

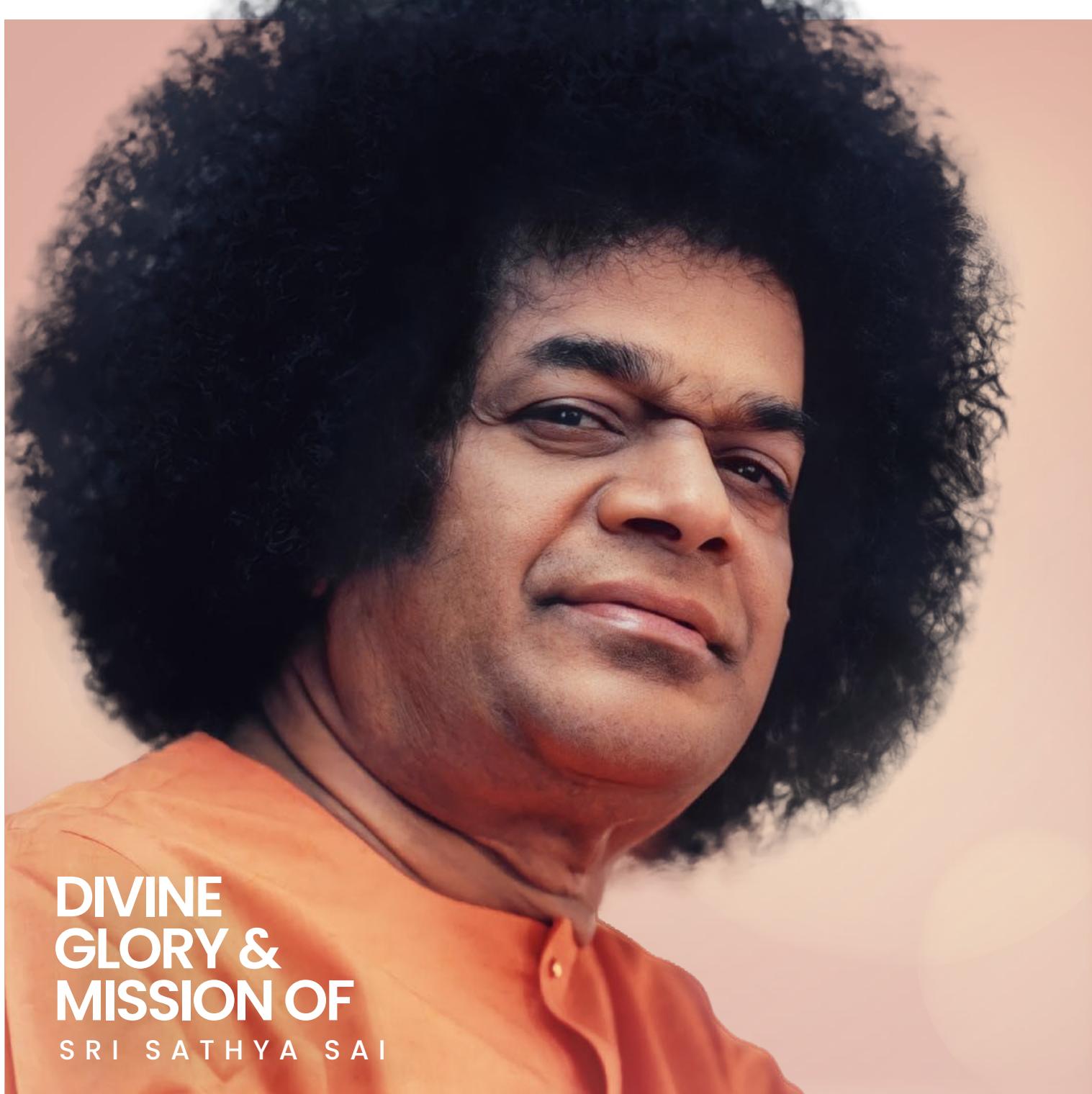


S A T H Y A S A I

THE ETERNAL COMPANION

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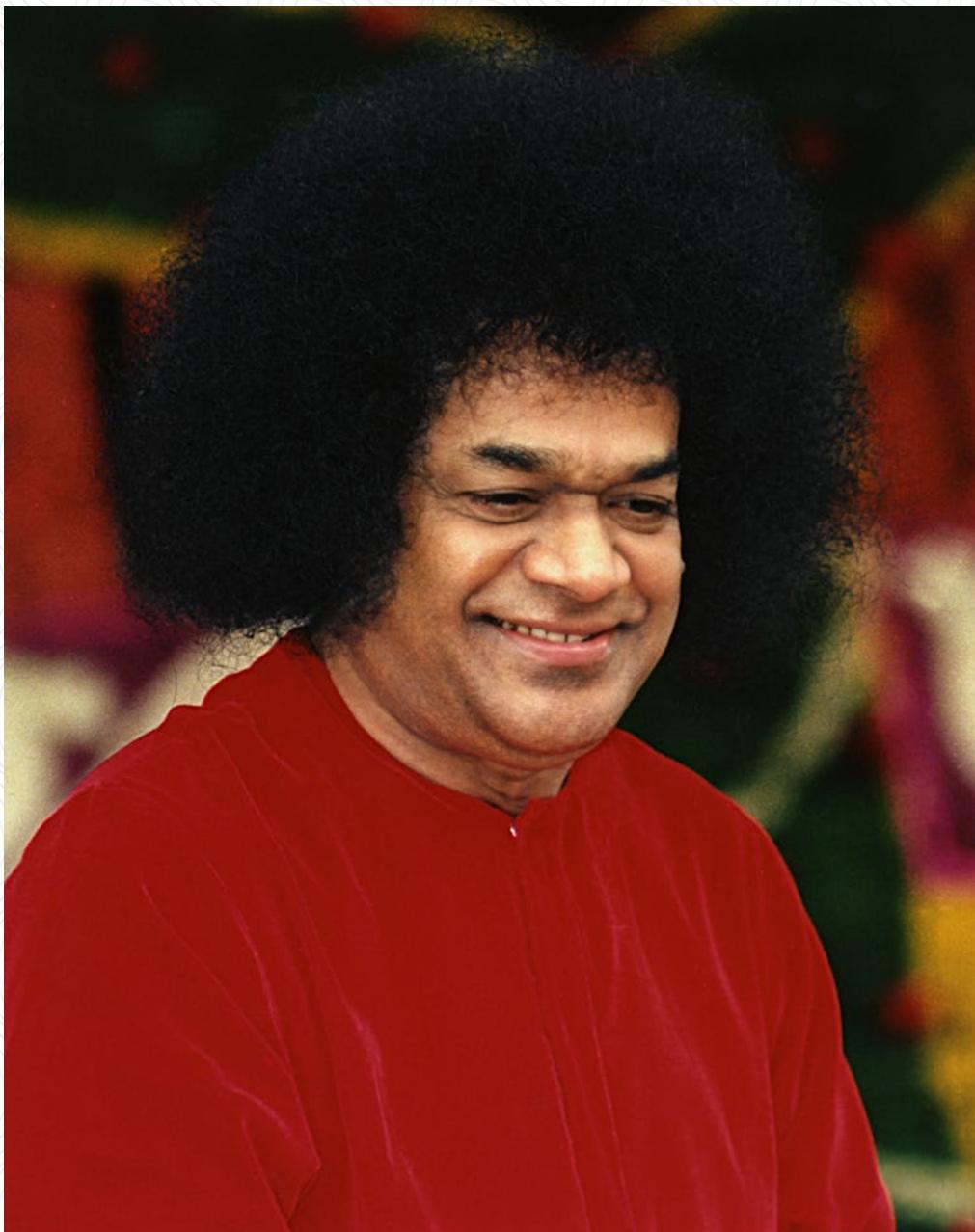
**DIVINE
GLORY &
MISSION OF**

SRI SATHYA SAI

“

You owe a supreme duty towards your parents who are responsible for all that you are. You will be less than human if you do not show your gratitude to them for all that they have done for you. Parental love, means for the children what the sun's rays mean for the blossoming of a flower. Wherever you may go, whatever you may achieve, whatever position you may occupy, you must always remember your mother with love and reverence.

Sri Sathya Sai Baba, May 6, 1985



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





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HAPPINESS IS UNION WITH GOD

Embodiments of Love! The more one loves one's fellow beings, the greater would be the Bliss that one enjoys. The more you love others, the happier you would be. Therefore, if you wish to be constantly happy, you must always love all. Love is the royal path to God. The best way to God is to love all and serve all. This is the lesson that Buddha taught humanity.

—Sri Sathya Sai Baba, May 21, 2000

The Taitreya Upanishad declares that God is *Raso vai sah* – God is bliss! Man, having come from God, is also an embodiment of bliss. But man has been on an eternal quest for happiness even though it is his very nature. It is like a musk deer searching for the source of fragrance outside when it is emanating from its own body. Why is that happiness always eluding man? Because man has forgotten his real nature due to the out-going mind. We are looking for happiness in all the wrong places – seeking happiness in our relations with people, places, and worldly objects, forgetting the treasure that is in our very nature and within us.

The great masters and Avatars come amidst us to remind us of our true nature and show us the pathway to bliss. **Baba says, “Happiness is union with God.”** In many discourses and writings, He has clearly shown us the way to love and bliss. He says that we are caught up in this world bewitching maya in the pursuit of wealth, sense enjoyment, and material pleasures, forgetting our true nature. He showed us that the solution lies in going inward

rather than going outward, *sadhana* — the inward path. His very name, **SAI BABA implores us to See Always Inside, and then we will find Being Awareness Bliss Atma.**

Brahmananda

This bliss, as described in the Taitreya Upanishad is many-fold (10^{18}), quintillion times greater than ordinary happiness. A unit of ordinary happiness is called *Manushyananda*, which is the joy experienced by an intelligent, handsome, young man of noble character who has all the wealth and power in the world and a long life. But this happiness is evanescent and as Swami says, “Pleasure is an interval between two pains.” There are many higher levels of happiness expounded in the Taitreya Upanishad – the ultimate being *Brahmananda*, which is many, many times greater than *Manushyananda*. That is why the Upanishads declare, “*Yatho vacho nivartante aprapya manasa saha*” (something that cannot be expressed in words or comprehended by the ordinary mind).

Lord Krishna says in the Bhagavad Gita, Chapter 6, Sloka 22, “*Yam labdhva cha aparam labham*” (having attained which, there is nothing more to attain) – and having been established in which, even the greatest affliction will not perturb the one who has attained this state. **This is a state of unending bliss, not tinged with worldly sorrow.**

How to be Happy?

But how do we attain that state of happiness? Swami has shown us the way. The *Kathopanishad* says, the one who turns his mind and senses inwards is the real hero! Baba has prescribed the three-fold path, **w-w-w** (not the one commonly known as world wide web) – which represents **Work-Worship-Wisdom**. The first path consists of Work or *Karma Yoga*, which is loving selfless service without attachment to the results. The second is *Bhakti Yoga* – the path of devotion, developing absolute faith and pure love for God and His creation. Finally, the third path is *Jnana Yoga* – the path of wisdom, where we dwell into our true nature by the method of Self-inquiry.

Lord Buddha

There are many great masters, like Lord Buddha, who have shown ways for everlasting bliss and cessation of suffering. Buddha, an embodiment of love, compassion, and sacrifice, incarnated around 500 BC. He was born a prince named Siddhartha and realized that everything, including the luxurious royal life, was only temporary (*kshanikam*), and this world is full of suffering (*dukha*). He saw that all beings are afflicted by birth, old age, sickness, suffering and death, and understood that life is impermanent and fraught with suffering. **Therefore, he resolved to find a solution to end suffering and attain unalloyed and permanent bliss.**

Lord Krishna, in the Bhagavad Gita, Chapter 13, Sloka 9, elaborates on the qualifications

of a *jnani* (enlightened person): “*Janma mrityu jara vyadhi dukha doshanu darshanam*” – that life is fraught with birth, sickness, old age, and death; hence, the wise strive to rise above this state and attain everlasting bliss. Prince Siddhartha, after renouncing His kingdom and family life, did intense search, penance, and deep meditation for several years in search of truth. He attained enlightenment under a Bodhi tree in Bodh Gaya on Vaisakhi Poornima day. Prince Siddhartha became Buddha — ‘the enlightened one.’

The Middle Path

In His love and compassion for humanity, He shared the ‘Four Noble Truths’ and the way to Nirvana with everyone. Buddha declared that the answer lies in taking the middle path – neither sense indulgence nor self-mortification. One should have moderation in food, sleep, and recreation to be happy. Overindulgence in sense-gratification or extreme deprivation will both lead to suffering.

Desire—cause of suffering

Lord Buddha said that the world is full of suffering (*dukha*), and the root cause for suffering is desire (*thrishna*). Lord Krishna, in Bhagavad Gita, Chapter 2, Sloka 62, proclaims how desire leads to a chain of events and bad consequences. Interest in sense objects leads to desire, and desire leads to anger, then anger leads to delusion, and finally, delusion leads to perdition.

Eightfold Path

Lord Buddha proclaimed that following the eight-fold path is the way to end suffering. He emphasized that one should develop right vision (*samyak drishti*), right thinking (*samyak sankalpa*), right speech (*samyak vak*), right action (*samyak karma*), right living, (*samyak jeevanam*), right effort (*samyak vyayama*), right mindfulness (*samyak sathi*), and right concentration or meditation (*samyak samadhi*).

This will lead us to Nirvana, which is the attainment of a state of bliss, and liberation from bondage and grief. Having attained this state, one does not aspire for anything else.

Swami summarizes this spiritual journey beautifully by saying that **we need to purify our hearts by overcoming the six inner enemies of desire, anger, greed, attachment, pride, and jealousy by practicing the five fundamental human values of truth, right conduct, peace, love, and nonviolence**. Then we become pure, and we are in touch with our true nature. Then, there is no more doubt, depression, anxiety, or fear. This will take us beyond physical and mental afflictions, and we are happy transcending body-mind consciousness.

Light of Wisdom Ends Ignorance

An important concept in Vedanta is that the root cause of all suffering is ignorance (*ajnana*). **The moment the light of knowledge dawns, that very instant, all suffering ceases.** This is beautifully described in Vedanta by an allegory. In darkness, we may see a rope and mistake it for a snake, which causes anxiety, fear, and even palpitations and sweating. But the minute light is shone, we realize that it is not a snake, but only a rope, and in an instant all fear and anxiety are dispelled, because we now know the truth.

Similarly in Buddhism, in the doctrine of dependent origination, Buddha talks about the 12 *nidanas*, or 12 links. The root cause of suffering is *avidya* (ignorance), the first link in the chain, and after all the links the cycle ends in the final and 12th link - *jara* and *marana* (old age and death). But

very notably, like the Vedantic concept, **the minute *avidya* is dispelled, all the other links also collapse right away – meaning that suffering ends instantly**. Thus, the concept is strikingly similar both in Vedanta and Buddhism.

Easwaramma – The Chosen Mother

Mother Easwaramma exemplified how to lead a simple, happy, and peaceful life. **She lived a life full of love, compassion and sacrifice.** She always thought about the welfare of others first and wanted to make everyone around her happy by sharing her love and selflessly serving them. **She radiated joy to everyone.**

When she saw the dire conditions and suffering in her community, she appealed to Swami on behalf of humanity for free education, free healthcare, and free drinking water. Swami fulfilled all three of her wishes. **The sincere, selfless, and simple wishes of the Chosen Mother paved the way for gigantic humanitarian projects all over the world.**

Mother Easwaramma was an exemplary devotee who lived an ideal life. Her love for God was evident when she breathed her last, uttering the name of Lord Sai. Lord Krishna says in the Bhagavad Gita that whoever leaves the body thinking about Him at the last moment of life becomes one with Him (becomes enlightened).

Let us follow the teachings of Lord Buddha and Lord Sai and by their grace attain enlightenment and bliss in this very lifetime.

Jai Sai Ram.

Love All Serve All



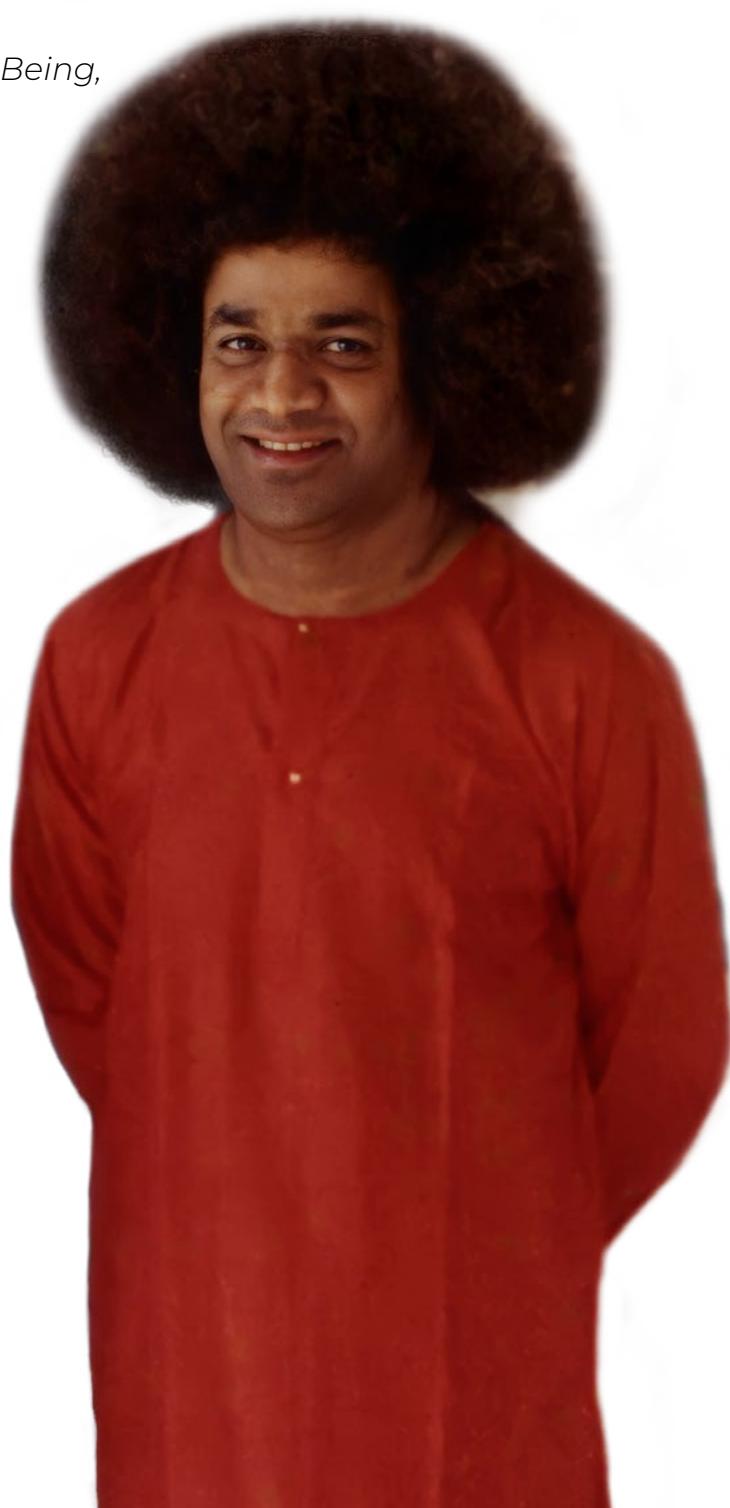


Attain Enlightenment by Renouncing Desires

*All the names and forms are
but the manifestations of the Supreme Being,
Who is Existence-Knowledge-Bliss
Absolute and non-dual.
He is the embodiment of
Sathyam, Sivam, Sundaram
(Truth, Goodness, Beauty).
(Sanskrit Verse)*

Embodiments of Love! On this sacred day of *Buddha Poornima*, we talk about Buddha and *poornima* (full moon). But we seldom enquire into Buddha's teachings, his virtues and the exemplary way in which he led his life.

King Suddhodhana and his wife Mayadevi performed many spiritual austerities such as *japa* (meditative repetition of a *mantra* or God's name), *tapa* (austerities), *vratas* (vows), and *yajnas* (rituals) for years together with a desire to have a son. They also consulted many astrologers. Suddhodhana had no peace of mind, because the worry of not having an heir to the throne haunted him day and night. At last their prayers were answered when Mayadevi conceived and gave birth to a son at Lumbini.



“What did Buddha teach? Buddha taught that everyone was endowed with the same principle of Divinity. *Ekam sath viprah bahuda vadanti* (truth is one, but the wise refer to it by various names).

Unfortunately, Mayadevi died soon after giving birth to her son who was named Siddhartha. Gautami, the second wife of Suddhodana, brought up the child with loving care like her own son. That is why he was also called Gautama. The astrologers predicted that Siddhartha would not rule the kingdom; he would leave the kingdom and become a renunciant. The prediction of astrologers was always ringing in Suddhodana's ears and caused him anxiety as he watched his son grow up. He took all precautions to see that his son did not step out of the palace and get into the company of others, lest he might be influenced by them. Thus, he protected his son from the influence of others for twenty long years.

Siddhartha's Yearning for Ultimate Truth

One day, the parents of a girl came to Suddhodhana and expressed their wish to give their daughter in marriage to his son Siddhartha. The name of the girl was Yashodara. Suddhodana accepted their proposal and performed the marriage of Siddhartha with Yashodara. Owing to their loving insistence, Siddhartha continued to stay with his parents in the palace even after the marriage. One year after the marriage, he begot a son, who was named Rahul. Both the husband and wife spent their time happily with their son.

Despite all the comforts of the palace and a happy married life, Gautama's mind

became restless when he saw people afflicted with old age, disease, and death after he ventured out of the palace one day. One night, there was a sudden transformation in his mind. While his wife was fast asleep, he got up at midnight, caressed his son, and left for the forest. He had to undergo numerous hardships and difficulties in the forest. But he faced all ordeals with forbearance and determination. His parents were immersed in sorrow, unable to bear the pangs of separation from their son. Though Siddhartha was also undergoing a lot of anguish, he marched on his path towards attaining self-realization.

During the course of his journey, he met a holy man. The holy man told him that the cause of his anguish was actually within him, and it was his anguish that was coming in the way of his self-realization. So saying, he gave him a talisman for protection and asked him to wear it around his neck. (At this point of time, Bhagawan materialized that talisman and showed it to the congregation amidst a thunderous applause.) This was the talisman given by the sage to Siddhartha. When Siddhartha put it around his neck, all his anguish vanished instantaneously. Till the last moment of his earthly sojourn, Buddha had the talisman around his neck. When he shed his mortal coil, the talisman disappeared.

Siddhartha started doing intense penance, which went on for a long time. He kept

questioning himself, "Who am I? Am I the body? Am I the mind? Am I the *buddhi* (intellect)? Am I the *chitta* (awareness)?" He came to the conclusion that he was none of these. Ultimately, he experienced the truth, "I am I."

Recognize the Unity of All Creation

The Vedas declare, *Aham Brahmasmi* (I am Brahman) and *Tattwamasi* (That Thou Art). Even these two Vedic dictums state two things: I and Brahman, and That Thou Art. True wisdom lies in seeing oneness. ***Advaita darshanam jnanam (Experience of non-dualism is true wisdom)***. It is a sign of ignorance to see duality ignoring the underlying unity. Duality is not the truth.

In this manner, Buddha enquired deeply and ultimately got the experience of "I am I." That is true realization. You may do penance for many years, you may do meditation and perform many yogic practices. But all these spiritual practices give only temporary satisfaction, not everlasting bliss.

Some people talk about meditation. Even Buddha advocated the practice of meditation. What is that you have to meditate upon? What is meant by meditation? Does it mean concentrating upon a particular object? No, no. That is not meditation at all. **To contemplate upon the principle of "I am I" is true meditation.** No other *sadhana* (spiritual practice) can match this.

As long as you have the dualistic feeling of "you and I", you cannot experience unity. Buddha recognized the principle of unity and based his life on this truth. Under the direction of many *yogis*, he had performed various kinds of meditation and penance, but ultimately he found them to be a mere waste of time because none of these could lead him to the ultimate experience of oneness. He regretted having wasted his time in such a manner. One should find

fulfillment in life by making proper use of time. This is the primary duty of man.

Embodiments of Love! Many people perform different types of spiritual practices such as *japa* (meditative repetition of a *mantra* or God's name) and *dhyana* (meditation) without recognizing the principle of unity. The tongue utters the name of Rama, but if there is void in the heart it is just a waste of time. Instead of wasting your time in such a manner, undertake social service, seeing God in everyone. That is true spiritual practice. Recognize the innate Divinity of all beings.

In creation, there appear to be two entities, you and I. But you and I are in reality one. *Vyashtri* (individual) is a part of *samashti* (society), and *samashti* is a part of *srishti* (creation), which emerges from *Parameshti* (God). This *Parameshti* is *Parabrahma Tattwa* (principle of Brahman). That is the fundamental basis of the entire creation.

In this way, you have to recognize the unity of all creation. Only then can you attain *Parameshti* or the principle of Brahman. Everyone has to constantly remind himself, "I am *Parameshti*, I am *Parameshti*." All are the embodiments of the *Atma* (Divine Self), and all are sustained by the *Atma*.

Buddha experienced the unity of all creation. There was total transformation in him once he attained the vision of *Ekatma* (oneness of the Atma). He realized that all worldly relations like mother, father, wife, and children were false. He transcended body consciousness. That is why he earned the appellation Buddha (the enlightened one). Man should use his *buddhi* (intelligence) to understand this principle of unity.

Buddhi is of two types. The *buddhi* that sees diversity in unity is worldly intelligence. Man should develop *adhyatmic buddhi* (spiritual intelligence) in order to

“Truly speaking, Buddha is not just one individual. All of you are Buddhas. You will see unity everywhere once you understand this truth. There is unity in the apparent multiplicity.

realize the underlying unity of all creation. It gives you the experience of the Atmic principle, which is the same in the entire creation. Buddha attained the vision of the Atma. After this experience, he went on teaching that there existed only one Divine principle in the world.

*Buddham Sharanam Gacchami,
Sangham Sharanam Gacchami,
Dharmam Sharanam Gacchami.*

Buddha taught that the principle of unity of the Atma was the only true principle in the world. One who realized it by using his spiritual intelligence was a true Buddha, he said. Other than the Atma, nothing existed in this world.

In this transient and ephemeral world, one thing is true and eternal. That is Divinity. That is what everyone should aspire to attain. *Sathyam Sharanam Gacchami* (I take refuge in truth). *Ekam Sharanam Gacchami* (I take refuge in the principle of oneness). **Everything is the manifestation of Divinity in this world; there is no second entity other than Divinity.** It is the Divine principle that governs the entire world.

Having realized this truth, Buddha, along with his disciples, went from village to village to propagate it. He never felt the need to take rest. He thought that it was his duty to share this supreme knowledge with his fellowmen. Even his father, Suddhodhana, came to him. He also recognized this truth and was transformed.

What did Buddha teach? Buddha taught that everyone was endowed with the same principle of Divinity. *Ekam sath viprah bahuda vadanti* (truth is one, but the wise refer to it by various names). The same message was conveyed by Lord Krishna in the *Bhagavad Gita* when He said that all beings were His own reflection and no one was different from Him. Buddha had to undergo great hardships to realize this truth.

Many noble souls who were the contemporaries of Buddha acknowledged the greatness of Buddha. They said that Buddha had experienced the truth, which they were unable to realize. As he gave up all desires, Buddha became an epitome of total renunciation. There was nothing in him except love. He considered love as his very life-breath. Bereft of love, the world would turn into a void.

Try to Understand the Profundity of Buddha's Teachings

When you offer your salutations to someone, understand that you are saluting your own self. That someone is none other than your own reflection. See others just as you see your own reflection in the mirror. This is the message conveyed by the *mahavakya* (profound statement), *Aham Brahmasmi*.

Names and forms may be different, but all beings are part and parcel of the same Divine principle. You may call this a handkerchief. You may call this a robe. But both are made out of cotton. Likewise, Divinity

is the underlying principle in the apparent multiplicity of this world. Many so-called scholars are preaching only multiplicity today. They claim to have mastered the scriptures and try to interpret them in their own way with their limited knowledge. Their interpretations do not correspond to the reality. They only add to confusion.

Buddha taught that we should not have anger, we should not find others' faults, and we should not harm others, because all are the embodiments of pure, eternal principle of the Atma.

Have compassion toward the poor and help them to the extent possible. You think those who do not have food to eat are poor people. You cannot call someone poor just because they do not have money or food to eat. Truly speaking, nobody is poor. All are rich, not poor. Those whom you consider as poor may not have money, but all are endowed with the wealth of *hridaya* (heart). Understand and respect this underlying principle of unity and Divinity in all and experience bliss.

Do not have such narrow considerations as so and so is your friend, so and so is your enemy, and so and so is your relation, etc. **All are one, be alike to everyone. That is your primary duty. This is the most important teaching of Buddha.**

But people do not enquire into the teachings of Buddha and do not understand the sacredness of his heart. They only talk about his story. **Truly speaking, Buddha is not just one individual. All of you are Buddhas.** You will see unity everywhere once you understand this truth. There is unity in the apparent multiplicity.

When you are surrounded by many mirrors, you see a number of your reflections. Reflections are many but the person is one. Reactions, reflections, and resounds are many, but the reality is one. When I am speaking here, My voice is heard through

each and every loudspeaker in this hall. In the same manner, there exists the principle of unity in our hearts, which we have to recognize.

Man's life finds fulfillment only when his mind experiences the principle of unity. There is no point in bringing about unity among people without uniting their minds. *Mana eva manushyanam kaaranam bandha-mokshayoh* (mind is the cause for bondage and liberation of man). You see someone and say he is a bad person; you see another person and call him good. But, in reality, good and bad are present in your mind and not in the people around you. You call this handkerchief white and this microphone black. The difference in color is perceived by your eyes, but essentially black and white are one and the same. Everyone should make efforts to visualize unity in diversity. Only then can one experience Divinity.

The principles taught by Buddha have profound significance, but people are not trying to understand them. You might have observed that Buddha had curly hair on his head. One lock of hair was entwined with the other. There is an underlying message of unity in this. He had only one feeling in his heart, the feeling of love. He taught, *Dharmam Sharanam Gacchami* (I take refuge in righteousness), *Premam Saranam gachchhami* (I take refuge in love).

Bereft of love, humanness has no existence. We should love all, irrespective of the fact whether one is a pauper or a rich man. Money should not be the criterion to share your love with your fellowmen. Money is not important. Money comes and goes, morality comes and grows. Do not hurt others. Help Ever, Hurt Never. Only then can you attain the state of Buddha.

There is little use in giving lengthy lectures if you do not realize the principle of unity in Divinity. You may call God by any name such as Rama, Krishna, Buddha, Sai, etc.,

“Do not allow your mind to vacillate between good and bad, unity and multiplicity. Focus it on all that is good and realize the principle of unity. That is the royal road that will lead you to the experience of truth.

but all of them embody the same Divine principle. Keep the flower of oneness in the altar of your heart and let its fragrance spread everywhere.

Spiritual practices such as japa and tapa will not yield the desired result unless you recognize the principle of unity. Many people count the beads of the rosary. But what is the use of rotating the rosary if the mind keeps going around the world? Understand that the mind is most important. You should have a steady mind. Only then will your life be redeemed. What is the use if your mind hovers around on each and every object like flies which hover on filth as well as *laddus* (a kind of sweet).

Do not allow your mind to vacillate between good and bad, unity and multiplicity. Focus it on all that is good and realize the principle of unity. That is the royal road that will lead you to the experience of truth. On the other hand, if you allow your mind to follow the crooked path, it will not lead you anywhere.

Embodiments of Love! The same Divine principle of love is present in all of you. **When you take to the path of love, you will become Buddha yourself.** Today is

Buddha Poornima. Poornima means full moon. The underlying message of Buddha Poornima is that the mind should shine with total purity like the full moon. It should unite with its source, i.e. the Atma, which is pure and effulgent. There is no darkness on the full moon night. On this auspicious day of Buddha Poornima, we should attain full purity of the mind.

*Poornamadah Poornamidam,
Poornat Poornamudachyate,
Poornasya Poornamadaya,
Poornamevavashishyate.*

*That is full, this is full.
When the full is taken out of the full,
What remains is again the full.*

We have to recognize this truth.

Embodiments of Love! It gives Me great joy to see that all of you have gathered here today. You are united with each other with the bond of love. Love is only one; it is not different in you, Me, and others. You have unified your love with that of Swami. Love is one. Live in love.

May 13, 2006

Buddha on Buddhi

IN AN INTERVIEW IN THE LATE 1990s, SWAMI SAID TO ME, “In Thailand, the Buddhists think I am just a monk.” Of course, we devotees know that Swami is not a monk. He is much more than a monk. He is the primeval Buddha. In this article, I would like to share with you the universal message of Gautama Buddha in light of Swami’s teachings.

At one time, Swami asked me, “What is the highest knowledge?” I replied, “Practical knowledge.” He then probed deeper, “How do you get to practical knowledge?” And He offered the answer as well, “By discrimination.” *Buddhi* is discrimination. Buddha only imparts *buddhi* in order to remove ignorance. I heard that Swami had said to a Buddhist devotee, “Buddha is my gift to the world.” So, I repeated this quote in His Divine presence in my talk during *Buddha Poornima* celebration, and Swami graciously acknowledged it.

The Buddha says the abuser and the abused persons are one and the same. They all have the same essence of Divinity. They are all God, and therefore nobody can abuse another person, because all are one.

Whenever an *Avatar* (Divine Incarnation) comes, He gives new insights to ancient teachings and scriptures, making them simple and easy to understand.

If you look deeper into the teachings of the Buddha, as expounded by Swami, another consistent theme emerges. Here is a Buddhist prayer which Swami explained beautifully. *Buddham Sharanam Gacchami* and continued with *Dharmam Sharanam Gacchami*, and *Sangham Sharanam Gacchami*. But Swami had the order differently. He said that Buddha declared first, *Buddham Sharanam Gacchami*; meaning, I take refuge in *buddhi*, intellect, or discrimination. Then He said later, in the second stage, if discrimination is at an individual level, it often tends to be selfish. Swami said, the Buddha later declared the second stage, *Sangham Sharanam Gacchami*; meaning let me take refuge in society, in the *sangham*, in the community.

On another occasion, I asked, "Swami, how can we change or transform the mind?" Being a psychiatrist, I was eager to hear His answer, because nobody has given me a satisfactory answer to the question. Swami looked at me quietly, kind of innocently, and said, "It is very

simple — by discrimination." And then He added, "But it has to be fundamental discrimination, not individual discrimination." Individual discrimination is whether something is good for me or not. Whereas fundamental discrimination according to Swami, is whether it is for the good of all, good for society. Only when you have fundamental discrimination will you be able to transform the mind. That's how He explained this point.

Once He told me to practice detachment. I still remember that I thought at the time that He meant, by giving up attachment to the world. I thought that I am not ready to do that yet. As if reading my thoughts, He said "No, no, no! Detachment is 'deep attachment to God'; 'De – tachment' means deep attachment to God." And then He said, "What is attachment? Attachment is detachment from God." It's very simple, but at the same time, very profound.

Swami loved to tell the stories of Buddha, especially about how Buddha was abused and the lessons He taught by His responses to the abuses.

Number one, when Buddha was abused, He did not react or accept it. Swami narrated the story about Buddha going to a village, where He was abused by the villagers since they disliked Him. Buddha in turn would only smile at hearing the abuses and asked them, "If a beggar comes seeking alms from you, and you offer food, but the beggar refuses to accept the food, to whom does the food belong? The villagers acknowledged that it would remain with the giver. Then Buddha said, "The same thing happens to all the abuses hurled toward Me. I do not accept them. So where do they go? They will remain with you. They return to the abuser."

This is the first response of Buddha, and this is so prevalent in today's world of social media. Having been a Minister for

five years, I have experienced this so many times in social media. So, my first response is that I do not read the chatter in social media, and that I stopped seeing them to keep my sanity. When people say bad things, one should not accept it. Then it goes back to the people who say them. This is the first response.

The second response is what Swami often illustrated with another story of Buddha. He said that at one time Buddha was sitting under the Bodhi tree and His disciples were seated around and praising Him. But other people were also gathered, who were abusive toward Him saying bad things about Him. Again, Buddha's response was a gentle smile. The disciples on the other hand were irate and wanted to beat up the abusers. But Buddha forbade them and said not to resort to violence and told them, "Just as you get joy by praising Me they too get joy and satisfaction by abusing Me. Thus, both sides are getting joy. I have been given the opportunity to serve by giving joy to all of you."

As Swami says, whenever somebody says bad things about you — number one, do not accept it, and number two, you should rejoice knowing that you are actually making them happy and giving them satisfaction. This means that you have the opportunity to do *seva* (service). The third response is very deep, and at the spiritual

level. If you analyze this situation, the first response arises from the physical (worldly) level, and the second response is coming from the mental level.

When you change your perspective, you will recognize that the third response comes from the understanding and ultimate realization that we are all one. The Buddha says the abuser and the abused persons are one and the same. They all have the same essence of Divinity. They are all God, and therefore nobody can abuse another person, because all are one. There is no other. This is Swami's favorite teaching on the Buddha.

Swami said in a way that encapsulates the essence of the Buddha's teaching and His teaching for us in two simple terms, "We should have peace within and love without." The essence of *Buddham Sharanam Gacchami*, *Sangham Sharanam Gacchami*, and *Dharmam Sharanam Gacchami* can be summarized as peace within and love without, just as He summarized all the *Vedas* (scriptures) in a few profound words — "**Help ever, hurt never.**"

When we sing *Buddham Sharanam Gacchami*, we always end with *Sayeesha Sharanam Gacchami*, we take refuge in Sai!

Sai Ram.

Dr. Teerakiat Jareonsattasin
Thailand

Dr. Teerakiat Jareonsattasin is a long-time devotee of Sri Sathya Sai Baba. He was a Central Coordinator of the SSSIO in the late 1990s. He is presently the President of the Sathya Sai Foundation, Thailand.

A medical doctor by training, Dr. Teerakiat Jareonsattasin worked as a Child Psychiatrist in the UK. In 2016 he was appointed as the Minister of Education, Thailand. He received the Royal Decoration: 'Knight Grand Cordon of the Most Noble Order of the Crown of Thailand' in 2021. He was the 'Gusi Peace Prize Laureate' in 2019, which is a prestigious award for distinguished contributions to public service. He also holds an Honorary Doctorate in computer engineering.



God **MY LOVING SAVIOR**

I AM ORIGINALLY FROM SRI LANKA AND MOVED WITH MY FAMILY TO CALIFORNIA, USA in January 1990. Bhagawan

Sri Sathya Sai Baba came into my life in early 1998. After experiencing the love of Baba, my savior, I am now sharing my story.



Semali Balasuriya lives in California, USA and hails from Sri Lanka. She was a schoolteacher, specializing in Montessori teaching. After moving to the USA, Semali graduated from the Early Childhood Development Program at University of California, Los Angeles and taught at the Oneonta Montessori school, California.

I am a Buddhist by birth. Buddhism does not talk of God! When I was 47 years old, I was partially paralyzed with a serious illness. I could not walk, talk, or keep my eye lids open. I was very depressed and frustrated as I had been a busy and active person all my life. The doctors diagnosed my condition as myasthenia gravis. The only possible treatment for this disease was to remove the thymus gland, which would give some relief, but the surgery had some potential risks. My family and friends were praying for me and that is the time that God almighty came into my life.

Buddha saved many sick people and for me it was Swami who came to my rescue just as Buddha did, centuries ago. After going through many obstacles, by His grace the date for my surgery was scheduled. After taking X-rays and CAT scans, the doctors

LITTLE BY LITTLE. MY MIND CALMED DOWN, AND
IN THE DEPTH OF SILENCE. **SWAMI STARTED**
TALKING TO ME AND GUIDED ME TO LIVE
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WE ALL BELONG TO HIM. HE IS

located the thymus gland next to my heart and they decided

to perform the surgery, called "thymectomy," where my ribcage had to be opened, similar to a by-pass heart surgery. I was very weak and due to the critical condition my family was informed that I may not recover after surgery. Surgery was completed but the post-surgery pain was unbearable.

I cried out for help from God. By His amazing grace, Swami gave me a clear vision. He appeared in His physical form at my bedside in the UCLA (University of California, Los Angeles) Hospital, and blessed me. When I look back at my life, I can't imagine how God forgave my past sins and showered His unconditional love on me. The first lesson Swami taught me while in the hospital was to pray for all beings as millions were suffering, much more than me. Praying for myself was selfish. He taught me to pray for all with unconditional love and comforted me with words "Hold My hand and walk with Me while you are paying off your past *karma*."

As a Buddhist, I knew that I was reaping the fruits of my own past *karma*. It is hard to accept that I hurt others so badly in my past lives to undergo such unbearable suffering. But by His grace and guidance, I started praying for all beings and became a vegetarian. I started putting into practice Swami's teaching, "Love All – Serve All."

EVERYWHERE AND EVERYTHING.
AND HE IS THE SUPREME CONSCIOUSNESS.

By His infinite grace, I even travelled to Prasanthi Nilayam with the

aid of a wheelchair and after two weeks of blissful visit, I was well enough to return to California walking, without the use of a wheelchair.

However, unfortunately, I was not cured completely, and, on several occasions, I had to be admitted to intensive care unit because of paralysis, affecting the respiratory muscles. Also, on several occasions, I was placed on life-support with a breathing machine (ventilator) and had to be fed by a nasogastric tube.

Swami knew that I had to endure my illness for many more years, and so He started to guide and transform me little by little – as the saying goes, "Man's adversity is God's opportunity." Then, I started praying for others and practiced *vipassana* meditation. Little by little, my mind calmed down, and in the depth of silence, Swami started talking to me and guided me to live righ-teously. He showed me that we all belong to Him, He is everywhere and everything, and He is the supreme consciousness. Even though my physical body was very frail and weak, my mind became stronger and stronger, and I started to learn to accept and live with the pain. I started to follow His commands and became detached from the material world. This made me feel free and happy.

The real life-threatening challenge came in July 2014 when I developed internal hemorrhage in the stomach and inside my intestines, which could not be controlled. I was put on a life-support measure as I was literally bleeding to death. All my vital signs were critical and later I learned that the attending doctors gave up all hope and advised the family to brace for the worst.

The decision was made to remove my life-support system since there were no vital signs. I later learned also that many Sai devotees were visiting me at the hospital. Some of them were doctors and they reluctantly agreed with the decision to remove my life-support system. My family was devastated as they were not prepared for this sudden turn of events.

The only thing that could be done at that moment was to chant the *Gayatri Mantra*, which few of them did around me. But who knew that Swami's miracle was about to unfold? After they turned off my life-support, my vital signs improved miraculously! While in coma, I remembered following a bright blue light far away in the sky. The next thing I recollect was that Swami came to me and guided me back into my frail body. When I woke up from the coma, four days later, I could vividly see

Him standing at the foot of my hospital bed. With a big smile, He was blessing me with upraised hands (*abhaya-hasta*) and once again, He exhorted me to continue to unconditionally love and serve all beings.

Our beloved Swami said that He has come to take us home and give us *moksha* (Self-realization). Suffering makes a person understand that we are born in this world to experience life, to go within, inquire, and to find our way back to God. These challenges in my life have made me develop equanimity, try to better serve others, and develop faith in Swami as my guardian, guide, and true savior.

My beloved Swami, almighty Lord, You are my Divine mother, father, teacher, and God. I have no words to thank You for transforming me. By Your grace, I am now peaceful, accepting every moment of my life as a blessing from You. I love You!

May all the worlds be happy!

Jai Sai Ram.

Ms. Semali Balasuriya
USA

God is your sole refuge wherever you may be, in a forest, in the sky, in a city, in a village, on the top of a mountain, or in the middle of the deep sea.

Sri Sathya Sai Baba, July 10, 1996

SATHYA SAI BABA'S BLESSINGS

Dear Nanjundaiah! Accept my Blessings
The best method of spreading vedanta
Philosophy is to live it; there is no other
royal road.

Live in GOD - All is right. Make others live
in GOD. All shall be well. Believe this Truth
you will be saved.

In the Lowest worm as well as in the
highest human being the same divine
nature is present: The worm is the lower
form in which the divinity has been more
over shadowed by Maya; that is the
highest form in which it has been least
overshadowed. Behind everything the same
divinity is existing and out of this comes
the basis of morality.

Assert your GOD head. Fling into utter
oblivion the little bubble bursts, it finds
itself the whole ocean. You are the whole,
the infinite, the All.

You are Divinity itself. The holy of holies.
The world is no world. you are the All
in All, the supreme power which no words
can describe. ~~The~~ pure nobody or mind
you are the pure 'I am'. That you are
Heaven is within you seek happiness
not in the object of senses. Reachee that
happiness is within yourself.

With Blessings
Sri Sathya Sai Baba
24-4-74.

Assert Your Godhead

Dear Nanjundaiah! Accept my blessings.

The best method of spreading Vedanta philosophy is to live it.
There is no other royal road.

Live in GOD. All is right. Make others live in GOD. All shall be well.
Believe this truth, you will be saved.

In the lowest worm as well as in the highest human being the same divine nature is present. The worm is the lowest form in which the divinity has been more over shadowed by Maya; that (human being) is the highest form in which it has been least overshadowed. Behind everything, the same divinity is existing and out of this comes the basis of morality.

Assert your Godhead. Fling into utter oblivion the little bubble bursts, it finds itself the whole ocean. You are the whole, the infinite, the All.

You are Divinity itself; the holy of Holies. The world is no world. You are the All in All, the supreme power which no words can describe; nobody or mind. You are the pure 'I am'. That you are. Heaven is within you. Seek happiness not in the object of senses. Realize that happiness is within yourself.

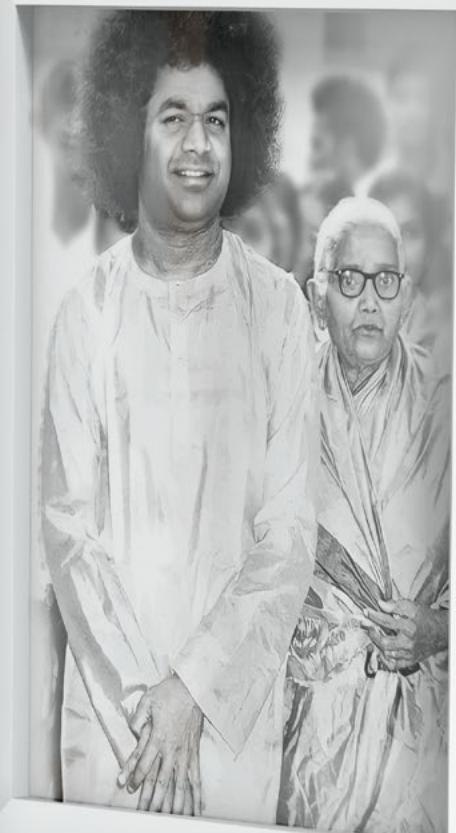
With Blessings.

Sri Sathya Sai Baba

24-4-74

aswaramma

THE CHOSEN MOTHER



Embodiment of Love, Compassion and Sacrifice

As we observe Easwaramma Day on May 6th and also celebrate the event as Children's Day, there is no better way to know this ideal mother and devotee that is the very personification of love, compassion, and sacrifice than to read Swami's own words extolling her virtues. She was so moved by the dire conditions of the people in her community she appealed to Swami on behalf of entire humanity for free education, free medical care, and drinking water. Swami fulfilled all three of her wishes.

Mother Easwaramma's desire to have a small primary school for the children in Puttaparthi evolved into the Sri Sathya Sai University, which provides integral education from primary to doctoral level, free of cost, combining academic excellence and exemplary character. Inspired by this, Institutes of Sathya Sai Education, Sathya Sai Schools, and Sathya Sai Education in Human Values programs provide values-based education in many countries around the world.

Her second wish to have a small hospital in Puttaparthi has grown into two state-of-the-art Super Specialty Hospitals in Puttaparthi and Whitefield, starting with two modest general hospitals. These temples of healing provide primary to tertiary healthcare and modern state of the art medical care, completely free of cost. This has inspired the Sathya Sai Ideal Healthcare Mission around the world, to provide free healthcare to hundreds of thousands of people through medical camps, medical clinics and mobile clinics.

Her third wish was to provide drinking water for the residents of Puttaparthi. This has developed into the mammoth Sri Sathya Sai Water project which is providing water to millions not only in Puttaparthi but also in other States in India. This has also inspired Sathya Sai devotees around the world to start water projects to serve people in areas of water shortage in Africa, Indonesia, Nepal, Sri Lanka, El Salvador and other countries. Thus, the sincere, selfless, and simple wishes of the Chosen Mother paved the way for gigantic humanitarian projects all over the world.

Above all she remained an ideal devotee with her love and unwavering faith in Swami till she breathed her last.

The following are selected excerpts from Swami's Divine Discourses on the glory of Mother Easwaramma describing her simplicity, nobility, and compassion toward all.

The Name Revealed Her Purpose on Earth

Who is Easwaramma? She is the mother of Ishwara (Supreme God). This was not the name given to her by her parents. But after her marriage, Kondama Raju (Swami's grandfather), being one of wisdom and blessed with a vision of the future, started calling her Easwaramma (mother of Ishwara). She was named as Namagiri-amma at the time of her birth. Kondama Raju told her that Easwaramma was the most appropriate name for her as he fore-saw that she was going to become the mother of Ishwara.

Sri Sathya Sai Baba, May 6, 2000

Embodiment of Simplicity and Compassion

Easwaramma and Subbamma used to feel ecstatic watching Me sing Pandari *bhajans* and dance to their rhythm. Sometimes, her husband Pedda Venkama Raju would give Easwaramma some money for the household expenditure. Once two annas were remaining with her out of this money. One could buy two bags of puffed rice for two annas in those days. So, Easwaramma bought two bags of puffed rice with the two annas and distributed to the children. She always used to give away whatever she had with her.

She was the embodiment of sacrifice. She used to talk lovingly to all those who came to her. When devotees would feel sad that Swami was ignoring them, she would console them saying, "Whatever Swami does is for your own good."

Sri Sathya Sai Baba, May 6, 2000



Her Concern for the Welfare of Humanity

As Sai's glory began to spread far and wide, she (Mother Easwaramma) came to Me one day and said, "Swami, I am pained to see small children of our village walking all the way to Bukkapatnam to attend school. Please construct a small school." Conforming to her wish, I established a small school. After some time, she wanted a small hospital also to be established here. She said she could not bear to see the mothers taking the trouble of carrying their children to Bukkapatnam for medical treatment. Accordingly, I got a small hospital built.

The small school that I established has become a big university today. The small hospital that I constructed has become a Super Specialty Hospital. These mighty tasks could be accomplished because of the *Sathya Sankalpa* (noble resolve) of Mother Easwaramma and *Nitya Sankalpa* (Divine Will) of Sai. Her last wish was to provide drinking water to the village. She pointed out that the women had to take great pains to draw water from deep wells, which had almost dried up. I immediately provided drinking water to the village. Now under Sri Sathya Sai Water Supply Project, I have provided drinking water to the entire district of Anantapur.

Sri Sathya Baba, May 6, 2001

Her Love for Children

I want to tell you about an incident that speaks of her immense compassion and love for children. In those days, students from various States and countries attended Summer Classes. Gokak, who used to conduct the classes, was a strict disciplinarian. He was a man of great character and sacrifice. He was a great academician too. He was conducting the classes in an exemplary manner.

One day, the students were having lunch in the dining hall. One of the boys got up and went outside before others could finish their meals. Gokak, who watched this through the window, called him and chided him for his act of indiscipline. "When your fellow students are still having their food, you should not get up in the middle even though you have completed your meals. It amounts to insulting them." Saying so, Gokak suspended him from the classes. The boy was in tears, but Gokak was not moved.

The boy came to Mother Easwaramma's room, fell at her feet and started crying. He told her about the harsh punishment meted out to him by Gokak. He pleaded with her to come to his rescue. Easwaramma consoled him and sent him away. She was sitting on the steps where Gokak would pass by. After a while Gokak came there.

She offered her *namaskar* (salutation) to him and he reciprocated the same most reverentially. Then she said, "When I did *namaskar* to you, you reciprocated the same. In the same manner, if you punish others, you will be punished in return. The boy out of his innocence has done a mistake. Please forgive him and allow him to attend the classes."

Then Gokak replied, "Mother, if I forgive him, it will set a bad precedent for others. Anyway, I will forgive him only for your sake." In this manner, she would go out of her way to help and provide comfort and solace to others. You are bound to face the consequences of your actions. If you talk to others in a harsh manner, it will come back to you as resound. If you hit others, it will come back to you as reflection. Hence, do not hurt others. Do good, be good, see

good, and speak good. Then, you will be blessed with rich rewards. Though Mother Easwaramma had no formal education, she conducted herself in an exemplary manner. She was one of profound wisdom. The teaching that Mother Easwaramma imparted remained etched in the heart of Gokak.

Sri Sathya Sai Baba, May 6, 2003

An Exemplary Devotee

I shall point out a small incident concerning the goodness of Easwaramma. The Summer Classes were on at Bangalore. In the morning at 7, breakfast had to be served to the students. They went around *nagara sankeerthan* (devotional group singing in streets) and returned at 6 AM. I gave them *darshan* (audience). Then, I went for My bath. Meanwhile, Easwaramma had finished her bath; she drank her coffee as usual quite happily and took her seat on the inner veranda.

Suddenly proceeding to the bathroom, she cried out. "Swami, Swami, Swami," thrice. At this, I responded: "Coming, Coming." Within that period, she breathed her last. What greater sign of goodness is needed? She had no need to be served and nursed. Swami will come to the memory during the last moments of life for a very few.

Sri Sathya Sai Baba, May 6, 1983

Today we are celebrating Easwaramma Day to propagate the glory of motherhood. The world is sustained by the prayers of mothers. A woman's prayer is more powerful than a thousand prayers of men because women are pure and tender-hearted. Never cause displeasure to your mother. Never hurt her feelings. Then God will help you in all your endeavors.

Sri Sathya Baba, May 6, 2001

LOVE IN ACTION



NORTHERN EUROPE Helping Ukrainian Refugees

As of mid-March 2022, there are reportedly more than 3 million refugees who have fled from Ukraine to Poland and other European countries. The SSSIO of Poland, assisted by Sathya Sai devotees from other countries in Europe, are helping the Ukrainian refugees by offering food, shelter, clothing, and accommodation as well as emotional support. SSSIO members are also distributing sweets, children's toys, personal hygiene items and linen bags to those fleeing from the war zone.

The SSSIO of Hungary is transporting food several times a week across the border to Domesz in Ukraine, where 120 Ukrainian refugees are held up.



In west Ukraine, food is being distributed to people in need in the cities of Dnepr, Vinnitsa, Chernovsty and Horodenka by members of the SSSIO of Ukraine

Read more at Sathya Sai Humanitarian Relief website [↗](#)



UGANDA Distributing Food to the Underserved

SSSIO Uganda started serving the needy after 18 months, following the lockdown due to the COVID-19 pandemic. On February 20, 2022, SSSIO volunteers cooked and served hot meals to more than 200 children near the Sri Sathya Sai Centre, Kampala.





USA

Serving Afghan Refugees in Boston

Sri Sathya Sai Centers of the Greater Boston in collaboration with the International Institute of New England (IINE) have helped newly arrived Afghan refugee families by providing them with groceries during the initial phase of their resettlement. Food items, including vegetables, rice and spices used in daily cooking are bought in bulk and repacked. The pilot phase of the grocery project was a success, and this has become an ongoing service project for the SSSIO Centers of Greater Boston. SSSIO volunteers expressed great joy in welcoming the newly arrived Afghani people to the USA and helping them to settle down.



INDONESIA

Serving Mother Nature

SSSIO members of Indonesia consider keeping nature and the environment clean and pristine as their responsibility. Accordingly, about 30 members from the Sai Study Group of Gianyar, Indonesia organized a service project on the morning of September 17, 2021. The SSSIO members collected and removed plastic waste around the Saba Beach in Gianyar, Bali, and released 300 baby turtles into the sea.



SSSIO ZONE 2A



COSTA RICA • CUBA • DOMINICAN REPUBLIC • **EL SALVADOR** • GUADALOUPE • GUATEMALA
HAITI • HONDURAS • **MEXICO** • NICARAGUA • PANAMA • PUERTO RICO

Featuring History of SSSIO in Latin America – Part 1

MEXICO



Education in Human Values Conference in 2012, San Luis Potosí.



There are three Sathya Sai Schools in Mexico. The first school was started in 2002 in Chihuahua.



EL SALVADOR



1975

Emilia (Milita) Martinez and her husband, Rigoberto Martinez, traveled to India and were the first Salvadoreans to meet Sathya Sai Baba.

Public meeting in 1982 with guest Dr. John Hislop.



This huge water tank built in 1996 continues to serve over 1,000 homes in a community. This is one of 12 water projects started by the Sai Foundation of El Salvador.

Izalco Volcano



Play The Game – Be Happy!

MANY PEOPLE ASK ME HOW I FEEL ABOUT SAI

BABA, now that He is no longer around in His physical form. My response always is that it actually makes no difference since I have always felt so connected to Him, especially when I am at home in London. But I am not being completely truthful — there is a small white lie in this answer! Because when I recollect how it felt when He would suddenly appear for *darshan*, and the music would start, I do miss Him. Even though everyone gathered would sometimes be sitting for ages, with legs and back paining, the moment He would walk toward us, everyone's heart would be thumping with anticipation, spirits uplifted, pains recede, and our hearts would overflow with joy. It is impossible to fully express this feeling in words unless one has experienced it personally.

When I first visited Prasanthi Nilayam about 40 years ago, the yearning for personal attention and to have an audience with Swami was very strong. But having been ignored for over 12 years, I came to accept it and was totally content, as I felt that I was at the right place to learn the things that I needed.

All of that changed once I was approached to sing during Swami's 70th Birthday celebrations at the Hillview Stadium. I had assumed I would be expected to sing *bhajans* but I was informed that instead, Swami wanted me to sing Western songs; so, of course I was elated to obey His instructions. I knew that blues music hadn't really been heard in Prasanthi Nilayam and I have since met some of the audience who were horrified by this music. Up until then, only Indian music was played during celebrations at the ashram, but I surmised that Swami was preparing to open up the world of music to His devotees around the world. It was a wonderful opportunity to share His love and message as a song writer, and I hoped that this could be conveyed to one and all.

I had assumed that I would get the interview I was longing for, on the day after the big concert, since everyone told me that typically Swami would call the artistes for an interview. But to my disappointment, I got ignored once again. While all other performers were called for interview, I was not included. I sat alone outside feel-

ing ignored and unloved. However, a few months later, as providence would have it, Swami graciously called me in. What a joy, to be accepted at last! In retrospect, I realize that I needed this lesson of being ignored for I learnt that "delay is not denial" and that He had planned to teach me this lesson, for everything happens in His timing.

Swami always said that it is better not to share personal matters about what happens in the interview room. But there is one thing that I would like to share, because it has a message that everyone can benefit from. Our Beloved Swami asked me once if I had any questions for Him, as I had always noticed how people came to Him with questions that needed answers. But I felt so totally blissed out and happy that I had no questions at all. However, since He asked me I wanted to ask Him a question, and so I asked, "Swami, what is the meaning of it all?" meaning life and all its ups and downs. Swami just looked at me and said five very important words, "**Play the Game, Be Happy!**" How simple and wonderful are these five words, and how important it is to live by this simple instruction – and it is one of the main mottos of my life now.

Thank you Swami, for this and everything else in my life, especially my singing voice!!!

Ms. Dana Gillespie
United Kingdom

Ms. Dana Gillespie came to Bhagawan Sri Sathya Sai Baba four decades ago. She is a musician of international repute, who shares Swami's message of love through music, around the world. This British singer, actress, song writer and blues singer has been performing in the Divine Presence of Bhagawan Baba since her first performance during Baba's 70th Birthday.

She has 56 years of music background with over 61 albums. In the 1970s, she became well known for her appearances in London's West End theatres. Dana played the original Mary Magdalene in the first London production of Jesus Christ Superstar.

OMNISCIENT DIVINE FATHER

There were periods when, for months at a time, Swami would give spiritual discourses every evening in the main room at Brindavan. These spiritually uplifting talks uncovered precious gems of truth and provided much guidance and instruction. It is most unfortunate and lamentable that, at that time, there was no one present to record His precious words.

One evening, when Swami was giving one of these fascinating talks, a huge beetle—with dangling, spiny legs—flew in through an open window. I was terrified of the creature. It buzzed noisily and was as big as a hand. I had visions of it getting entrapped in my hair, squirming on my scalp trying to get free only to become more entangled. How would I get it loose? I would need scissors which I did not have to cut it loose. All the people were sitting in rapt attention listening to Swami; I could not move, much less leave. If it flew in my hair, I would have to sit still and endure it. I followed the beetle's every move with that unbearable thought and could no longer pay attention to what Swami was saying. Before the beetle flew in, I was totally concentrated and absorbed in Swami's particularly enlightening discourse.

Swami was standing on the other side of the room—on the men's side—and not even facing my direction. Suddenly, He stopped talking, walked over to the beetle and scooped it up with His hand. He looked down at me and while holding the harmless beetle in His hand, gave me the sweetest, protective and all-knowing, fatherly smile as He tossed it out the window. He then walked back and resumed the discourse. How much more than any human father does He guard and protect us from our real and imaginary fears?

from "Divine Memories of Sathya Sai Baba"

Ms. Diana Baskin

USA



Ms. Diana Baskin, an ardent devotee of Bhagawan Sri Sathya Sai Baba for more than four decades, has authored two very inspirational books relating to her remarkable experiences and life transforming lessons learnt during her many close interactions with Baba. Her books titled 'Divine Memories of Sathya Sai Baba' and 'Divine Lessons from Sathya Sai Baba' have inspired many devotees around the world in their spiritual quest. In the words of Dr. John Hislop, well known and exemplary devotee of Baba, her compelling story and experiences are matchless and priceless in inspiring readers, for centuries to come.

OMNIPRESENT DIVINE MOTHER

Divine Mother, from You the Universe is born

 together with all the beings of all the worlds!

Your infinite power manifests and constantly grows through Love,

You are the Creation and the material expression of the Supreme Being!

You are the movement, the transformation that permeates and sustains
 this and all planes.

You are Creation itself; you are the feminine aspect of God!

Nature in constant and full transformation!

All the elements bow before the power of Your splendor,

You are the very protection,

 the light and the power of concreteness that dwells in me.

I can do nothing on this plane without Your love,

I bow to You, Oh Divine Mother!

I recognize that you are the reflection of the Being, of the Consciousness
 that permeates all things and dwells in me.

Beloved Divine Mother:

 Thank you for Your transforming and realizing power
 that gives movement and expansion to the Universe!

Thank you for clothing me with the ability to materialize all desires!

Thank you because it's only through You
 that I can live this experience of love!

Only through You I can experience on this and all planes

 the Divine Omnipresence and the Consciousness of Universal Love!

Mother: the feminine principle of love flows in You,

You are the Creator, Preserver and transformer that permeates everything...!

You are the light that manifests and makes visible what I am!

Thank you, Mother of mine! Thank you for the opportunity to experience,
 to learn, to love, to expand myself!...
 and then, one day, dilute myself again
 in the immense ocean of infinite bliss... which is God.

Ms. Lourdes Olivia Vallejo Loredo

México

Ms. Lourdes Olivia Vallejo Loredo is a Sai Spiritual Education teacher in Mexico. She came to Swami over 19 years ago and has served in the SSSIO for over 15 years. She is a professional photographer, graphic designer, painter, illustrator, and writer. She was part of the team of teachers of Sathya Sai Education in Human Values in Mexico for more than seven years. She participated in the International Congress of Education in Sathya Sai Human Values in the city of San Luis Potosí, S.L.P., Mexico, in 2012 and 2016 respectively.



from the International Sai Young Adults

We are pleased to share details of activities and initiatives that have been keeping the Sai Young Adults engaged in Swami's work. In addition to sharing about a leadership initiative in Indonesia and personal reflections by two Young Adults, we present a personal letter written by Sri Sathya Sai Baba to His students, and put on your thinking caps for a puzzle! We hope you enjoy this month's update.

SSSIO International Young Adults Committee



Save the Date: May 21 & 22 International Sai Young Adults Retreat

By the grace and love of Bhagawan Sri Sathya Sai Baba, the International Sai Young Adults Committee will be hosting an online International Sai Young Adults Retreat 2022 (IYAR) themed: **Reconnect and Recharge**. This Retreat will take place in two 2.5-hour sessions: at 4 p.m. UTC on Saturday, May 21, 2022, and at 3 a.m. UTC on Sunday, May 22, 2022.

The Retreat aims to reconnect, recharge and re-energize Sai Young Adults in their *sadhana* (spiritual practice) and passion for Sri Sathya Sai Baba and His universal teachings. We invite all YAs to connect with us as we bask in the glory of Sri Sathya Sai Baba, share His love and be happy. The program will feature inspiring exchange

sessions with eminent guest speakers, thought-provoking panel discussions, interactive breakout sessions, exciting activities, invigorating bhajans and music, multimedia presentations and sharing of personal reflections/transformations.

This Retreat is for the Young Adults, by the Young Adults, and we urge every Young Adult to participate, to refuel your soul as we make this journey of divine love.

Stay tuned for more information to be shared on social media channels. For further information about the retreat or any other Young Adults initiatives, please contact your Young Adults Coordinator or email us at youngadults@sathyasai.org or yacoordinator@sathyasai.org.

PROKESS PROGRAM IN INDONESIA

Inspired by the Sri Sathya Sai International Leadership Programme for Young Adults (SSSILP), the Zone 4 National Sai Young Adults of Indonesia initiated a similar program called Program Kepemimpinan Sathya Sai (PROKESS). The main objective was to provide the YAs with the skill-set and knowledge to be a leader based on Sri Sathya Sai Baba's teachings. The program focused on six in-depth leadership modules, which were customised and designed based on the cultural requirements of the YA leaders in Indonesia.

The program was launched in July 2021, and over the 9 months, 32 YAs participated in a monthly 2-hour interactive session. The modules covered topics such as Sai Leadership, All about Sai, Understanding of the Sri Sathya Sai International Organization (SSSIO), and various related topics.



Young Adults completing the program were awarded certificates of graduation at the end of the module on March 19, 2022. These Sai Young Adults are now better equipped with the necessary skills and knowledge needed to serve in their roles.

P U Z Z L E T I M E

MATCH THE BOOKS AND AUTHORS

Book

1. Sathya Sai Baba: Short Autobiography of a Devotee
2. Man of Miracles
3. Anyatha Sharanam Nasthi
4. Sathya Sai Vahini
5. Seeking Divinity
6. Loving God
7. Living with God
8. Divine Daffodils
9. Cutting the Ties that Bind

Author

- A. Dr. John S. Hislop
- B. N. Kasturi
- C. Phyllis Krystal
- D. Victor Kanu
- E. Sri Sathya Sai Baba
- F. Aravind Balasubramanya
- G. Anil Kumar
- H. Kuppam Vijayamma
- I. Howard Murphet

Answers on the next page...

DIVINE GUIDANCE : PREMA DHAARA

This month, we are sharing a personal letter from the Prema Dhaara compilation, written by our beloved Bhagawan. In this letter, Swami has expressed His Love for all His students and devotees, and how one should practice wisdom in daily life. He mentions that love is the very foundation of life, and we should be always ready to experience it in our daily lives.

Love – The Very Foundation of Life

My Dear Boys,

Accept my blessings and love. Watch your words, watch your actions, watch your thoughts, watch your character, and watch your heart. Character is power, patience is all the strength a man or a boy needs. Sai is not far away from you or away in some distant place. He is within you, in your own heart. Man suffers because he is unable to discover Him there and have peace and joy from that discovery.

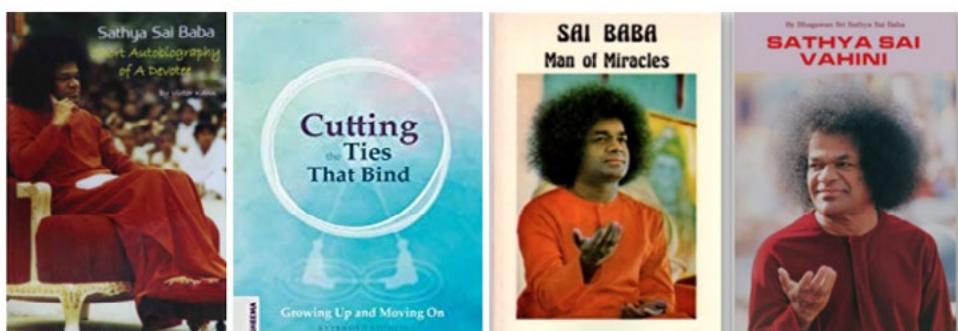
Boys, a loveless heart is a dry desert. Love is the very foundation of life. The air that is inhaled and exhaled has to be love, in order that it may replenish and receive.

With Blessings and Love
Baba

Prema Dhaara, Volume 2

Answer to Books & Authors

1-D, 2-I, 3-H, 4-E, 5-A, 6-B, 7-F, 8-G, 9-C



Reflections of Sai Young Adults

An initiative of the Sri Sathya Sai Sadhana of Love (SSSSOL) Subcommittee is Reflections of Sai. This is an avenue for Sai Young Adults across the world to express their love for Sai by sharing their experiences and their positive impact on their lives. Submissions of stories of gratitude, miraculous occurrences, and interactions with Sri Sathya Sai Baba are shared periodically on YA social media platforms.



Ms. Ekta Melwani
Indonesia

In 2019, I was blessed to be called by Swami three times to the Divine Abode, Prasanthi Nilayam. On the eve of Swami's birthday in November 2019, as I was leaving the ashram; I was filled with lots of mixed emotions.

As the car passed the buildings in Puttaparthi namely the Sri Sathya Sai Institute of Higher Learning, the Chaitanya Jyoti Museum, and the Hill View Stadium, I felt blessed to be able to access these venues as being part of the International Sai Young Adults events. A thought then occurred in my mind at that precise moment that I have never visited the Sri Sathya Sai Super Specialty Hospital. A second later, I dismissed that thought and reminded myself to be grateful that Swami has blessed me with good health.

As the car was exiting Puttaparthi, I saw a building that looked like a hospital. However, as it was getting dark, I was not sure, and I asked the driver if this building was the hospital and he confirmed that it was. Without even me asking, he drove into the hospital compound. He looked back and told me that I had enough time to visit the hospital and said that I will not be late for my flight. He even said, "The altar is beautiful!" For a few seconds, I was dumbfounded and wondered if this small wish of mine has been fulfilled. Before I could reply, the driver also mentioned that cars are usually not allowed to enter the hospital. However, there was no security at the gate that stopped the car from entering. As I walked into the hospital, I was filled with gratitude that I had another blessed opportunity to also visit the hospital where Swami spent His last days.

As I returned to the car to continue my journey to the airport, I could not stop thinking how kind Swami is. He fulfilled my every wish, even the smallest ones.



Ms. Karisni Naidoo

South Africa

During my schooling days, I used to be continuously bullied for being overweight and was even called an elephant at times. As the years passed, it affected me emotionally. One day, I prayed and asked Swami at the altar, "Why are You doing this to me? Why do people say these things?" As I finished praying, a picture of Lord Ganesha fell at my feet. I did not understand the meaning of it at that time, but it was in my dream that Swami appeared and said, "Bangaru (Dear Golden one) you are like Lord Ganesha. Do not forget the beautiful name I have given you which means the "Goddess of the Elephants." You are God and you are forever mine. Everyone else will realise it soon." From that day I have continuously been drawn to find the light in the darkness. For I now know that my sweet Swami is ever-present with me every second of every day.

Follow the @saiyoungadults accounts on social media



Facebook



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Email



Sai Young Adults

<https://sathyasai.org/ya>

yacoordinator@sathyasai.org

OM

START THE DAY

WITH LOVE

FILL THE DAY

WITH LOVE

SPEND THE DAY

WITH LOVE

END THE DAY

WITH LOVE

LIVE

WITH LOVE



EDUCARE for BUSINESS

The United Nations has an ambitious program called “The 17 Sustainable Development Goals”, to be reached by 2030. Seven of them are directly related to good corporate management and leadership. So, it is essential to improve the state of the art of management.



Most corporations use one strategy for management such as directors and managers and another strategy for the workforce. For the latter, motivational strategies promote positive attitude to better serve their company. At the same time, the management sector has at its disposal powerful tools to improve handling their own emotions and goals. To address emotions has been fashionable since Goleman’s book “Emotional Intelligence”. But emotion-based inspiration is short-lived.

If management relied on Human Values and spirituality, it would be far more sustainable. You can find hundreds

of books on spiritual management. Yet, unfortunately, mainstream businesses do not support this approach. More acceptable is mindfulness, a variety of meditation techniques that promote wellbeing. However, we can move beyond this by bringing spirituality to the workplace.

The Institute of Sathya Sai Education of South Europe, (ISSE SE) is well aware that Human Values are not only a “must” in the field of education, but also concern other segments of society, including companies, enterprises, and businesses. In addition to representing a new focus for forming organizations with

innovative perspectives, they can promote a change of paradigm towards a society centred on people, and not on profit, in search of a common good and global well-being. This noble goal is possible when you have the right motivation and the determination to pursue it. Transparency, ethics, rigor, rationality, creativity, solidarity, equity, and sustainability are values that many enterprises put in the forefront today. In addition to these, it is mainly our attitude that will move us toward the goal we aspire to achieve, the quality of relationships we yearn for, and the world we hope and pray for. The change begins from within.

To foster this inner change of perspective, and bring about new company plans, models, standards, and a holistic leadership, the ISSE SE held two Conferences respectively in 2014 and 2016, dedicated to “Managing Change and Growth through Human Values & Spiritual leadership” in Varallo Pombia, Divignano (Novara, Italy). The purpose of the meetings, attended by around 100 people, including 70 managers from 14 European countries and South Africa, was to raise awareness of the need for value-based management, discuss principles, practices, and success cases on “Values Leadership”, and share experiences on the feasibility and implementation of ‘spiritual management’. Discussions revolved around questions such as:

- How can we foster human growth and development to overcome inequality and poverty?
- How can local and world leaders cultivate their character, so that the working place confers happiness on employees, and business supports environmental sustainability?
- How can we move from an “information-oriented” society to a society geared toward transformation?
- How can we progress from competition to cooperation, from self-centeredness to selfless service, from high-speed and high profit managerial patterns to corporate responsibility?

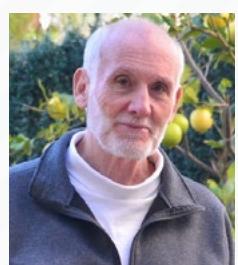


The two Conferences emphasized how aligning company purpose, mission statements and Human Values can be inherently successful. All participants strongly concurred that value-oriented leadership is unquestionably of paramount importance in today's global society, but feasible only if there is an honest and integral connection with Human Values. A huge societal change is first needed for the individual, with far-reaching implications. The selfish approach of business leaders and management must be replaced by a new process, a spiritual process aimed at serving society.

The lofty goal of spiritual-guided leadership thus broadens our vision to perceive "business" as a means for spiritual upliftment. Interviews with successful leaders, shared during the conferences, showed that there are many sincere and accomplished leaders who support a spiritual outlook, and represent examples of how spirituality and rationality can go hand in hand.

Mr. Jordi Grier
Spain

Ms. Suzanne Palermo
Switzerland



Mr. Jordi Grier is a member of the SSSIO of Spain. He took part in the founding of the Institute of Sathya Sai Education South Europe (ISSE SE) in 2009, where he is responsible for "EduCare for Business". Jordi is the president of the Ineval Foundation that he founded in 2001 for the dissemination of Human Values in business. His latest book is "Wind of Liberation. A Guide to Living Free and Aware."



Ms. Suzanne Palermo is the vice-director of ISSE SE and has contributed to the development of the EduCare magazines and the Institute's Handbook and has participated in many seminars in South Europe. She completed her studies at the Academy of Fine Arts of Rome and later moved to Milan where she worked in the editorial field for children as illustrator and project designer. Suzanne is the author of the book, "The Story of Marty, a journey on Planet Earth".

Links

- <https://isse-se.org>



MOTHER NATURE

I walk outside and see the trees,
as they gently sway in the breeze.

I walk outside and see the leaves,
as they gracefully fall, with ease.

I walk outside, and see the flowers,
and am reminded of how nature empowers.

Mother nature protects us.

Mother nature provides.

She gives trees for shade, and oxygen to breathe.

Let's realize, we need Mother Nature,
and it's Mother Nature, we need.

As Mother Nature gives, we repay her by taking,
and eventually she can no longer continue making.

We therefore must do our parts, and start to conserve
with more than our hearts, because when we need,

Mother Nature gives. Mother Nature is
the essence of all that lives.

Karina Mahavir | Group 2 | USA

Art illustration by
Jayadita Pala | Group 3 | USA



The Chosen Mother

Who was Easwaramma?

If not the ideal woman

Strong and empathetic and kind

Never one to judge in mind

Sacrificing her own

So that the grain of universal love might be sown

A story to which Swami refers

Thinking all children as hers

She begged him to build a hospital

Leaving compassion as her transmittal

Believing whole-heartedly in God's will

So that when speaking she was never shrill

She spoke soft and sweet

Other's comfort was her treat

A role model for all

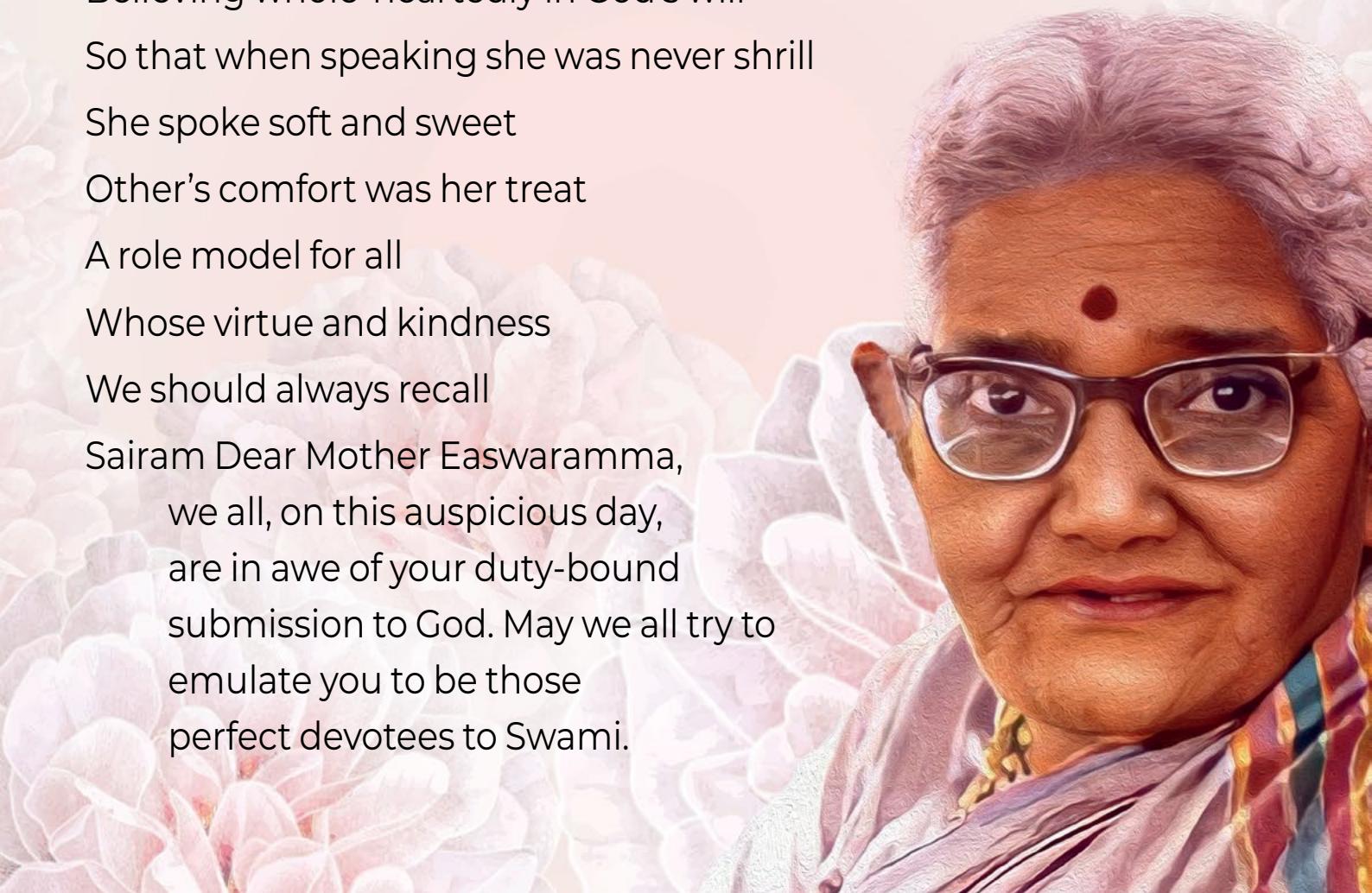
Whose virtue and kindness

We should always recall

Sairam Dear Mother Easwaramma,

we all, on this auspicious day,
are in awe of your duty-bound
submission to God. May we all try to
emulate you to be those
perfect devotees to Swami.

Anvesha Guru | Group 4 | USA





My family and I doing prayers together. - Mahathi

Art illustration by
Mahati Venkataramanan | Group 1 | Canada

A HEARTFELT PRAYER

Swami, I surrender to you
To help me overcome my faults,
please give me your guidance
Sai, use my words and actions as
a conduit to help others, because
their happiness will bring me peace

I know I have made mistakes;
it makes me human, and I seek
forgiveness in order to grow

Dear Baba, please lead me to be
the best self I can be.

Rachna Karthik | Group 3 | Canada

Prayers & Gratitude

from SSEE students around the world

Oh Swami, thank you for everything you do for me
Oh Swami, I know that you are always there for me
Oh Swami, you are the one who helps me when I'm in doubt.
Oh Swami, you are the one who saves me when I'm in danger.
Oh Swami, you are the one who made me a path to follow
around this mysterious world.

Oh Swami, I know you love me.

Thank you for guiding me.

Thank you for making me happy, strong, healthy, and brave.

I will always follow your path Swami,
the path you have been working hard for me.

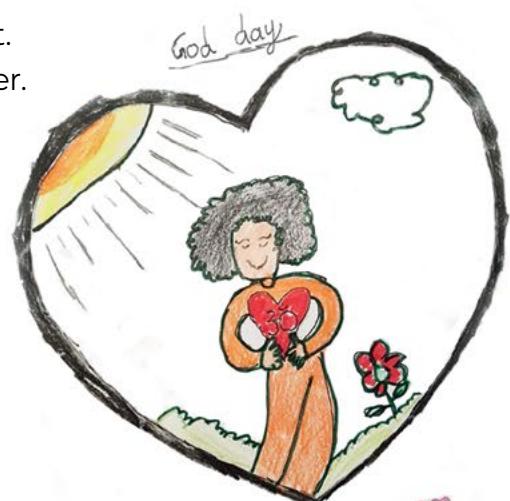
Oh Swami, sorry if I did anything wrong.
I want to erase it all.

Oh Swami, thank you for everything you do for me

I know you are with me always.

Love you Swami.

Mahati Venkataramanan | Group 1 | Canada



Art illustration by
Deepica | Group 1 | Singapore

Be KIND & HAPPY

Dear Swami,

Thank you for all your love & affection.

Swami, please help me to become a Gentleman.

I want to help the society and respect
all human beings and animals.

God give me the kind heart to take care of others.

I want everyone to be nice to each other

Please give happiness, joy, and peace
to everyone in the world.

Om Sri Sai Ram.

Krrish Harikishore | Group 1 | Canada

Kindness is the golden
key that unlocks the
hearts of others.



Art illustration by
Gurvi | Sai Angels | Thailand

Recipe for Happiness

sprinkle
with kindness

two cups of
patience



a dash of
humor



one handful of
understanding



add plenty
of faith



two handfuls
of generosity

SPREAD OVER A PERIOD OF LIFETIME
AND SERVE EVERYONE YOU MEET
BASED ON SRI SATHYA SAI BABA'S
TEACHINGS

one
heartful of
love

Art illustration by ShreyaSai | Group 2 | USA



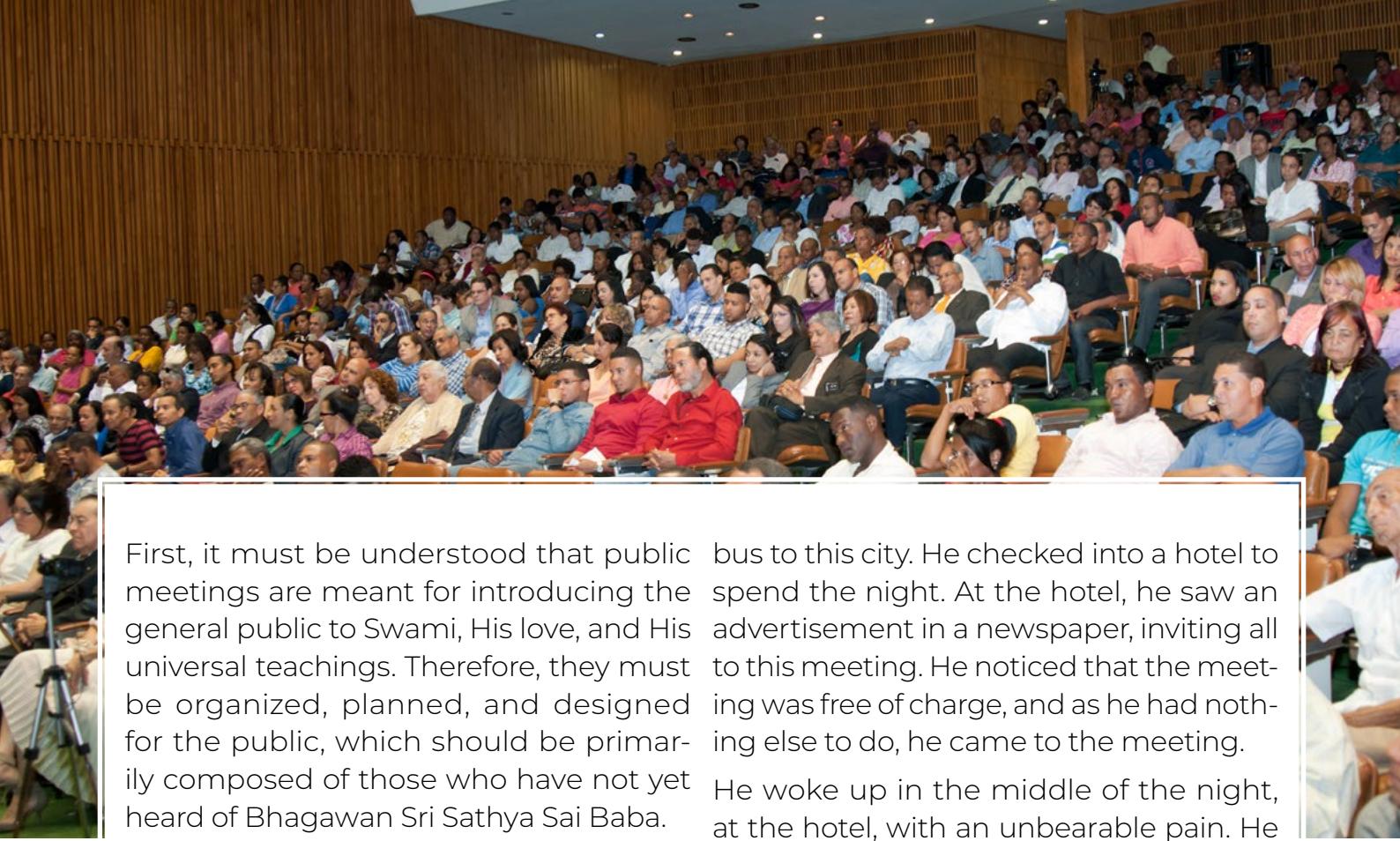
Public Meetings

I want publicity for the teachings and the message. I want *thattha-prachara*, not *vyakthiprachara* - publicity for principles, not to individuals. That is more important. There is no need to talk about me.

Sri Sathya Sai Baba, October 20, 1996

When Bhagawan Sri Sathya Sai Baba established the Prasanthi Council in November 2004 as the managing body of the Sri Sathya Sai International Organization (SSSIO), He personally met with its members and gave them clear instructions about its purpose and objectives. One of His Divine instructions was: **"Go to all corners of the world and share My message."** It was clear that this Divine instruction was not just directed at members of the Prasanthi Council, but to all members of the Sathya Sai Organization. Spreading the message of love, selfless service, and the works of Sathya Sai is a blessed privilege bestowed on all members of the organization – it is also one of the major goals of the SSSIO. Conducting public meetings to connect with and serve the communities we live in is one way to share His message.

In several discourses, Baba states that there is no higher service than working in the Organization that bears His sacred name. The objective of the Organization is to help each individual become aware of his or her innate Divinity, and behave accordingly — bringing into everyday life, Divine love in thought, word, and deed. Every member of the Sathya Sai Organization is empowered to spread Bhagawan's message, His love, and His works.



First, it must be understood that public meetings are meant for introducing the general public to Swami, His love, and His universal teachings. Therefore, they must be organized, planned, and designed for the public, which should be primarily composed of those who have not yet heard of Bhagawan Sri Sathya Sai Baba.

Public Meeting in Argentina

I want to share the experience of a public meeting we held in a city in the interior of Argentina many years ago. At that time, there was no Sai Center there. Hence, a Sai devotee inquired if I could address a public meeting she was organizing to share the love and message of Sri Sathya Sai Baba. I jumped at the opportunity and said, "Of course, yes."

I drove 300 km to the meeting site, and when I arrived, I noticed that the theater could hold up to 300 people. I was concerned that few people would attend, and the theater would look empty. By the time the meeting started, people began to arrive and filled the theatre completely. We showed a film about Swami's life and His mission, followed by my talk, and questions and answers. Suddenly one person in the audience asked if he could share an experience.

He said that he lived in a city 500 km away and he had an argument with his wife the prior day. He got so angry that he decided to go to the bus station and took the first

bus to this city. He checked into a hotel to spend the night. At the hotel, he saw an advertisement in a newspaper, inviting all to this meeting. He noticed that the meeting was free of charge, and as he had nothing else to do, he came to the meeting.

He woke up in the middle of the night, at the hotel, with an unbearable pain. He was suffering from an ulcer, and he had forgotten to bring his medicines with him. He was in so much pain that he could not even get up from the bed. Suddenly out of nowhere, a man appeared in the room and told him to relax. Then the person put his hands over his stomach without touching him, and a few moments later, his pain disappeared – and so did the man!

He insisted that this was not a dream, and it really happened. Furthermore, since that encounter at night, the pain never returned. But what surprised him the most was that the person that appeared in his hotel room was none other than the person in the film – Bhagawan Sri Sathya Sai Baba! He never saw Baba or heard about Him before that day!

Although the public meeting was organized by a devotee, with no other help, it was clear that Swami was the real doer. Bhagawan not only arranged everything but also invited the attendees, and even cured one of them from a medical emergency.

Planning and Holding Public Meetings

The process of planning and holding a public meeting provides us with an opportunity to work together with intensity and unity. This energizes the Organization and gives SSSIO members the opportunity to experience self-transformation through **love in action**. Sharing the love and Divine teachings of Sri Sathya Sai Baba with as many people as possible is the highest service to mankind, as it leads to the ultimate goal of life – Self-realization.

SSSIO members can serve their communities and societies at different levels:

1. Through exemplary behavior reflected in their daily lives. Since Baba's greatest miracle is the spiritual transformation of the human being, the best communication strategy is to be a living example of this transformation.
2. Through scheduled meetings for newcomers at Sri Sathya Sai Centers.
3. Through informal meetings organized by SSSIO members in their homes with relatives, friends, and neighbors.
4. Through specially planned meetings held at public venues.
5. Through major public meetings organized at country level.

Information about public meetings should be widely disseminated in the community news forums. These meetings may be conducted in large theatres which can typically accommodate 400 to 500 people. It will require dedicated and intense work in order to make the public aware of these meetings and maximize attendance.

All SSSIO members should strive to ensure that the Divine message is accurately reflected in order to inspire the participants to learn more about Bhagawan's teachings and the activities of the SSSIO. Participants should get a clear understanding of

the service opportunities so that they can participate.

It must be clear that the SSSIO is not seeking to proselytize or aggressively market the Sathya Sai Organization. However, any public communication should be carefully studied and planned so that the message is clear, inspiring, and attractive.

A very important aspect of conducting a public meeting is to conduct outreach to the general public in the communities we live in. The SSSIO must always be sensitive to local traditions, beliefs, and conditions of the local community. To fill a theatre with a capacity for 1,000 or 2,000 people, the outreach effort will have to be substantial. Therefore, we should use all available means for outreach, including leaflets, posters, newspapers, radio, TV, internet, and social networks like Facebook, Twitter, WhatsApp, etc. The best way to inform people about a public meeting could be by television and placing posters in locations of greatest visibility.

We must realize that the purpose of our lives is to realize our own inherent Divinity – to realize our true nature – but as members of the Sai Organization, our purpose is also to help as many people as possible to advance in their own spiritual journey, by practicing “Love All, Serve All.” This is the duty and goal of the Sai Organization and each one of its members.

Experience in Paraguay

I would like to share with you an experience I had in Paraguay which shows that when we do His work, His grace even changes adverse conditions to favor us, through His omnipresence and omnipotence.

A public meeting was organized in Asuncion, the capital of Paraguay. Sathya Sai devotees of Paraguay advertised the public meeting in major newspapers and radio programs. In addition, live television interviews were also arranged and were widely

I do not want the impression to gain ground that I desire this Name and this Form to be publicized. I have not come to set afoot a new cult, I do not want people to be misled on this point.

Sri Sathya Sai Baba, May 17, 1968

publicized by posters at strategic locations throughout the city.

A local mall offered its auditorium for the public meeting. But heavy rain was forecast on that day, and it started pouring heavily. However, a miracle of miracles happened! Lo and behold, just an hour before the scheduled start time of the meeting, the rain stopped, the sky cleared, and people started to arrive!

The organizers had prepared a welcoming gift for everyone attending the public meeting – a flower and a loaf of bread. When no more flowers or bread were left, the guests also stopped coming and the auditorium was completely full. A total of 600 people were seated, and all the flowers and bread were distributed, leaving no one out! When the meeting ended, the guests left, and about 45 minutes later when everybody was back home, it started to rain very heavily again. Such is the grace of Lord Sai, who looks after His devotees and His works!

We are grateful to Swami for making the public meeting a resounding success. The respite from the weather was not only His way of welcoming everyone to the meeting,

but it was also a revelation of His omnipotence and control over the elements.

It is important to mention that not only those that attended the meeting came to know about His Divine incarnation, but thousands that heard the radio programs, read the newspapers, saw the TV interviews, or saw the posters also saw the Divine form of Bhagawan, and will remember Him. The seed was planted in their minds and hearts and one day it will sprout, helping them to advance on their spiritual path.

Sharing His Love and Light

There is a path to realize this eternal truth. The path is to practice the fundamental human values in all aspects of our lives. Each person who receives His message will have a golden opportunity to take a quantum leap in spiritual transformation.

May we all become perfect instruments and examples of His love and light and share His universal and eternal message with one and all.

Mr. Leonardo Pablo Gutter
Argentina

Mr. Leonardo Pablo Gutter, a psychologist by profession, has been serving in the Sri Sathya Sai International Organization (SSSIO) for over four decades. He has had many personal interactions with Bhagawan Sri Sathya Sai Baba. He started the Latin American movement of the SSSIO and previously served as the Chairman of Zone 2, Latin America. Mr. Gutter is a founding member of the Sri Sathya Sai Trust of Argentina.

He is a Member of the Prasanthi Council, Director of the Sri Sathya Sai World Foundation, and Co-Chair of the Intellectual Property Committee. Working with the entertainment industry over the past 43 years, Mr. Gutter represents some of the largest American, European and Japanese TV and cinema studios in Latin America.



Upcoming SSSIO Online Events

SSSIO has been conducting online events to share Swami's love, message, and works with everyone around the world. We have reached hundreds of thousands of people through these online events.

We will update the SSSIO online events periodically. Please visit sathyasai.org for further details including timings.

Date of Online Event	Day	Festival/Event
May 14 & 15, 2022	Saturday, Sunday	Buddha Poornima
May 21-22, 2022	Saturday, Sunday	International YA Retreat
June 11-12, 2022	Saturday, Sunday	Akhanda Gayatri
June 25 & 26, 2022	Saturday, Sunday	Zone 3 Presentation: "In Service to Society"
July 9 & 10, 2022	Saturday, Sunday	Guru Poornima



Stay in touch with SSSIO news and activities, by visiting the SSSIO websites and following/subscribing to the various communications channels below.

Click on each icon or name to visit the site.



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Twitter



YouTube



Spotify



Telegram



Email



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

“

The essence of devotion (*bhakti*) is love and not formal exercises in recitation (*japa*) or worship of various kinds. Worship should be offered to the Divine who resides in all beings. Love is God. Live in love. Love is the means of realizing the bliss of the Self, which is centered in ourselves. It need not be sought elsewhere. It can be found within oneself when all thoughts are controlled and the mind is turned inwards. Dedicate all actions to the Lord. This is the highest knowledge. It is the *summum bonum* of existence. Love should become a way of life. That alone is true devotion.

Sri Sathya Sai Baba, October 8, 1986



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never