unfolding of a Miracle

Weeks passed. The family applied the sacred ash with complete faith and sincere prayers. Francis's wife, though herself unwell and fatigued, lovingly rubbed the *vibhuti* on her ailing husband's legs. Shortly, the amazing miraculous recovery began.

It was the living presence of Baba, reaching across continents, through the hands of His devotees, into the hospital bed where faith met grace.



Francis, who had been unable to walk, lying helpless with vertigo, slowly regained strength. Day by day, step by step, he began to walk again—with the assistance of a cane at first, but gradually with increasing independence!

On September 21, Eugene wrote to Krishna again, this time with a heart overflowing with gratitude:

“I want to follow up on the *vibhuti* that was sent to my father while he was in the hospital due to Swami’s Grace. After receiving the *vibhuti*, my father’s condition began to improve. After two months, he is now able to walk with the assistance of a cane, and his condition is considerably better. I want to thank you and sincerely express my gratitude to Swami for the blessings of His *vibhuti*. I now pray that my mother will be healed and that she will be able to sleep restfully again.”

A medical miracle had unfolded, and it thrilled everyone, including Dr. Kadiyala,

Krishna and the SSSIO members who played key roles in this divine drama.

***Vibhuti*: Ash of Assurance**

What is this *vibhuti*, this simple grey ash that transforms despair into hope, illness into recovery, and weakness into strength? Swami has explained it often. It serves as a reminder of the transient nature of life, the truth that all forms ultimately return to ash, which cannot be degraded anymore. **Yet, it is also fragrant with His love and imbued with His grace—an assurance of His presence, His protection, and His healing touch.**

To Francis and his family, *vibhuti* was not merely any ash but a potent talisman that heals and evokes devotion. It was the living presence of Baba, reaching across continents, through the hands of His devotees, into the hospital bed where faith met grace.

(Based on communication with Mr. Eugene Gussenhoven, Botswana)



From Potholes to Purpose

In the bustling streets of San Salvador, potholes (called *baches*) are a familiar sight. They appear silently, growing deeper with every passing vehicle, thus inconveniencing everyone. Yet, no action is taken to fix them. Many years ago, when two large potholes opened up right in front of my home, I realized that these mini-craters were more than just damaged asphalt—they were a test. It was a test of whether I would walk past them every day, waiting for someone else to fix them, or take the initiative to fix them, inspired by the teachings of Bhagawan Sri Sathya Sai Baba.

Swami has often reminded us that self-reliance and service are sacred duties. With this message in my heart, I decided to act. Using my own resources, I purchased gravel, sand, and cement, and hired a

mason for the heavier tasks. Then, we repaired the first two potholes. The sense of joy and fulfillment I experienced was immense. **It was as if I had not only resurfaced the road before my house, but also the path of my own life.** Encouraged, I began to repair more potholes, sidewalks, and even repaint speed bumps across my community.

Over time, a simple project emerged: identify the potholes, estimate the material needed, buy supplies gradually, and carefully repair the potholes after informing neighbors in advance of any temporary inconveniences. I invested in the tools—a wheelbarrow, brushes, traffic paint—to carry out this service in an organized manner. I financed the project at first, but soon, the neighbors were inspired and began



to volunteer and contribute. Some offered money, others supplied materials, and a few people contributed labor, shared water, or even helped to divert traffic while letting the fresh repairs set. I always made it clear that contributions should be voluntary and from the heart, with joy.

What touched me deeply was the ripple effect this service project created. A young man once asked me why I cared for potholes far from my own home. I replied, "I belong to an organization where we practice giving back to society for what we receive." That small conversation created loving harmony and understanding. Soon, the neighbors were so inspired that they began repairing the potholes near their own homes. Sometimes they sought my advice and even asked

me to oversee their work. The spirit of seva, once planted, began to spread.

The motivation for all this lies in Swami's divine messages. He reminds us that we have come to serve. Service to man is service to God. Service broadens our vision, strengthens compassion, and gets rid of the ego. Whatever we do, we must do with all our hearts and to our fullest satisfaction.

Every pothole I have filled is symbolic of removing the inner potholes in my heart—eliminating the negativity of ego, indifference, and selfishness. Just as I smooth the streets of my community, I pray to Baba to smooth my inner path and lead me ever closer to His Lotus Feet.

Mr. Eduardo Umaña
EL SALVADOR



Mr. Eduardo Umana Perla is a professional in the field of education, specializing in English and Curriculum Development. He is a pioneer in teaching through Educational Television, a former Fulbright scholar, and an entrepreneur with his own business venture. He has been associated with several universities, including Michigan State University, Stanford University, and Tavistock House Institute in London.

He has been a member of the Sri Sathya Sai International Organization (SSSIO) of El Salvador for more than 34 years, where he has held various positions, including Devotional Coordinator. Mr. Eduardo Umana Perla is the Vice-President of the Central Council for the SSSIO of Central America, Panama, and Belize, and its former President.

LOVE IN ACTION



BRAZIL Empathy & Selfless Service

The living conditions of the residents of the Divine Light Community located in the Vargem Pequena neighborhood of Rio de Janeiro are challenging, to say the least. Moved by their situation and inspired by Swami, 21 dedicated volunteers brought care, compassion, and hope through medical consultations, social assistance, and the donation of essential items.

This beautiful service was part of the Centenary Celebrations of the Advent of Sri Sathya Sai Baba by Sai Centers and Groups from Rio de Janeiro, in collaboration with the Region Southeast II Coordination and the Sai Foundation of Brazil. **With 76 medical**



consultations and the distribution of over 700 kg of food and hygiene kits, the initiative put into action Swami's message of Love All, Serve All. Volunteers described the experience as very transformative. This joyous offering is a shining example of Swami's eternal message that selfless service is a noble path to the divine.



RUSSIA The Universal Temple of Love and Unity

Three years ago, members of the SSSIO in the Volga-Ural region of Russia planted a seed of love at the International Cultural Center for Spiritual Unity. **Thus, the Universal Temple was established, a sanctuary dedicated to world religions, within whose halls, a sacred space honoring Bhagawan Sri Sathya Sai Baba was created.**

In 2025, this sacred corner blossomed even more brightly, adorned with luminous portraits of Swami, inspiring quotes on the unity of all faiths, and a serene atmosphere enriched by singing *bhajans*, chanting the Gayatri, and viewing Swami's *darshan* videos. Every visitor who enters is enveloped in His



love, with many picking a photograph or book to take away. Over the years, countless hearts have been touched by Swami's message, "*There is only one religion—the religion of love.*" Offered with deep devotion by the members of SSSIO Zone 8, this project serves as a shining tribute to Bhagawan Sri Sathya Sai Baba in this sacred Centenary Year.



THAILAND

Serving Mother Nature

Twenty-nine volunteers, including students from the Sathya Sai School in Lamnarai, Thailand, went on a service trip to Pattaya. The two-day program, held September 20 and 21, 2025, blossomed into a beautiful blend of service, devotion, and fellowship.

The morning started with prayers, meditation, and breakfast, followed by a beach cleaning service. The participants collected large amounts of plastic and debris, transforming their labor into an offering of love to Mother Nature. The act was filled with joy, as everyone felt Swami's unseen guidance in every moment. After serving under the



warm Pattaya sun, the volunteers sang melodious *bhajans*, concluding the trip in divine bliss. Many shared that the experience felt like a family pilgrimage. **What began as a simple beach cleaning turned into a spiritually uplifting journey, reminding all that when one takes a step toward God, He takes a hundred steps toward us.**



SRI LANKA

Homes of Hope

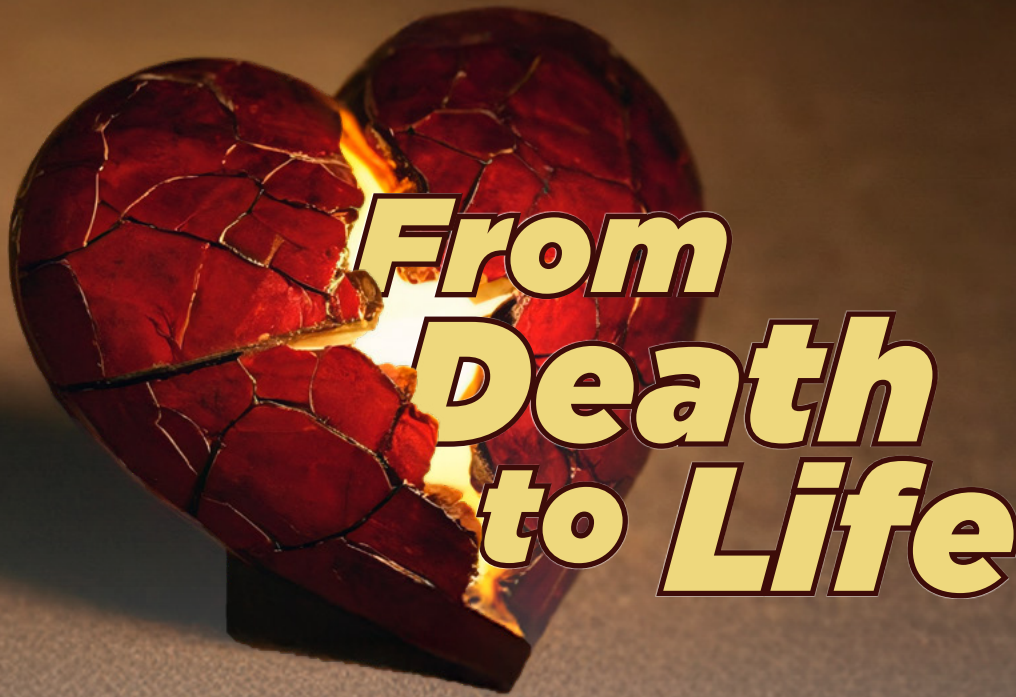
In early 2025, guided by the love and grace of Bhagawan Sri Sathya Sai Baba, the SSSIO in Sri Lanka completed two compassionate housing project initiatives in Northern Sri Lanka. On January 19, 2025, a mother and her son received a newly built, fully equipped home in Urelu, Jaffna, lifting them out of poverty and insecurity.

Continuing this divine mission, on February 23, the foundation was laid for another home in Kaithady for a family of seven living



in adverse conditions, as identified by the Chavakachcheri Sri Sathya Sai Center. These homes stand as living expressions of Swami's message of "Love in Action," offering dignity, safety, and hope.

For more stories of loving service by volunteers from around the world, please visit the Sri Sathya Sai Universe website:
<https://saiuniverse.sathyasai.org>



From Death to Life

Life often uses the most unexpected messengers to wake us up. For me, it was the life of a child and her love for God.

It was the first day of school when my fourth-grade student, Akila, was presenting her cultural heritage project, and with a beaming smile, placed a 5x7 photo of a curly-haired man with a halo of peace around him and said, “Ms. DiSanti, this is my God and He wants to know you!”

Her words pierced my heart like a thunderbolt. *He wants to know you.* The phrase echoed within me as Truth. Something deep inside whispered, *‘Pay attention. This is special.’*

The Journey Begins

At that time, I was a public educator in Aurora, Colorado, serving children from over 54 different linguistic and cultural backgrounds. I was researching schools that offered the highest quality education in underserved communities. My goal was to understand how education could be used not just to instruct but to uplift, empower, and serve. I had already visited Jeffrey Canada’s Harlem Children’s Zone in New York and schools in New Orleans’ Ninth Ward, and my next destination was Oprah Winfrey’s Leadership Academy in South Africa.

But seeing the faith with which I followed Baba's prompting had rekindled her own faith. I felt overwhelmed that my faith, which was 'new,' had become the basis for rekindling another's faith.

During a meeting with parents, I mentioned this vision. To my surprise, Akila's mother stood up and said, "You can stay with my family there." Moments later, another parent offered to fund the entire journey.

Everything unfolded so effortlessly, as if invisible hands were arranging the details.

Before I left, a friend gave me a book for reading on the flight: *The Ultimate Experience* by Phyllis Krystal. "You'll love it," she said. "It's about Sai Baba, the man in your student's photo."

By the time the plane landed in South Africa, something had shifted inside me. I was raised a Christian, but I could feel this presence, His voice of love that began to speak to me inwardly. I started writing in my journal conversations with Baba, simple words of reassurance, affection, and purpose. He felt closer than my breath.

Baba's First Miracle

When I arrived in South Africa, I stayed with Akila's extended family. They were warm and kind, but the grandmother seemed unusually quiet. Soon, I learned why she was worried. I would be disappointed because Oprah's school required special permission to visit.

But I felt no fear. Baba's words echoed in my heart: "I will take care of everything."

For nearly three weeks, I waited, visiting the local Sai Center, my first experience of *bhajans*, silence, and sacred order. The peace in that hall was unlike anything I had ever known, with men and women sitting separately, eyes closed, voices rising in songs of divine love. It felt like home.

Then one morning, Baba's voice rang out again: "*Get up and go. Today is the day.*" I told the family, and although skeptical, the uncle agreed to drive me to Oprah's Leadership Academy. At the gate, guards informed us that entry was impossible without written permission. But as they spoke, a faint crackle came through the intercom. "Let her in," said a familiar voice. "Come on in, Jan." It was the secretary I had spoken to weeks earlier.

Something had shifted. The principal was unexpectedly called away, and for that brief moment, I was allowed in. I knew instantly that this was the invisible hand of Baba!

As I walked through those gates, joy filled my heart and my entire being. I carried books my students had lovingly inscribed for the girls of the academy. When I handed them over, I could feel an invisible current of love connecting all of us, my students, these girls, and Baba, who had arranged it all. That evening, back at the house, something beau-

tiful happened. The aunt of the family, who had lost a baby years earlier, broke into tears. She confessed she had turned away from Baba since that loss, unable to trust Him again. But seeing the faith with which I followed Baba's prompting had rekindled her own faith. I felt overwhelmed and grateful to God that my faith had become the basis for rekindling another's faith.

"I want to go to the Sai Center again," she said. "I want to have our new baby blessed by Baba." And that was when I realized the real reason for my journey. I had come to South Africa thinking I was visiting a school, but Baba had used me as an instrument to heal a mother's heart and strengthen faith.

The Call to India

When I returned home, Akila announced, "Ms. DiSanti, you've visited Oprah's school and many others, but you haven't yet visited the *best* school in the world, Baba's school!" And so, without hesitation, I joined a pilgrimage to India. It all happened in the summer of 2010, the year before Baba's physical departure. Once again, people told me I would need special permission to visit His schools. Once again, I smiled and said, "He won't let me down."

During the cultural program at Prasanthi Nilayam, we were told not to leave our lines where we were seated under any circumstances. Yet, out of nowhere, a

sevadai (volunteer) came up to me, took my arm, and said, "Jan, you're going to the front."

As she led me forward, I heard Baba's voice say clearly, "*I am going to bless you.*"

Moments later, Bhagawan Sri Sathya Sai Baba stood before me. He gestured for me to sit on my knees. His eyes held the Universe. With a graceful motion, He placed His hand on my head and said, "*I bless you with a school.*" I whispered, "What shall we call our school, Baba?"

He replied, "*Pado*, it means to study or to learn."

Then, smiling, He encouraged, "*Get trained in Human Values. Yes, Bangaru (Golden Child), you can visit My schools.*"

He knew my heart before I spoke. In that instant, I knew my life's mission had been written by Him. The respect, joy of learning, and connection experienced with the students and staff at Baba's schools during my visit were transformative and inspiring. His Divine Hands arranged everything, and my love story with God continued as I was trained and received my certification in Human Values after arriving home.

Death and Resurrection

Six months later, on Christmas Eve of 2010, I found myself alone, as I was not married and had no children of my own. Although I love Christmas, losing my parents by the age of 23, holidays brought

“Now look,” He said. “The past is in the past. The present is in the Omnipresent. The future will unfold when it must in the future. You have much work to do.”

a quiet ache. That night, the loneliness felt unbearable. Through tears, I cried myself to sleep, claiming, “I’m just going to die alone with a broken heart.”

In the early hours of Christmas morning, around 2:00 am, I woke up, unable to breathe. My left arm went numb, and my chest felt like it was caving in. I tried to crawl toward my phone to dial 911, but my body wouldn’t respond. Then everything went dark.

When awareness returned, I was floating near the ceiling, gazing down at my lifeless body. And beside me stood Baba, radiant, compassionate, eternal.

He looked at me tenderly and asked, “What did you do?”

“Baba, I didn’t do anything,” I replied. “I just couldn’t breathe, and I went out.”

He shook His head gently. “No, what did you say?”

Then I remembered. *I’m going to die alone with a broken heart.*

He said softly, “Yes. Your words are powerful. You are powerful. You are God. You did that! It is not your time.”

He reached into my chest, lifted my heart toward the light, and said, “See these black spots? This is the pain of your past.”

Then He blew on my heart, and instantly it became luminous, every vein shining with divine radiance as He held it up to the light.

“Now look,” He said. “The past is in the past. The present is now in the Omnipresent. The future will unfold as it must in the future. You have a lot of work to do.”

Then He placed the glowing heart back into my chest, tapped me firmly, and commanded, “Now get to work!”

With that, I was pulled back into my body, gasping for air. My first sound was a sob of gratitude. He brought me back to life, literally. I dialed 911 and told them that I had died of a heart attack, God brought me back, and I needed help.

When the paramedics arrived, they took me straight to the ER and ran all the tests, finding nothing physically wrong with my heart, but major nerve damage needing physical therapy for six months. “You must have had a severe anxiety attack mimicking a heart attack,” the doctors said. I tried explaining to them, but they couldn’t believe it. So, I just became silent. But I knew the truth: Baba had cleansed my heart of lifetimes of pain. I experienced a profound healing and cleansing of my heart and the past by the Lord of Love, who saved me!



For months afterward, my left arm ached, and my left hand tingled with partial numbness, as it still does today. A divine reminder of His loving touch.

The Golden Heart

I finally returned home from the hospital in a taxi. The taxi driver was kind and helpful, another sign of Swami's love and grace. I went up the stairs to my prayer room, knelt down, and said, "Baba, please show me that it was really You."

When I opened my eyes, a small, gold 'heart necklace' lay on the chair in front of His picture in direct response. As I lifted it up, I realized that when held to the light, it looked exactly like my healed heart Baba restored for me, pure, transparent, alive with light! I wept, overwhelmed by His love and compassion. "Thank You, Baba," I whispered. "Thank You for loving me back to life."

My student Akila's family organized an offering of love to Baba. The Sai devotees from our Denver Center gathered at my home for *bhajans* (*sacred songs*)

of gratitude. The grandparents from South Africa joined, their eyes filled with tears. The Manhattan Sai Center president even flew in to witness the miracle.

After we sang, a photograph was taken where the family gathered with me. We were in awe when we looked at it! There was a golden beam of light starting from my heart necklace and stretching across my heart, then across Akila's grandfather's face. It was Baba's signature of love and presence, reassuring us.

Living with Purpose

Since that day, I have never felt alone. The same God I once knew only through Sunday hymns, alive in the scripture, now walks with me in every breath, alive in my heart. Baba taught me that life does not end with death; it begins when we surrender to divine purpose.

He took my broken heart, healed it, and returned it to me with a mission: to educate and serve with love, to teach and inspire as a living example of the values, and to remind children and families of their innate divinity.

Since that day, I have never felt alone. The same God I once knew only through Sunday hymns, alive in the scripture, now walks with me in every breath, alive in my heart. Baba taught me that life does not end with death; it begins when we surrender to divine purpose.

The Lord of the Universe didn't just save my life; He gave me *a purpose to live it!* Every time I touch the gold heart pendant resting near my heart of love and light, I remember His words: "*You are powerful. You are God. Now, get to work.*" And so, I work, each day, with a heart that beats not just for me, but for Him.

"From death to life," they call it. But for me, it was from pain to purpose, from faith to knowing. For when the divine Himself breathes new life into your heart, every beat becomes a prayer, every breath is an offering of love. And I sing my life's Sacred Song:

*God of Love, God of Love, Fill my heart with Your treasure.
Let me share, Let me care, Let me love without measure.
Father of Love, let me be like You, Kind and true forever.
God of Love, God of Love, Love me now and forever.
God of Light, God of Light, Hold my life in Your keeping.
Let me find peace of mind, Guard me in waking or sleeping.
Father of Light, Guide me every day, All the way forever.
God of Light, God of Light, Lead me onward forever.*

Ms. Jan DiSanti
USA



Ms. Jan DiSanti was introduced to Sri Sathya Sai Baba in 2009. In 2010, she joined the USA pilgrimage to Puttaparthi, where Swami instructed her to receive training in Sathya Sai Education in Human Values (SSEHV). She completed Courses One and Two in SSEHV through the Institute of Sathya Sai Education–USA (ISSE-USA). Since 2018, Jan has served as a faculty member of ISSE-USA. She is the President of the Sri Sathya Sai Center of Southeast Denver and the Devotion Coordinator of the SSSIO-USA Region 9.

Ms. Jan DiSanti has served since 2018 as Secretary of the Moving Arts of Española School Board of Directors in New Mexico. She is also CEO and founder of PADO EduCare, a nonprofit organization dedicated to community service and education in human values.



from the International Sai Young Adults



Living the Sai Way



With a theme of “Living the Sai Way,” the Zone 2A Young Adults Retreat of the Sri Sathya Sai International Organization, was held in the peaceful town of Jarabacoa, Dominican Republic from September 26 to 28, 2025. The retreat took place at La Salle Retreat House, nestled among mountains, rivers, and lush greenery, creating an ideal setting for reflection and communion with nature. During three days of spiritual fellowship, **38 Young Adults from six countries—Costa Rica, Dominican Republic, El Salvador, Guatemala, Panama, and Mexico—gathered to share and practice the teachings of Bhagawan Sri Sathya Sai Baba, deepening their understanding and experience of their inherent divinity.**

The program provided a well-rounded mix of talks, group activities, satsangs, reflective exercises, and selfless service. Key sessions included:

- **Unity in Diversity**, highlighting that, beyond all outward differences, we are One.

- **Building the Sai Way** by exploring the daily practice of the five human values: truth, right conduct, peace, love, and nonviolence.
- **Ceiling on Desires**, a deep reflection on self-control and detachment.
- **The Art of the Soul**, a creative activity to express inner love and gratitude.
- **Decide the Sai Way**, a practical workshop on how to act in accordance with spiritual principles.
- **The Simplicity of Sai**, a beautiful closing session, reminding everyone that true spirituality lies in loving and serving all with purity and humility.

Each day started with prayer, light meditation, and devotional singing, and concluded with moments of fraternity, evening *satsangs*, and *bhajans*, sung with devotion and joy. Despite the forecast of rain, the skies stayed clear and bright, a visible sign of Bhagawan's grace that blessed the entire event. The atmosphere was vibrant and uplifting, filled with youthful enthusiasm and deep spiritual aspiration.

A particularly meaningful activity was the Chain of Service, where participants reaffirmed that love in action is the true essence of life. Another highlight was the "Mission Impossible" rally, inspired by Swami's teachings on the '4F's—Follow the Master, Face the devil, Fight to the end, and Finish the game—which reminded everyone of the importance of perseverance, courage, and faith.

The "Living the Sai Way" Retreat left a profound and lasting impact on every participant, reminding everyone that the true goal of Young Adults is to manifest divine love through selfless service to humanity. Participants returned to their



countries with hearts full of joy, love, and gratitude, determined to continue their spiritual growth and to truly live the Sai way—with purity in thought, word, and deed.

Mr. Miguel Montes, National Young Adults Coordinator from Mexico, shared: "I felt the love of our beloved Master in every moment, and I was deeply moved by the immense dedication of our brothers in the Dominican Republic. It was a very special retreat because there was a wonderful representation of young people from Zone 2A. It was an excellent opportunity to connect in person with Sai youth from different countries and to recharge our spiritual energy."

Ms. Nadia Espinosa, Deputy Coordinator of Young Adults in Panama, who attended her first international retreat, reflected: "Each talk, each song, and every moment of silence reminded me to look within. They helped me recognize my true essence and remember that we are all One. I felt part of a vast spiritual family where our differences brought us closer together, united by a common goal—to live with love, serve with joy, and grow spiritually. Through His teachings, I felt Swami inviting us to live with simplicity, devotion, and faith. **This gathering strengthened my conviction to see God in everyone and everything. It reminded me that serving others is serving God, that love without limits is the highest spiritual practice, and that true transformation begins from within.**"



The Sai Study Group Indonesia (SSGI) Leadership Program (SSGILP) is currently training its third batch, from December 2024 to March 2026, and continues its mission to nurture and develop leadership skills among Sai Young Adults across Indonesia. Conducted online via Zoom, the program has become a cornerstone initiative, inspiring and equipping the next generation of leaders to serve with love, humility, and dedication.

Designed to connect Young Adults with Sai's divine love and inspire them to embody the values of selfless service, integrity, and good character, the program ensures that the baton of leadership within the Sai Organization of Indonesia is seamlessly passed on to younger generations. Beyond preparing YAs for organizational leadership roles, the initiative also instills universal human values and essential life skills that empower participants to make positive contributions to their communities and the nation at large.

A total of 60 participants from various regions across Indonesia joined this year's program, which is held virtually once a month on Sundays. Each session offers an engaging mix of lectures, discussions, indi-

vidual and group activities, and hands-on opportunities for participants to design and implement meaningful initiatives that strengthen their local Sai Centers while serving the broader community. Guided by senior mentors and YA facilitators, participants go through a thoughtfully curated curriculum that addresses both the spiritual and practical dimensions of leadership.

The program covers a variety of modules, starting with sessions on *All About Sai*, *Building Self-Confidence*, and *Challenges Faced by Today's YAs*, followed by topics like *Sai's Legacy*, *The Four Pillars of National Insight*, and *The Ideal Sai Leader*. Participants also work on community-oriented projects that enhance their public speaking and presentation skills. At the end of the program, there is a graduation ceremony to celebrate their growth and achievements.

The SSGI Leadership Program continues to serve as a beacon of inspiration, empowering Sai Young Adults across Indonesia to follow the path of love, leadership, and service, and to embody the teachings of Sri Sathya Sai Baba in every aspect of their lives.



From October 1–5, 2025, Sai Young Adults from Zones 6 and 7, which include the North and South European countries, gathered in Chřibská, Czech Republic, for a transformative tree planting retreat. Nestled in nature, the group stayed in a serene, peaceful cottage surrounded by tall trees and the calming sounds of the forest, far removed from the hustle and bustle of city life. YAs from the Czech Republic, Germany, Denmark, and Latvia came together in a spirit of reunification, joined by members of the Prague Sai Center. **The retreat was a harmonious blend of spiritual practice, community bonding, and environmental service, reflecting Swami's teachings on unity and love for nature.**

The programme included *sadhana* (spiritual disciplines), study circles, Sai games, bhajans and devotional singing, a nature hike, and shared delicious meals. Devotees sang in Sanskrit, English, Czech, German, and Spanish, celebrating diversity through music and devotion. Each participant also shared personal reflections on how Sri Sathya Sai Baba has touched their lives, enriching the collective experience with heartfelt stories and cultural exchange.

A highlight of the retreat was the tree planting activity in the charming town of Lichtenhain, Germany. The YAs trekked through a scenic forest, crossing a gentle stream

to reach the planting site. Braving both sunshine and rain, they planted over 1,800 saplings and seeds, while enjoying the beautiful scenery and peaceful atmosphere of the surrounding forest.

Reflecting on the experience, Ms. Daneel Moodley, one of the participants, shared: “I thoroughly enjoyed the entire retreat. It was both grounding and uplifting. The spiritual practices helped me feel a renewed connection with the divine, while being surrounded by nature created a deep sense of calm and presence. I felt completely disconnected from the noise of daily life and fully immersed in the moment. Planting trees felt symbolic, as it was a way of giving back to the earth and contributing to new life and growth in the forest. **There was a quiet power in performing such a simple act with intention, knowing it would have a lasting impact.** Sharing this experience with kind, like-minded people only made it more special. The sense of community and shared purpose added to the richness of it all.”

The retreat beautifully embodied Swami's message of unity and harmony with nature, leaving each participant with a deep sense of gratitude to Mother Earth, and an enduring sense of connection to the divine, to one another, and to the world around them.

SELF-TRANSFORMATION: THE TRUE CHRISTMAS MIRACLE



Swami takes on many roles in people's lives—mother, father, friend, Guru, and God. For me, Swami has always been my best friend. I first had His *darshan* when I was 12 years old. Years later, in 2010, I had another chance to meet Him, but this time as a Sai Young Adult.

That year, I had a vivid dream of Swami. In the dream, He waved His hand and called out to me, saying, “Come to Prasanthi.” I woke up puzzled, wondering what to do. As a student at that time, I didn't have the means to fly to India immediately, so I set the dream aside. A few weeks later, on a fine day in November 2010, my mother asked if I would like to go to Puttaparthi for Christmas. Without hesitation, I said ‘Yes!’ She booked the tickets, and we flew to India. And so, in December 2010, this little Malaysian boy found himself in Prasanthi Nilayam, as Swami had willed it.

I was 18 years old, just starting college, and like most teenagers, pretty unsure about life. But as soon as I stepped into the ashram, I felt a deep sense of belonging. Soon after, I joined the rehearsals for the International Christmas Choir that were in progress. **I hadn't even known about the choir before my trip, and yet, joining it turned out to be one of the best decisions of my life.**

The month I spent in Prasanthi Nilayam was the most beautiful time of my life, an experience I still cherish deeply. The atmosphere was peaceful, serene, and timeless.

Most days, I woke up not even knowing what date it was! And almost every day, I was blessed to see Swami come out for *darshan*. Finally, I could see Him with my eyes, not just in dreams.

As part of the International Choir, we had intense practice sessions every day for nearly three weeks. On Christmas Eve, our choir was blessed to sing for Swami. That evening, I was seated very close to Him, just behind the musicians. I had been attending *darshan* daily but had never sat so near before. My heart was racing with joy.

Swami came out in His car, sat on the verandah, and we began to sing. When the first invocation to Lord Ganesha started, I felt goosebumps all over. I looked up at Swami, and a ray of light seemed to shine from His eyes straight into mine. At that moment, I knew I was in the presence of the Divine, Himself. **That light from His eyes penetrated my body, mind, and soul. I was in a state of indescribable bliss—pure euphoria!** As we continued to sing, the feeling was only intensified. It felt as if I were floating on clouds, completely immersed in heavenly energy flowing from Swami.

When the choir finished, a few elders—uncles and aunties, mostly from Western countries—were blessed to offer *arati*. Then Swami's students began singing *bhajans*. As the *bhajans* ended, I kept gazing at Swami, completely absorbed. To our great joy, Swami came down from the verandah and took a photo with all of us! One aunty

called out, “We love You, Swami!” and He smiled. Swami stood in the middle of the choir for the group photograph. I moved as close as I could. Standing just a few meters away, I looked down and saw His beautiful crown of afro hair. I thought to myself, “How truly blessed am I!” Swami blessed a set of pendants, which were later distributed to us after the choir.

That moment will stay etched in my heart forever. I remember thinking, “What incredible energy radiates from Swami! **He is no ordinary being—He is God. Definitely God.**” Curious, I asked some of the other choir members if they had seen the same light that radiated from Swami’s eyes. They hadn’t. I asked again, and they still said no. It was then that I realized that Swami had given me a personal moment with Him, something meant only for me. I was overwhelmed. Swami had revealed His true power and love in a way words can hardly describe. I was in divine ecstasy.

That was the moment when my spiritual journey with Baba truly started. Two days before leaving Prasanthi Nilayam, I visited the *ashram* library, bought as many books as I could, had our group photo printed, and returned home to Malaysia, with my heart full and my soul awakened.

His Teachings and Love Transformed My Life

When I returned to Malaysia, something within me had changed. I decided to stop watching television and started reading the Sai books I had bought in India, beginning with *Tapovanam*. In university and on train rides, I spent my free time reading about Swami or chanting

the Gayatri Mantra for hours. Gradually, I withdrew from worldly distractions and turned inward. Swami’s teachings and love completely transformed my life. I began visiting the Sai Center regularly for bhajans, focusing more on self-reflection and meditation than on external pleasures. **Slowly, I realized Swami was always with me as my constant companion and best friend.**

How Do I Stay Connected with Him Today

Today, I keep Swami at the center of my daily life. My mornings start with prayer and the Gayatri Mantra, followed by listening to bhajans online. At work, I do my duties with dedication, watching Sai talks or videos during breaks. I also attend online satsangs whenever possible, always learning something new. In the early hours of the *Brahma Muhurtam*, around 4 am, I sit for meditation or simply sit in silence if the mind isn’t still. At night, before sleeping, I thank Swami for everything He has given and for all that is yet to come. Weekends are special; I get to attend bhajans at the Sai Centre and sing for Him.

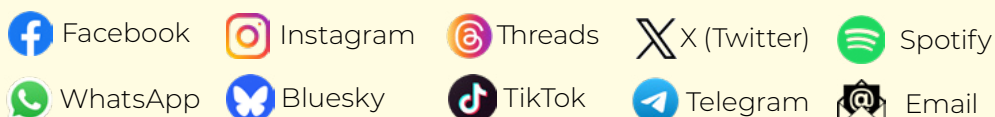
Most importantly, I talk to Swami every day, sometimes singing to His photo in the morning, sometimes while driving, or even randomly throughout the day. That constant conversation keeps me close to Him. And true to His word, He continues to show His presence in my life, always and everywhere, as He states in his Divine Discourse on November 21, 1999:

“I am with you, in you, around you, and behind you.”

Mr. Tinesh Mathialagan
MALAYSIA



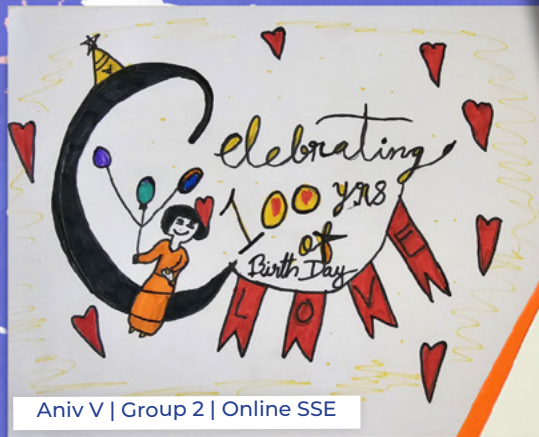
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HAPPY BIRTHDAY

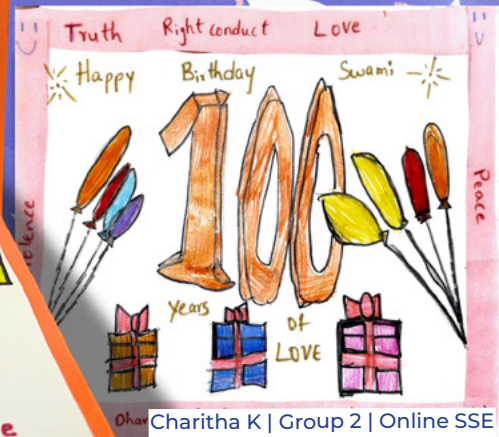
Swami



Aniv V | Group 2 | Online SSE



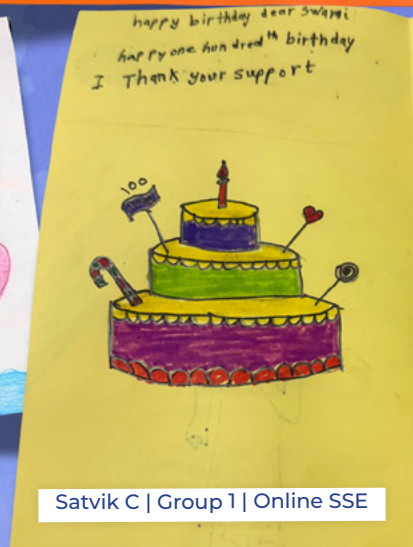
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Charitha K | Group 2 | Online SSE



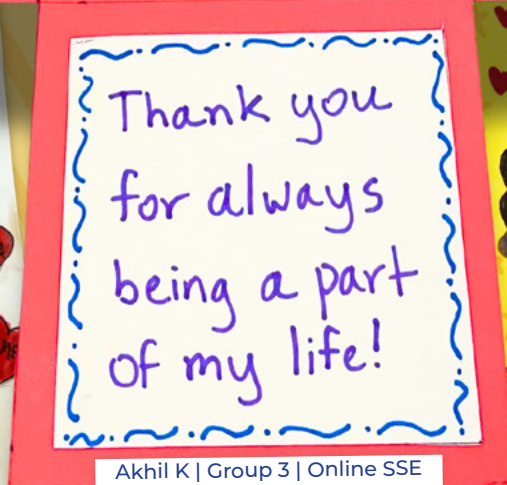
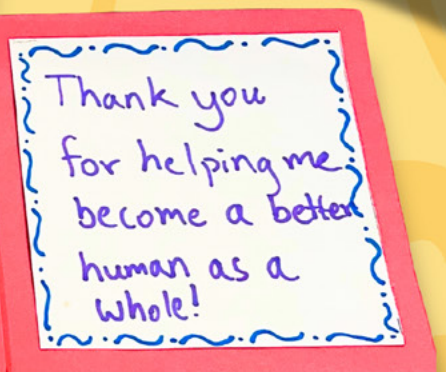
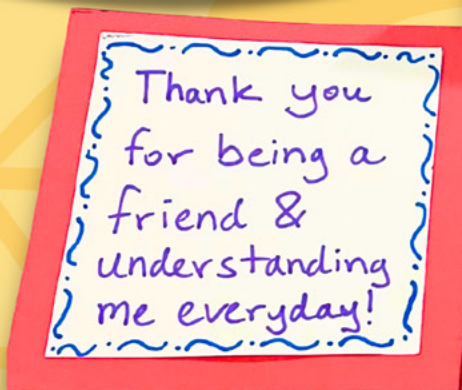
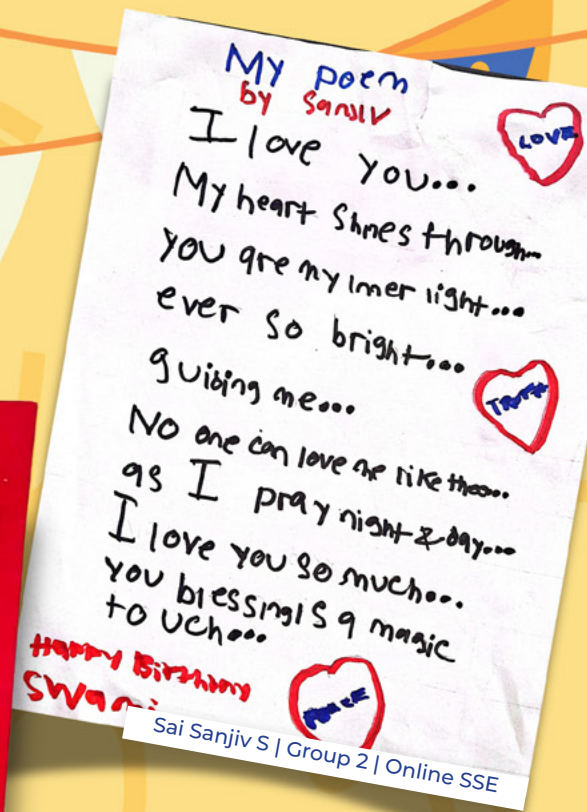
Durga C | Group 3 | Online SSE



Satvik C | Group 1 | Online SSE



Diya G | Group 2 | Online SSE



HAPPY BIRTHDAY SWAMI !!!



Dear Swami,

Thank you for everything. When I joined SSE and was introduced to you, my life changed. I was able to learn new things, complete service activities, and become a better person overall. Your lessons each week teach me something new and I am so grateful for you. Happy 100th Birthday Swami!

-Smaran

Smaran T | Group 4 | Online SSE

HAPPY BIRTHDAY

Swami

Dear Swami,

You guide me through life.

You open my eyes about new views.

I see, I learn, I understand by you.

You help me through obstacles.

Your divine love will forever be

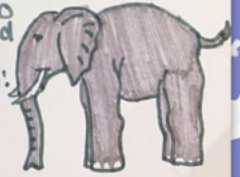
with me. You make me so

happy about the little and

big things in life.

Thank you for everything!

Love,
Sachi



Sachi N | Group 4 | Online SSE

Always with me from day to night
my brightest light

the inner strength of my heart
everyday with the thought of you I start

blessing my each and every action
but what I do is just a fraction

I am truly blessed to have you by my side

guiding me

helping me

supporting me

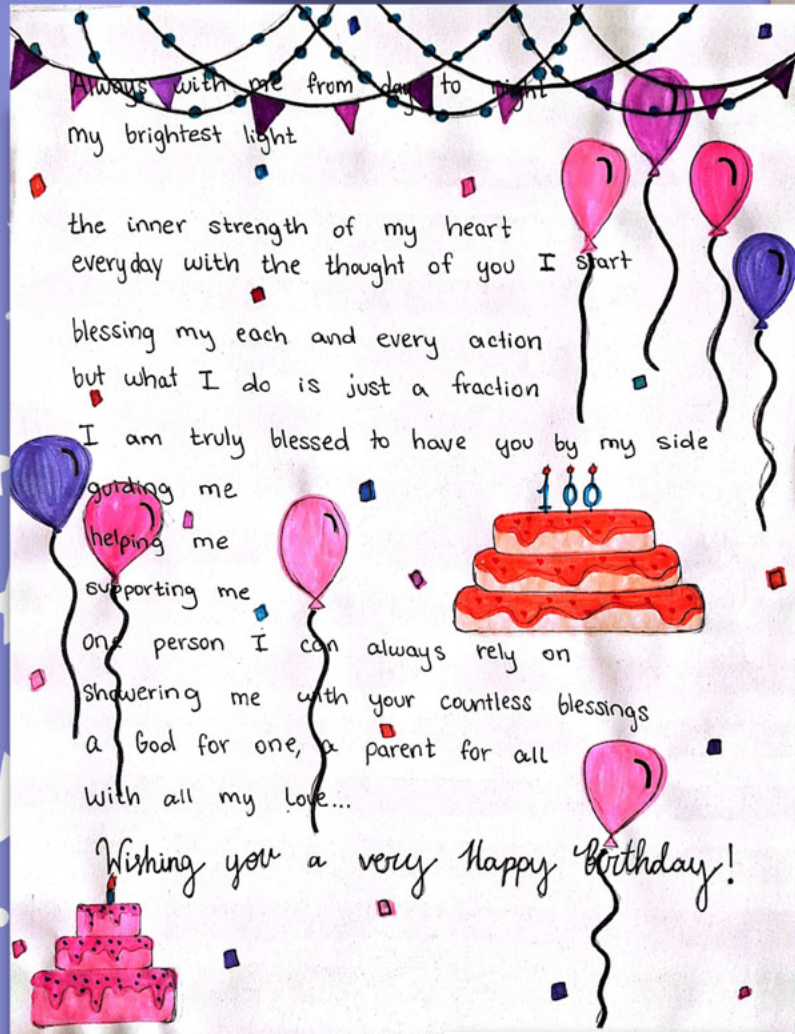
one person I can always rely on

showering me with your countless blessings

a God for one, a parent for all

With all my love...

Wishing you a very Happy Birthday!



Srinikaa S | Group 4 | Online SSE

HAPPY 100th BIRTHDAY DEAR SWAMI

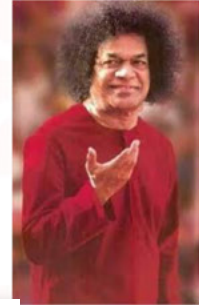


From,
VRITHIKA VINOD

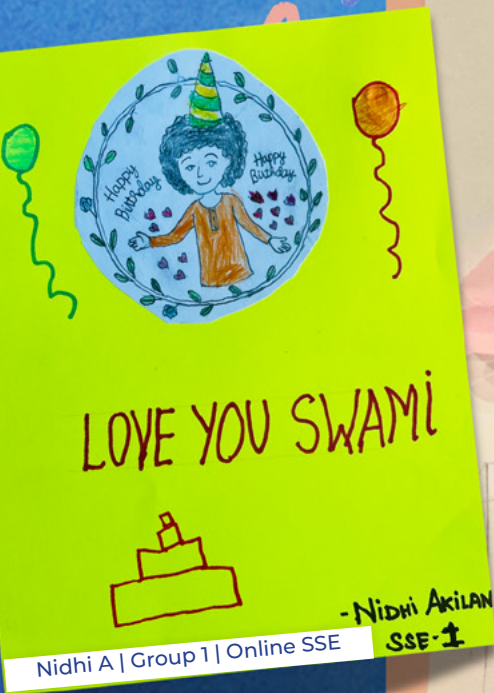
Vrithika V | Group 2 | Online SSE

100 Happy BIRTHDAY

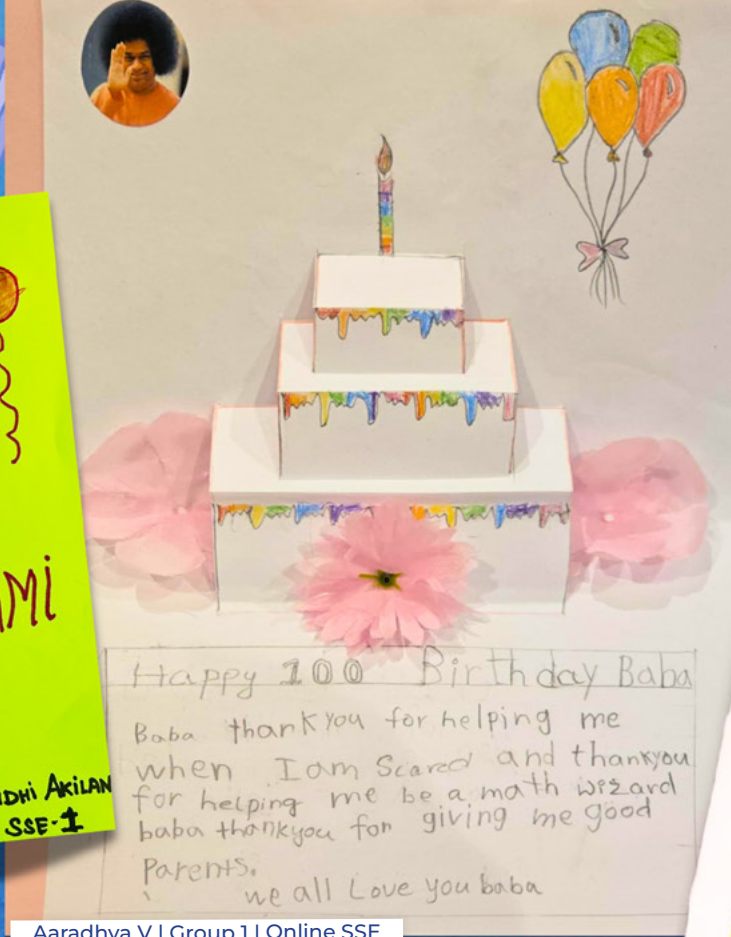
YOU ARE THE
BEST GIFT THE
WORLD HAS
EVER RECEIVED!



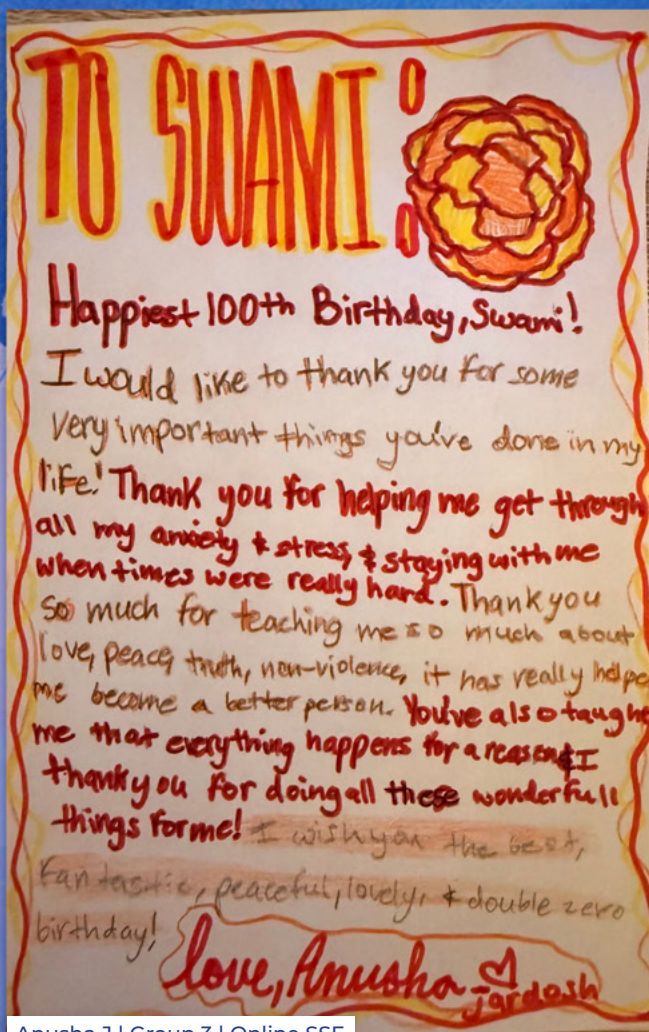
Darshan S | Group 4 | Online SSE



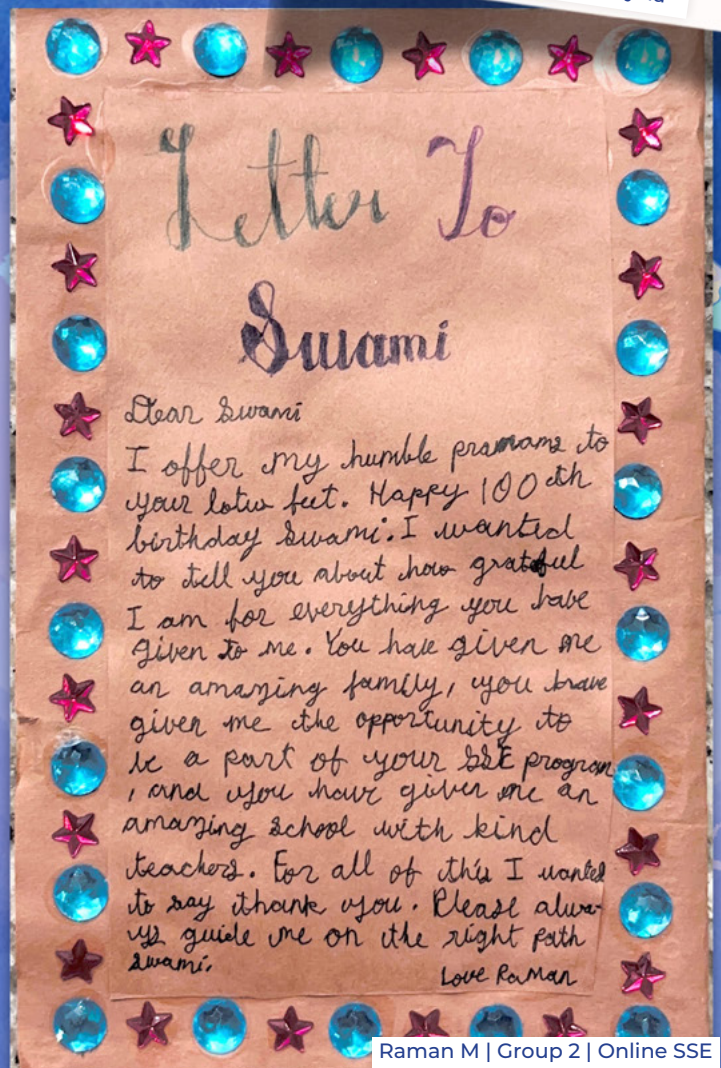
Nidhi A | Group 1 | Online SSE



Aaradhya V | Group 1 | Online SSE



Anusha J | Group 3 | Online SSE



Raman M | Group 2 | Online SSE

Upcoming SSSIO Events

Please visit sathyasai.org/events for details on scheduled events, local dates and timings.

Date of Event	Day(s)	Festival/Event
December 13-14, 2025	Saturday-Sunday	Worldwide Akhanda Gayatri
December 25, 2025	Thursday	Christmas Day
February 7-8, 2026	Saturday-Sunday	Worldwide Akhanda Gayatri
February 15, 2026	Sunday	Maha Shivaratri



Streaming on sathyasai.org/live and YouTube



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WhatsApp



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YouTube



Spotify



Telegram



Threads



Google Books



Email



Eternal Companion email list



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- Sri Sathya Sai Universe [🔗](#)
- Sri Sathya Sai Humanitarian Relief [🔗](#)
- Sri Sathya Sai Young Adults [🔗](#)
- Sri Sathya Sai Education [🔗](#)
- Healthy Living [🔗](#)



Jesus was born to shatter the darkness that had enveloped the world and an aura of light was a sign that announced the event. The Masters come in answer to the prayers of devotees. *“Thamaso ma jyothir gamaya”* (lead us from darkness to light). If each one does his duty in the spirit of dedication, the light can illumine all. However, if the doors of the heart are shut to the light, how can darkness disappear? You cannot sit back and expect the incarnation to bring peace and joy into you. The incarnation comes to warn, to guide, to awaken, to lay down the path, and shed the light of Love on it. But man has to listen, learn and obey with hope and faith.

Sri Sathya Sai Baba

December 24, 1972



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never

