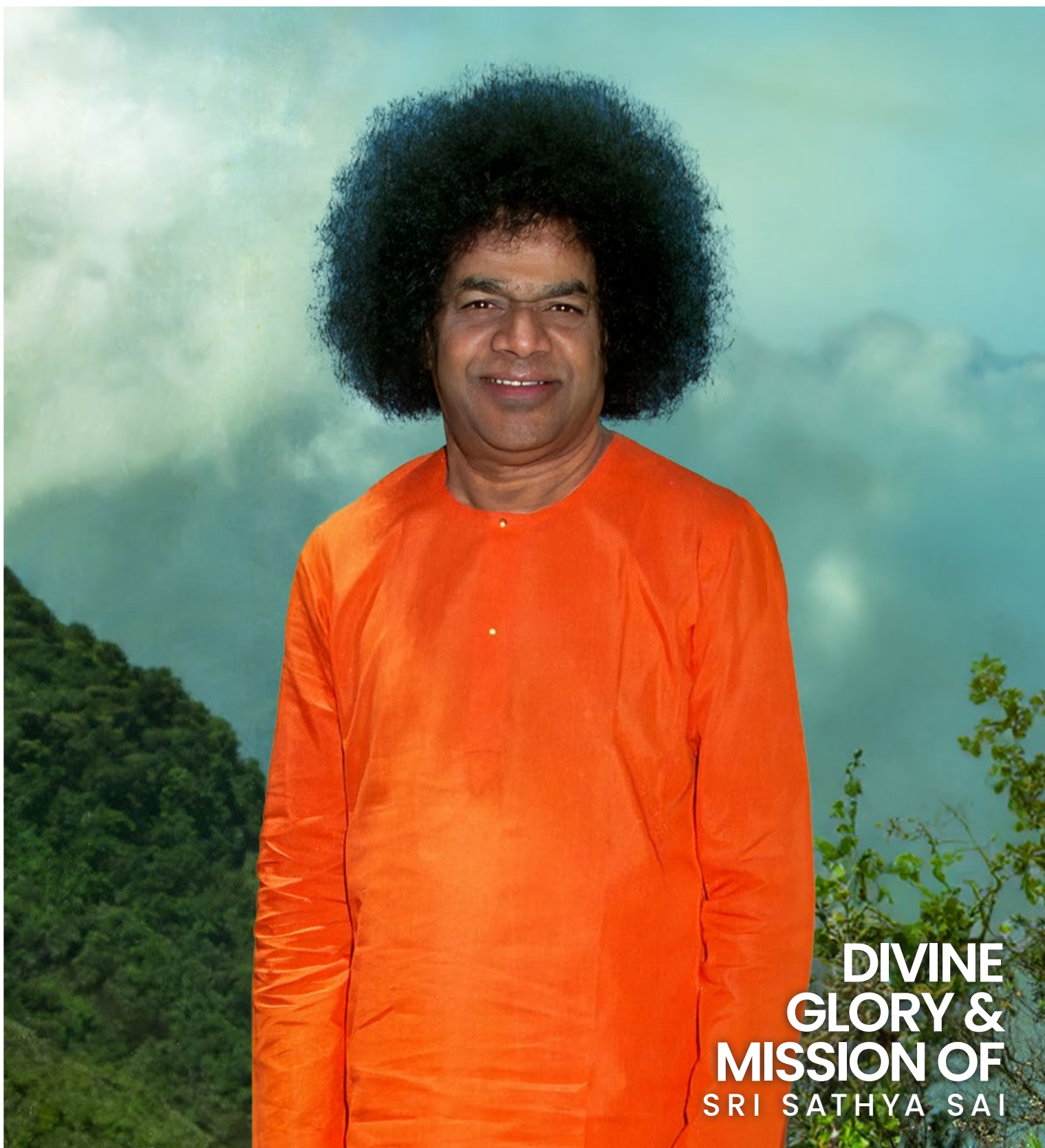


SATHYA SAI
THE
ETERNAL
COMPANION



VOLUME 3, ISSUE 6
JUNE 2024



DIVINE
GLORY &
MISSION OF
SRI SATHYA SAI



When the mind of man is unaffected by the ups and downs of life but is able to maintain equanimity under all circumstances, then even physical health can be assured. The mental firmament must be like the sky, which bears no mark of the passage through it of birds or planes or clouds. Illness is caused more by malnutrition of the mind than of the body. Doctors speak of vitamin deficiency; I will call it the deficiency of Vitamin G, and I will recommend the repetition of the Name of God, with accompanying contemplation of the glory and grace of God. That is Vitamin G. That is the medicine; regulated life and habits are two-thirds of the treatment, while the medicine is only one-third.

Sri Sathya Sai Baba
September 1965



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





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True WEALTH IS GOD'S Grace

Bhagawan Sri Sathya Sai Baba delivered a series of divine discourses in May 1973 on Bhaja Govindam, the famous verses composed by the great teacher Sri Adi Shankaracharya and a few of his disciples. Diving deep into the principles contained in these verses and practicing them is an assured way to liberation. **That is why this composition is also called *Moha Mudgara* (destroyer of delusion).** This is in line with Swami's teaching, that *Moha Kshaya* (destruction of delusion) is the way to *Moksha* (liberation). All spiritual practices focus on getting rid of delusion. Delusion leads to the wrong identification that we are the body, mind, and intellect and makes us forget our true identity - Atman, Brahman, or pure Love. **That is also the message of Swami's letter featured in this issue, where He writes that ignorance**



is the greatest curse and ego is the root cause of all troubles.

In the previous issues of this magazine, we dwelt on various verses focusing on *satsang* (holy company) as a ladder to liberation ([January 2024 issue](#)), seeing everything as Brahman ([February 2024 issue](#)), and getting rid of the cycle of birth and death ([April 2024 issue](#)). In this issue, we focus on an important verse that refers to the problem of attachment to material wealth and how to overcome it to get God's grace. The deep contemplation and practice of these teachings will redeem our lives and give us liberation.

Dharma and Artha Should Always Go Together

Bhaja Govindam, from which the following verse is taken, begins with the preceptor addressing everyone as **Moodha Mathi**

(an ignorant person) and then reveals truths that lead us to become **Mukta Mathi** (a liberated person).

The scriptures discuss the four *Purusharthas* (goals of human life), namely *Dharma* (right conduct), *Artha* (wealth), *Kama* (desire), and *Moksha* (liberation). Swami says in His 17th discourse of the 1973 Summer Course:

"Artha and Kama will attain their correct significance if we regard Dharma as our primary basis and Moksha as our final destination. These days, we forget the basis and the destination and retain only that which is in the middle, and all our life is spent thinking of Artha and Kama. By neglecting the foundation, Dharma, and the goal, Moksha, we are concentrating only on Artha and Kama. In fact, we should put Dharma and Artha together and Kama and Moksha together. By doing so, we shall

గర్వ మనశ్చం భావయ నిర్లం
శాస్త్ర చర్య సుఖ ప్రాప్తయః సత్తం
ప్రతిభావ పి నన బాహం భౌతికం
సర్వత్రై లోక విహితా శాంతిః.

arthamanartham bhavaya
nithyam
nastitatah sukhaleshah
sathyam,
putradapi dhana bhajam bhitih
sarvatraisha vihitha ritih

ధనమి కీడను కావరా నిర్లం
శాస్త్ర చర్య సుఖ ప్రాప్తయః సత్తం
కోడుకుకైన భయపడురా? ధనము
నడచానెదె యెల్లదల నెప్పుడు.

ghaname keedanu-konara
nithyamu
ledu dhana sukha-leshamu
sathyamu
koduku-kaina bhayapadura?
dhanikudu
nadichedide elladala nepudu

Wealth must always be regarded as potentially harmful. It is an irrefutable truth that even an iota of happiness cannot be derived from wealth. A wealthy person concerned to protect his wealth is afraid of his own son and relatives. This is the nature of the world.

use wealth for good purposes and desire only to attain Moksha."

Live a Noble Life and Practice Virtues

We should acquire wealth by righteous means and use it to serve society. Similarly, we should desire liberation only, and all our actions must arise from that primary motivation. But people are more interested in amassing wealth and have unlimited desires. That is why Swami introduced the concept of 'ceiling on desires'. Resources such as time, money, energy, and food, saved by this practice, can be used to serve society.

Swami brings back our attention, saying, *"Money does many wrongs if not used properly" and "Money comes and goes, but morality comes and grows."* We witness many billionaires in many parts of the world who become bankrupt. Thus, real, perma-

nent wealth is achieved by living a noble life and practicing virtues. Such people are treasured and remembered forever by humanity.

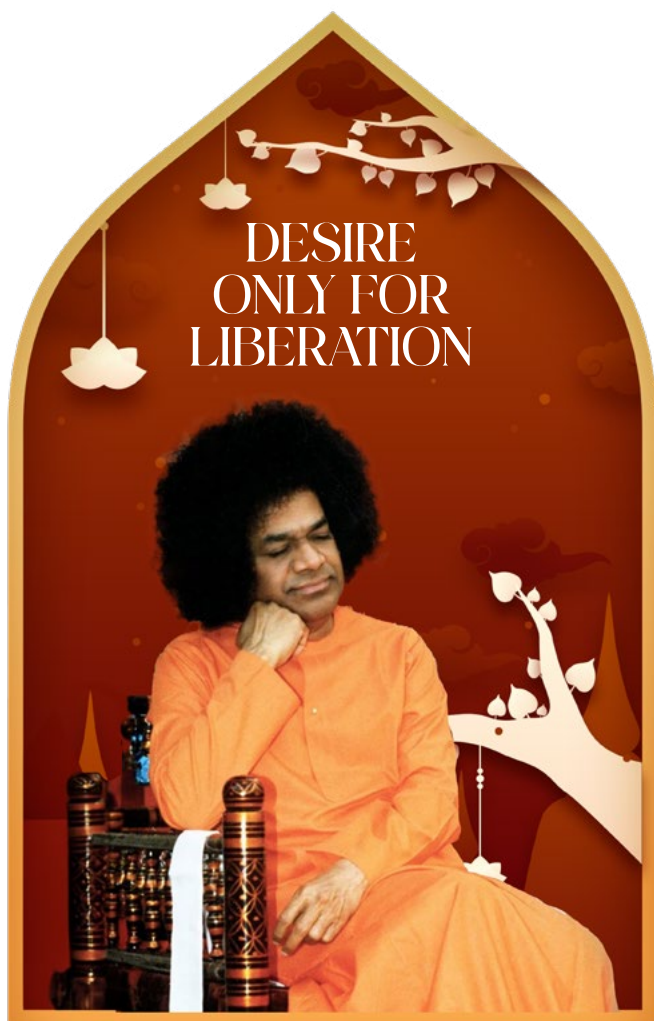
One such great example is Lord Buddha, who renounced his royal material comforts, palace, and kingdom in search of the truth. He wanted to find the source of human suffering and the way to its cessation. Ultimately, he found the answer and attained *Nirvana* (enlightenment). **Not only did he attain enlightenment, but he also became the source of enlightenment for millions around the world over millennia.** Many kings have come and gone. Nobody remembers them. But Lord Buddha is adored and worshiped in millions of households worldwide, and his teachings are the source of solace and peace to many.

Ideal Way to Deal With Money

In His discourse on November 23, 1985, Swami says,

"A man should own only as much wealth as is essential. It is like the size of his shoes. If the shoes are too loose, he cannot walk; if they are too tight, he cannot wear them. Too much money is torture; rich people will agree with this judgment. It is foolish to accumulate money and sit on the pile, which turns into garbage. Garbage stinks in a place. Spread garbage over the corn field, and it will fertilize the crop and multiply the harvest. After all, how much and how long can a man enjoy?"

The amount of money one has should neither be too little nor too much. If one does not have enough money to meet basic needs like food and shelter, one cannot think about God. Too much wealth leads to worry about its loss due to family, friends, or the government, thus taking focus away from God. The great philosopher and poet Bhartrihari says that money has only three destinies—*bhoga* (enjoyment, including supporting family





Our ancients laid down four avenues for the utilization of wealth or earnings.

One-fourth should be used for personal use and for supporting the family.

Another fourth should be used for charitable and religious purposes.

A third quarter should be spent on other living things like animals, birds, etc.

The remaining fourth should be offered to support the State.



and friends), *dana* (service to society or charity), and *naasha* (wastage or destruction).

Sri Guru Nanak Dev, the founder of Sikhism and first Guru, emphasized that one should have just enough money to meet the necessities of one's life. One should not amass wealth for personal aggrandizement and indulgence. It should be used in the service of society. True money is the money one spends; the remaining money is imaginary, as it exists only in one's mind. The moment a billionaire dies, all the amassed wealth belongs to someone else and is of no use to the billionaire!

Our dear Swami quotes from the ancient scriptures and explains the manner in which one should apportion and wisely use one's wealth in His divine discourse of May 14, 1984:

"You must earn wealth by adhering to Dharma (Right conduct). Utilize wealth for the right ends. Our ancients laid down four avenues for the utilization of wealth or earnings. One-fourth should be used for personal use and for supporting the family. Another fourth should be used for charitable and religious purposes. A third quarter should be spent on other living beings like animals, birds, etc. The remaining fourth should be offered to support the State. It is only when one's wealth is utilized in

this manner will it be really beneficial and meaningful."

The 3 Ws to Overcome 3 Ws

Swami says in His divine discourse on July 28, 1999, that **just as the earth revolves around the sun, man revolves around money from dawn to dusk. In pursuit of that, man is caught up in grief and bondage.** That is the true 'world wide web' (www) that man is caught in - wine, women, and wealth. Swami says that one must practice the other 3 Ws to get out of this web, namely work, worship, and wisdom. Work here stands for the path of selfless service (*Karma Yoga*). Worship is the path of devotion (*Bhakti Yoga*). Wisdom is the path of Self-enquiry and knowledge (*Jnana Yoga*).

Swami reassures us that there is nothing wrong with wealth in itself; it is only about how it is put to use. For example, a knife can be used to kill people or heal people, as when it is used in surgeries. **Only by the grace of God can one use wealth for the right purpose.** Wealth can be accumulated selfishly or distributed selflessly for the welfare of all. Swami says in His divine discourse of July 11, 1959:

"Money (duddu) must also circulate like blood (blooddu)! Otherwise, it will cause ill health. There is no better method of

Work



Work is the path of selfless service (Karma Yoga).

Worship



Worship is the path of devotion (Bhakti Yoga).

Wisdom



Wisdom is the path of Self-enquiry and knowledge (Jnana Yoga).

using money than for promoting devotion, because then the entire system, individual and social, will benefit. If money is stored and not circulated, it will cause 'social edema,' and the swellings may become boils and burst."

If blood stops circulating in the blood vessels of the heart, one gets a heart attack. Similarly, if blood stops circulating in the blood vessels leading to the brain, it leads to a stroke. When blood flows normally, one is healthy. So, too, if money is accumulated without proper use, society gets an 'attack' or 'stroke' of degeneration.

Swami is the Lord for both saints and sinners, poor and rich, ignoramuses and the scholarly. Many wealthy people came into Swami's fold and were transformed by His love, His teachings, and His works. Swami made them part of the divine mission by blessing them with the opportunity to participate in and build educational institutions, medical institutions, and various humanitarian projects, not only in India but all over the world. They become chosen instruments in the divine hands. **All of us are blessed with some form of 'wealth'—money, time, talent, etc. We should offer our 'wealth' to our Lord and become His instruments.** This issue contains

one such story of Mr. Enn Kaljo, who was blessed to be Swami's unique instrument.

This issue also carries an inspiring story of a special project, 'A Paragon of Love and Service' in Uthiru, Kenya. It is the history of a school founded on human values that has been playing a crucial role in rescuing impoverished, vulnerable children from perilous situations in Africa and making them embrace a new and better way of life centered around spirituality.

True Meaning of Renouncing Wealth

Let us recollect an anecdote related to wealth, recorded in the gospel of Mathew of the Christian faith. A very wealthy young man was drawn to Jesus, and he asked, "What good deed must I do to have eternal life?" Jesus tells him to observe the commandments, to which he responds that he has done so from his youth. Jesus then advises him on how to be perfect, saying, "*Sell your possessions and give the money to the poor, and you will have treasure in heaven; then come, follow me.*"

The young man heard this and went away sadly, for he was not ready to part with his wealth. Then, Jesus told his disciples, "*It is almost impossible for a rich man to get into the kingdom of heaven. I say it again. It is*

“*A man should own only as much wealth as is essential. It is like the size of his shoes. If the shoes are too loose, he cannot walk; if they are too tight, he cannot wear them.*”

easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.”

There is a subtle point here. It is not the literal giving up of wealth that one should practice. One should give up ownership of the wealth. **One must consider oneself as the trustee for the wealth because all wealth belongs to the Lord.** If we have this feeling, we will use wealth for the right purpose, and then we will be on the right path. The great King Janaka lived the life of a sage because he was utterly dispassionate. He believed that the whole world is a dream and everything belongs to the Lord. This is the way one should conduct oneself.

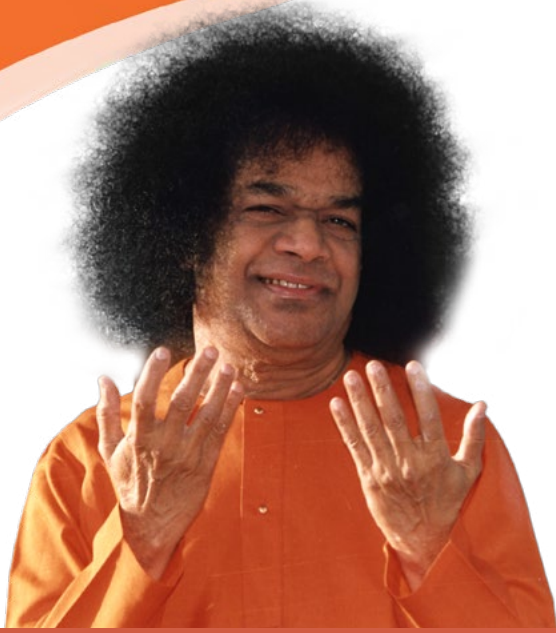
Another great example from recent times is the saint of Dakshineswar, Sri Ramakrishna Paramahansa. He was the very embodiment of dispassion. He showed spiritual seekers how one should live. **According to him, the two greatest obstacles for a spiritual seeker are *kamini* (woman) and *kanchana* (gold), which refer to lust and greed. These obstacles bring about everyone's downfall. Greed makes one resort to devious means, while lust makes one resort to immoral ways.** These are condemned in almost all faiths, but Sri Ramakrishna Paramahansa showed how to lead a life overcoming these obstacles.

Swami Vivekananda, who was called Narendranath in his younger days, had heard his Master speak against these two on many occasions. On one occasion, with a view to testing Sri Ramakrishna, he hid a rupee coin under the bed of his Master. Upon sitting

down on his bed, Sri Ramakrishna immediately jumped up because he felt stung, as if his body was burning. This incident reveals how much he detested gold and money. Swami says,

“The inner meaning of this story is that Ramakrishna was still seeing the distinction between gold on the one hand and mud on the other. It means that he had not gotten over these differences. At that moment, he was still distinguishing one thing from another, but later, Ramakrishna held mud in one hand and gold in the other and kept





Only by the grace of God can one use wealth for the right purpose.

on exchanging them until he lost the sense of distinction between them. He had then realized the equality or the oneness in them.

For a spiritual seeker, neither gold nor mud helps to attain liberation. So, one should strive to reach that stage, although, for living in society, one still needs money.

The Subtle Ways Wealth Influences

When one has wealth, he is usually not inclined to follow the righteous path. Poet-saint Yogi Vemana has described this by saying that if one's wealth increases, one becomes arrogant, and when one's arrogance increases, one's bad qualities increase.

Pride is another significant obstacle for a spiritual seeker. To progress spiritually, one must overcome pride in wealth.

This is because the influence of wealth is very subtle. Swami says that even many people on the spiritual path think of developing *ashrams* and go after collecting money, thus getting distracted from their chosen path.

True Wealth

In His discourse of August 19, 1996, Bhagawan Sri Sathya Sai Baba exhorts,

"What is real wealth? The real wealth is love, grace, and blessings of God. Once you acquire this wealth, it will never

leave you. Therefore, strive to acquire this wealth."

The *Narasimha Shatakam*, a compilation of 100 poems based on devotion and morality, is composed in simple language by the renowned Telugu poet Seshappa. He says, **"The real wealth, O Lord, is only Your grace, and the real education is only the recitation of Your sacred mantra."**

Material wealth comes and goes, but real wealth stays with us forever. So, we should strive our best to practice the five human values of **Sathya** (Truth), **Dharma** (Right Conduct), **Shanti** (Peace), **Prema** (Love), and **Ahimsa** (Nonviolence) to acquire the eternal wealth of divine grace. Then we can become **Dhananjaya** (another name for Arjuna, the prince warrior of Mahabharata), which means 'the one who has attained complete victory over wealth.'

Just as Lord Krishna gave the Bhagavad Gita to Arjuna, Sai Krishna has given us the Sai Gita. The reader will enjoy the first discourse of this special 'Sathya Sai Gita' series, which is included in this issue. **In it, Swami makes it very simple and clear that all one needs to do to get God's infinite grace is to surrender (Sharanagathi) to Him completely.**

The five fundamental human values mentioned above are invaluable. Therefore,

the Sri Sathya Sai International Organization (SSSIO) has declared April 24, Aradhana Mahotsavam Day, as World Human Values Day in grateful memory of the life, legacy, and universal teachings of our beloved Swami. With reverence to these eternal values and to the one who propounded them, many provinces in Canada have officially declared April 24 as Human Values Day!

True Aradhana or worship is when we use our worldly wealth, resources, and talents

in the service of the Lord and the service of society. May we joyfully and willingly sacrifice our material wealth in serving the society and win the lasting wealth of God's grace!

We pray to our Lord Sai to give us strength, determination, discrimination, and dispassion to pursue the eternal and true wealth of God's Grace.

Jai Sai Ram.



Medical camps, tree-planting drives and distribution of essentials.
Ways SSSIO performs 'True Aradhana'.

Sharanagathi (Surrender)

Sathya Sai Gita – 1

In the Sathya Sai Gita, which Thirumalachar [a renowned scholar and an ardent devotee of Swami] read and explained just now, he has given My name to the “*Sathya*” (Truth) that he has experienced. **People who have seen Me are many, but those who have understood My significance are few. So, too, those who have “seen” the Gita, that is to say, read it and learned it by rote, are legion, but those who have grasped the essence are few.** Gita must be “*thagi*” [which is the reverse of the word Gita], that is to say, in Telugu, “drunk” or imbibed! Then, you become a “*thyagi*,” full of *vairagyam* (dispassion), and you are free from attachment to the sensory world. Giving up things that please and bind, that ensnare and enslave (i.e., giving up *raga*) - that is what is meant by dispassion. Another thing about the Gita is that it



“Love (*prema*) is the seed, and devotion is the seedling, the sapling. Faith is manure, company of the good is the rain, the offering of the Self is the flower, and merging with the divine is the fruit.

does not speak of the householder stage of life alone. It deals with the fundamentals of living—not limiting it to a particular stage of life but living as such and the core problems of life. It was repeated by one householder to another, so it does not prescribe the recluse’s idea of “escape.” That is the lesson given both in the Gita and this Sathya Sai Gita.

Many Read the Gita, But Few Benefit

Gita means “song.” Sri Krishna sings at Brindavan with the flute, and He sings on the battlefield, too. In both places, the call is for the particular or individual to merge with the infinite, the universal. For Him, the place of cremation (*rudrabhumi*), as well as the sanctified ground (*bhadrabhumi*) are the same; they are equally situated for imparting spiritual instruction in the form the devotee most likes, namely, song. And imagine with what concentration Arjuna heard it! His concentration was as steady as that of the cowherd girls who listened to the melody and message of Sri Krishna’s flute in Brindavan. Arjuna forgot the opposing armies, his hatred and enthusiasm for war, and became immersed in the teaching he secured from the Lord. **If you develop such one-pointedness in your own particular “battlefield,” assuredly, you can also listen to the Gita—the Bhagavad Gita or the Sai Gita or the Sathya Sai Gita—that is intended for you.** The Gita was spoken to remove the delusion caused by ignorance, and it succeeded in removing it as far as Arjuna was concerned. Others, like Sanjaya and Dhritarashtra, who also

heard it, did not benefit because they were still bound by their ignorance. King Dhritarashtra was worried all the while that the battle had not started yet and that his sons’ enemies had not been destroyed! So, he did not benefit. Many read the Gita, but few benefit from it. **You must have Arjuna’s dispassion and one-pointedness to derive benefit from the Gita. A pure heart and firm disposition of mind are essential.**

Feelings of ‘I’ and ‘Mine’ Should Go

Arjuna’s confusion was caused by the delusion of ‘I’ and ‘Mine.’ Suddenly, he began to feel that he was the killer, that he would be responsible for the death of his teachers, elders, and relations. This feeling of ‘mine’ must go; the ‘I’ has to be crossed out, and all words, deeds, and thoughts have to be dedicated to the Lord. The baby cries as soon as it is born because the individual



being has no desire to get entangled in an objective world once again. It is unwilling to come into this veil of delusion (*maya*). Science describes it as the process of breathing for the first time and the clearing of the air passage, but why should it weep? The process can be started some other way, like shaking or shivering, is it not? The weeping child must later leave this world laughing, and the worth of life is to be judged by how life ends. **Love (*prema*) is the seed, and devotion is the seedling, the sapling. Faith is manure, company of the good is the rain, the offering of the Self is the flower, and merging with the divine is the fruit.** With that ending, one must throw off this mortal coil and become free. The Gita advises action without attachment to the fruit thereof. Some *karmas* (actions) must be done as duties related to one's status in worldly life, and if these are done in the proper spirit, they will not bind at all. Perform all *karma* as actors in a play, keeping your identity separate and not attaching yourself too much to your role. **Remember that everything is just a play, and the Lord has assigned you a part in His drama.** Act your part well, and all your duty ends there. He designed the play, and He enjoys it.

Take Refuge in the Innermost Recesses of the Heart

Atma is the ocean. Nature is just a wave of that vast, ageless, boundless ocean, and the individual soul is just a droplet of that wave. You cannot give up the wave or the ocean. You can only merge the name and form of the droplet into it. Once you enter the depths of the sea, it is all calm; it is all peace; agitation, noise, confusion—all exist only on the outer waves. So also, in the innermost recesses of the heart, there is a reservoir of peace (*shanti*) where you must take refuge. There are three types of people: the lethargic (*tamasic*), who are like iron balls, impervious to any



*Kunthi prayed to
Krishna to continue
giving her and her sons
all kinds of troubles so
that they think of Him
constantly and that He
might shower His Grace
on them continuously.*

softening influence; the active (*rajasic*), who are like cotton, absorbent, but not changing their own nature; and the pure (*sathwic*), who melt at the joy or grief of others or the mention of the divine plays of the Lord, as the butter melts with heat. The sathwic dive deep into the source and spring of sympathy. Anger, envy, greed, and intolerance are all so many holes in the pot; the waters of peace, contentment, and happiness leak through these holes, and the pot becomes empty. The pot must be repaired, and all leaks must be stopped so that it may continue to be useful.

It is when you are in a desperate situation that you call upon the Lord, forgetting your pride and your egoism. The Pandavas were so full of misery in a worldly sense, yet they always had a prayerful attitude. If I had given you all the comforts and pleasures, you would not have come to Puttaparthi. Trouble is like the bait with which the fish is caught out of the water. **Kunthi prayed to Krishna to continue giving her and her sons all kinds of troubles so that they think of Him constantly and that He might shower His Grace on them continuously.**

Offer Your Egoism at the Lord's Feet

Thirumalachar called this attitude an offering of the Self (*Atma-arpana*), but the Atma is He Himself, so what do you mean by offering Him to Himself? What you should offer at His feet is your ego! Offer all the pride, all the separateness, all the delusion, all the attachment that egoism has proliferated into! That is the worship you must do. Bring to Me all the evil in you and leave it here and take from Me what I have, namely love (*prema*). **Develop the capacity to see all as "moved and motivated by the One Supreme Reality or Self."** Examine every day what you do and with what motive; then, you can pronounce judgment on your progress yourself. Select only pure motives, pure deeds. **You forgot that you are the Atma, and now you remember that you are the Atma. That is all the progress you have to make;** it all looks so easy, but it is one of the most challenging assignments. The ear is so near to the eye, but it can never see it directly!

There was a clown in a palace who always asked questions and was therefore considered a great nuisance. The king had to put up a board stating, "No questions," just to avoid him. But when the king was on his deathbed, he called him near and whispered, "I am going." The clown asked him anxiously, "Shall I order the royal chariot? The elephant with the *howdah* (seat on the back of the elephant)? The royal horse fully caparisoned? The *palanquin*? How far are you going? What is the exact place? How long will you camp there?" The clown was very clever. He knew the questions, though he did not know the answers, but neither did the king. But you can pass examinations only if you know the answers!

The Gita Helps to Control Agitations of the Mind

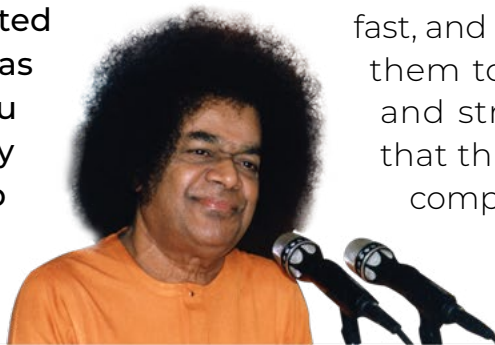
The Gita prompts you to seek the answers and directs you to experience them. It helps you control the thoughts and agitations of the mind; it destroys delusion; it develops true knowledge; it lets you glimpse the splendor of the Lord and confirms your faith. You say one moment, “Baba does everything; I am but the instrument,” and the next moment, the same tongue says, “I did this; I did that. Swami did not do this for me.” If you never slip into wrongdoing, you can always be confident of His grace. All hearts are His property; they are all His domain. But just as the aristocrat sits only at a clean spot, though the entire area may be his, the Lord will install Himself only if the heart is cleansed. The Lord says, “Where my devotees sing My glories, there I install Myself, Narada.” **I must tell you that you are more fortunate than those of previous generations. The accumulated merit of many previous births has granted you this fortune. You have got Me, and it is your duty now to develop the relationship**

with Me that you have gained by sheer good fortune.

In four or five years, you will see yogis, ascetics, and sages crowding here, and you may not have such opportunities to ask Me questions and get the answers or approach Me and directly speak to Me. So, do not be like frogs around the lotus; be like the bees that seek honey. Bananas and mangos are stored, while yet green, in straw or dried grass or in a closed room so that the warmth may ripen them quickly and make them tasty. Meditation on God, too, gives you the right condition to make you sweet and lovable.

Seven Things to be Fostered for World Welfare

Seven things must be fostered for the welfare of the world: **the cow, the spiritual aspirant or Brahmin, the Vedas, chastity, truth, non-attachment, and righteousness.** All these are now declining fast, and I have come to restore them to their pristine purity and strength. Do not think that this Sathya Sai Gita was composed by some devotee



7 THINGS MUST BE FOSTERED FOR THE WELFARE OF THE WORLD



The Cow



The Brahmin



The Vedas



Chastity



Truth



Non-Attachment



Righteousness



Pride is one of the worst sins in the spiritual field. If you feel conceited thinking you are a devotee of Lord Hari, He will “*hari*” (destroy, in Telugu) your ego, remember. Absolute surrender (*sharanagathi*) should be an attitude like that of Lakshmana.

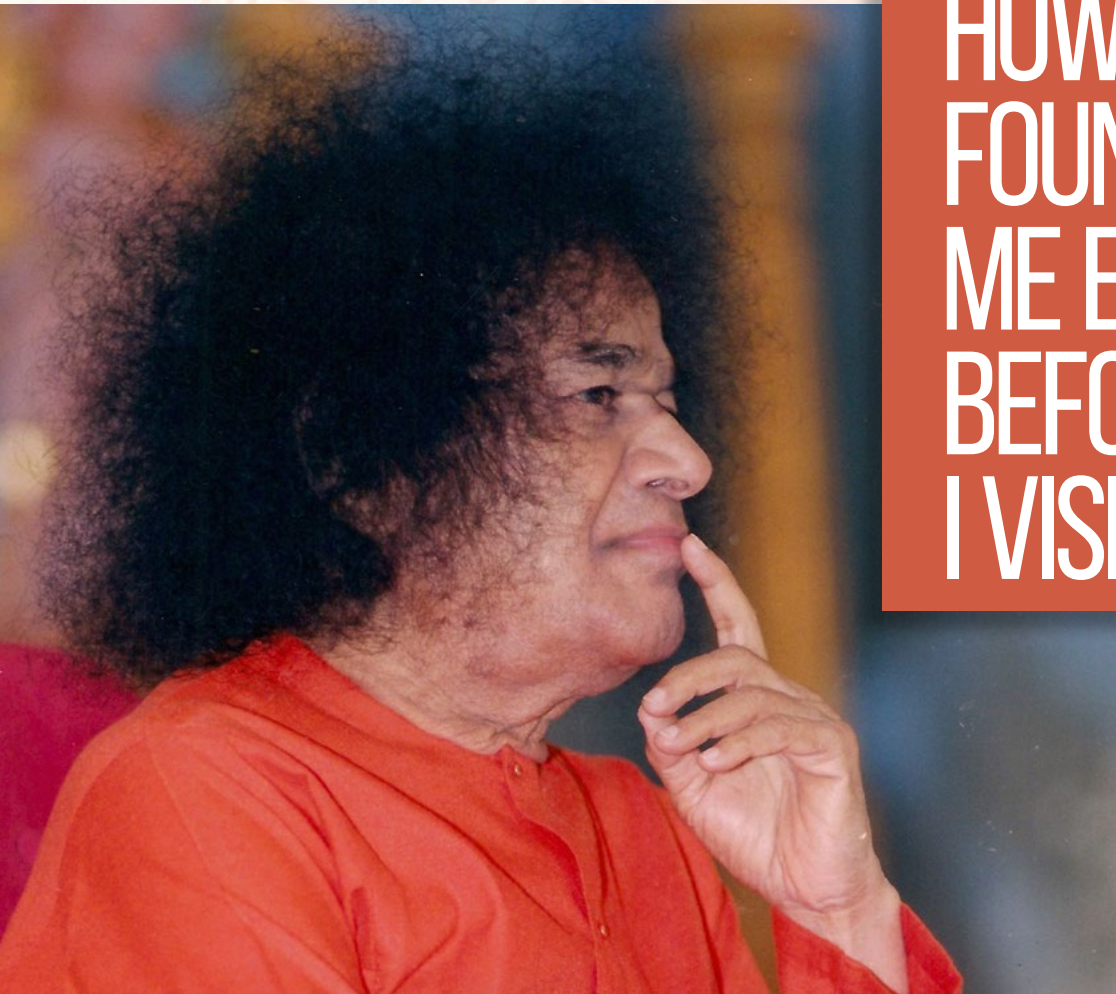
and that he reads it and explains it here. As he said, I am the inspirer, and it is for your benefit that he has summarized My teachings in this way. It is said, “*Ekam sathyam, vimalam, achalam*” (The One, the Truth, the Pure, the Immovable). Thirumalachar has collected it in his vessel, and he is giving it to you. **Of course, no one can unravel the mystery of the Lord.** Even Vishwamitra, who came to Dasaratha asking for the two boys [Sri Rama and His brother Lakshmana], extolling them as divine Incarnations, later forgot that fact and dared to teach them *mantras* (sacred chants) as if they were just ordinary disciples! He even took pride in thinking that the Lord who transformed Ahalya [an ardent devotee of Sri Rama] and released her from the curse was verily his disciple. **Pride is one of the**

worst sins in the spiritual field. If you feel conceited thinking you are a devotee of Lord Hari, He will “*hari*” (destroy, in Telugu) your ego, remember. Absolute surrender (*sharanagathi*) should be an attitude like that of Lakshmana. Rama said, “Take Sita and leave her in the forest.” Implicit obedience! There is no questioning of why! That is Lakshmana. That is *sharanagathi*; the rest deserve only *shara-gathi* (state after being hit by the arrow of Rama).

That is the genuine Gita, this lesson of *sharanagathi*. Intensify your faith, walk in the path of *dharma*, get rid of delusion and ignorance, cleanse the agitations of the mind, and know that He is the Atma and that you, too, are the Atma.

Sri Sathya Sai Baba
September 27, 1960





HOW SWAMI FOUND ME EVEN BEFORE I VISITED HIM

WE OFTEN THINK THAT WE ARE SEARCHING FOR THE GURU (teacher) and God, but actually, it is **God, the supreme Guru, who is constantly searching for a true devotee and a genuine disciple.** The events in our lives are all connected with our search for the divine, the life journey from bondage and death to ultimate liberation.

When I was about 27 years old, my sister-in-law showed me two old books that she had saved from a fire that destroyed her apartment. The books were from the library of Mr. Caesar Kaljo, my paternal grandfather. One of them, '*Kriya Yoga*,' had a thick black cover and was written in German, which I could not read. The second book in blue buckram binding, '*Agni Yoga*,' was written in Russian, and I was well-versed in it! I spent many

happy hours with the book. It opened new vistas and dimensions of the spiritual world. The book was so complex and rich that it often left me in deep thought, not allowing me to complete it in one sitting.

One day, I read a passage that said the **Golden Age of humanity—Sathya Yuga or the Age of Truth—would come again.** I was elated without realizing that all this would happen so quickly! The same book also mentions that the 'teacher' is never dormant; He comes when the student is ready. My preparation to meet my Master was undoubtedly starting.

In 1989, during summer, I was with my fiancée on the second largest island of Estonia, Muhu, working on the renovation of

On one occasion, I happened to go to the first floor of the Vedic Cultural Society publishing house. There He was! I saw a beautiful altar for Sathya Sai Baba flanked by photos of Buddha and Jesus. Candles and flowers adorned the altar, and I felt Swami had truly arrived in Russia.

wooden artifacts. Being an artist and a painter, such travel was part of my profession. There, I came across a magazine called 'AUM' in Russian, which contained an extract from the book *Sai Baba Man of Miracles* by Howard Murphet. When I read it, lightning seemed to strike the very core of my being! "This is it!" I told myself, **"Sathya Sai is the one to usher in the Sathya Yuga!"**

Miraculous Travel to Thailand and the First Sathya Sai Group in Estonia

The same summer, a couple who were our friends introduced me to a man from the University town of Tartu. He was my age and was the first person from Estonia to visit Sathya Sai Baba's *ashram* in Prasanthi Nilayam. He gave me a booklet about a human values conference that was scheduled in November 1991 in Thailand. Later, he also sent us a film on a VHS cassette, *Aura of Divinity*, by Richard Bock, which was the first video I saw on Sathya Sai Baba.

After seeing the film multiple times, I filled out the registration form and wrote a letter seeking financial assistance to travel to Thailand. After a few weeks, we received a letter from Dr. Art-Ong Jumsai from Thailand. He replied that they could not help us financially, but they prayed that we could find sponsors in our own country.

Within a week, in the capital city of Tallinn, a young man wanted to purchase a painting from me. He asked me to name any price I wanted! Feeling that this was divine grace, I named a price that was exactly the cost of the plane tickets to Thailand. The sale was quickly completed, and I bought the tickets to Thailand!

In the interim, we found out that my wife was expecting to deliver a baby soon! The delivery was due at the exact time we would be attending the EHV conference in Thailand! So, we could not travel, but what about the tickets we bought already? Swami's master plan then unfolded when we received a phone call from a friend, a Buddhist lady, who wanted two tickets to travel to Thailand. We gladly sold our tickets to her and suggested that she and her friend also participate in the Sathya Sai Education in Human Values (SSEHV) Conference in Thailand, and she agreed!

Thus, two Estonian Buddhist ladies had a chance to participate in the First SSEHV Conference in Thailand. When they returned, they brought back many books, *bhajan* tapes, and conference materials. How happy we were to welcome all these materials with love along with our newly born son!

We also started learning *bhajans* and singing at home. Soon, more young people joined our group, and thus began the **first Sathya Sai Group in Estonia, which was officially affiliated with the Sri Sathya Sai International Organization (SSSIO) in April 1992.**

SSSIO Enters My Life As I Enter SSSIO

Before the official affiliation of the first Sai Group, I regularly traveled to St. Petersburg in Russia. There, I would visit the Vedic Cultural Society in search of spiritual books. I was excited when I found books on Sathya Sai Baba. I began to purchase those books for distributing them to many bookstores in the country. On one occasion, I happened to

go to the first floor of the Vedic Cultural Society publishing house. There He was! I saw a beautiful altar for Sathya Sai Baba flanked by photos of Buddha and Jesus. Candles and flowers adorned the altar, and I felt Swami had truly arrived in Russia.

I soon found out that regular *bhajans* were conducted at the homes of devotees in Russia. Once a week, there was a big gathering at the Sai Centre hall. **By the beginning of winter in 1991, the first Sathya Sai Center in Russia was inaugurated in St Petersburg.** Mr. Bernhard Gruber from Germany, the Regional Coordinator of the SSSIO, delivered the inaugural address, followed by talks by others, including the first Center leader, Mr. Sergey Neapolitansky.

It was at this meeting that Mr. Bernhard Gruber asked me if I would like to be a contact person for devotees in Estonia. I gladly accepted the offer. **That is how I came into Swami's fold and became an integral part of the SSSIO, even before I saw Swami physically!**

Lord! Make Me Thy Instrument

One day, I was blessed with a dream about Swami. I entered a dimly lit hall, and Swami

invited me to the other side of the big room. He showed me some discarded clothes in a container and said, "You certainly did not come after this paltry thing!" I agreed mentally. I wanted Him and Him alone. Inviting me to the other side of the hall, where there were some wooden seats, He sat on one of them and invited me to sit by His side. Looking sternly into my eyes, He said, "I want a painting!" I wondered what painting He wanted. When I started to talk about one of my sea paintings, He said, "I know, it is quite a wet picture!" The dream ended there.

Soon, Swami began to show His presence at our home. We had a visitor at home, a lady seeking books on Swami. We gave her Samuel Sandweiss' book, *Sai Baba: The Holy Man and The Psychiatrist*. The visitor's husband, Mr. Roland Viru, met with me to discuss an idea he had been inspired by. He owned an old community center on the island of Abruksa, built in the Soviet era to accommodate 150-200 people. He was renovating it, and he wanted a giant mural on the wall. Would I be willing to paint it? I excitedly narrated my dream to him, and we both were convinced that we were the instruments in Swami's master plan.



A devotee poses with the mural painted by Mr. Enn Kaljo

I put all my mind, heart, and soul into creating the painting. **The ideas flowed by His grace, and I felt like a mere brush doing the work of my Master.** I started with a small-sized drawing on paper and then transferred that inspiration to the wall. That was my *sadhana* for weeks. My whole being was immersed in it. Barely 30 people lived on the island, but still, many times, devotees would come to see the painting coming to life. We also had a summer camp with Sai Spiritual Education (SSE) children and conducted *bhajans* in the hall.

The hall was formally inaugurated on October 10, 1995, with devotional singing, chanting of auspicious *mantras*, and ceremonial cake cutting. I felt fulfilled and blissful.

The First Darshan and...

By 1995, Swami's mission in Estonia started blossoming. We already had four Sathya Sai Centers in Estonia—in my hometown, Kuresaare; in Tartu; in the capital city, Tallinn; and there was a Sai Group in the town of Paide. Many devotees visited Prasanthi Nilayam often, and Swami blessed some of them with interviews. These were events of enormous magnitude for the devotees of Estonia to receive Swami's love and blessings. Everyone began dreaming about an interview with Sathya Sai Baba.

A major international conference of the SSSIO had been planned, coinciding with Swami's 70th Birthday celebrations. That was my first trip to see Swami in India with the Estonian group, although I often felt His presence in Estonia even before this pilgrimage. It was a miracle that we found accom-



modation and had a comfortable stay in Puttaparthi despite the surging crowds. **But the most significant experience for me, needless to say, was my first darshan of my beloved Lord!**

We were seated in the Sai Kulwant Hall when the *darshan* music started. It was not the Indian classical music that I had expected, but it was music composed by a modern Japanese composer, Kitaro! It was from the album *Kojiki*, a tape I had back home and which I would listen to for long hours. The familiar tunes pressed deep emotional buttons within me, and my eyes welled up with tears. I could not control them. At this time, Swami came near me. I looked at Him with gratitude as my heart wanted to jump out and embrace Him. Right then and there, it was as if I was reborn by the grace of His *darshan*.

Even now, as I close my eyes, I can see Him in that beautiful form wherever I am. That one *darshan* is miracle enough. Life has never been the same ever since.

Mr. Enn Kaljo
ESTONIA



Mr. Enn Kaljo was born and grew up on Estonia's largest island, Saaremaa. He started drawing pictures in early childhood. He has worked as a freelance painter, artist, nature conservation planning expert, and translator of spiritual books. He owns a small business dealing with organic food products and cosmetics.

After coming to Swami, Mr. Enn Kaljo has served for over thirty years in the SSSIO and held various positions in the past, including center president, educational coordinator, National Council president, and Public Outreach Coordinator for SSSIO, Zone 7 (Northern Europe).



THE JOURNEY:

PLEASURE IS AN INTERVAL
BETWEEN TWO PAINS

WE HAVE COME TO REALIZE THAT LIFE IS INDEED A JOURNEY. Life is a journey towards Self-realization that is not easy to understand and sometimes difficult to endure. It is a journey that could be as bumpy or deceptively as smooth as it can be. Sometimes, there is not enough time to recover from one bump before a second bump hits you. The intervals between joy and sorrow are so short that there is no time to feel the pain or the pleasure. But in all that, **Swami is with us, constantly guiding us like a steadfast friend.** Such was our experience during our visit to India in 2010.

An Omen

Our daughter was about to get married, and so we embarked on a journey to India with the sole purpose of receiving blessings from her 91-year-old paternal grandmother. I arrived a little early to do some shopping and personally invited all the family members to the wedding. My husband and daughter were to join me a week after I arrived in

Only with Swami's grace can we remain balanced in all the joys and sorrows of our lives and be a *Sthithaprajna* (person with equanimity).

India. A few days after my arrival, I was hit with the sad news of the sudden death of my sister-in-law's husband. It was an unexpected but peaceful death for a 75-year-old healthy man who had just finished a game of tennis and returned home to rest. However, little did he or anyone else at that time realize that he was heading to his true home for eternal rest! I watched my sister-in-law brave the shock of the sudden loss of her life partner of 50 years. It amazed me that she was so composed and poised, and she handled herself with great dignity. She

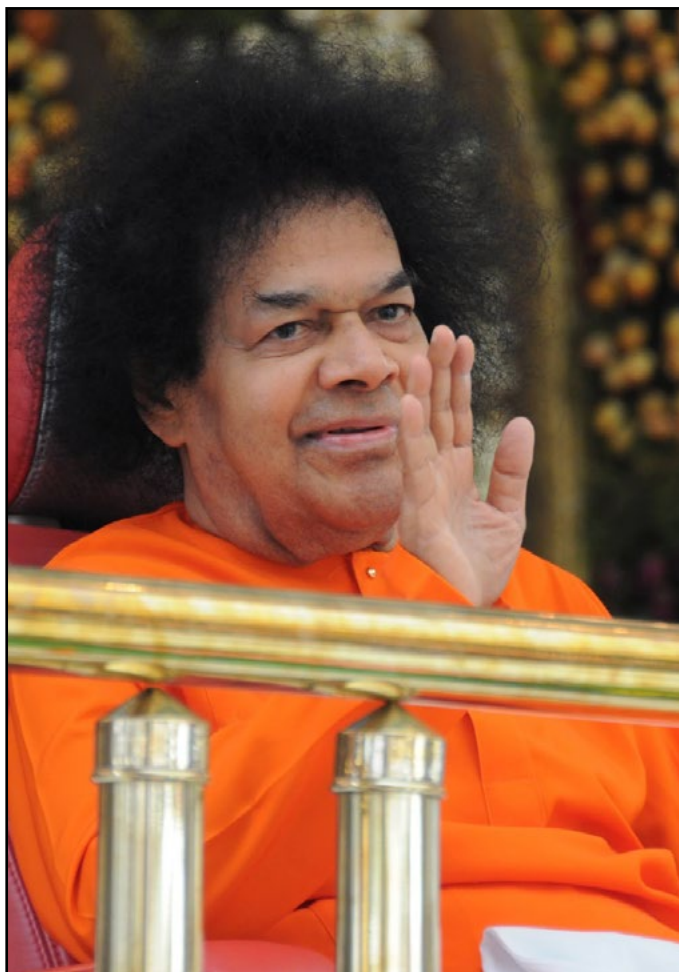
obviously had a better understanding of the true meaning of life, that we are made of the five elements that ultimately return to their native state.

Blessings And Departures

My husband and daughter joined me a week later, and we visited my mother-in-law in Hyderabad to seek her blessings for the bride. She was amazingly healthy for a 91-year-old, with all mental faculties intact, with the only signs of age being her impaired vision and hearing. After receiving her blessings, the next morning, we flew from Hyderabad to Bangalore to head out to Puttaparthi and receive Swami's blessings. Unfortunately, within minutes of our landing, we received the sad news that my mother-in-law had moved on to her final resting place. The news of her death was hard to absorb. We hadn't the slightest clue that she would leave us so suddenly and without warning!

We wondered whether to return to Hyderabad or proceed as planned to seek Swami's blessings for our daughter. She had a flight back to the United States from Bangalore, and my husband had a speaking engagement at the Sri Sathya Sai Institute of Higher Medical Sciences that afternoon. With heavy hearts, we continued on our journey to see Swami. The mixed emotions were unbearable.

In His infinite grace and love, Swami accepted the *Save-The-Date* Card from my husband for the wedding. He started opening the card as His vehicle passed by



in front of our daughter, who was seated wearing her bridal sari and anointed with *haldi* (turmeric) and *kumkum* (vermillion), ready for His blessings. She saw Him glance at her as **He opened the card and blessed her with ‘Abhaya Hasta,’ the compassionate hand gesture of blessing and protection.** Our daughter’s joy knew no bounds. Later that night, she left to go back to the USA, very happy and content. However, deep down, she was saddened by the loss of her beloved grandmother.

Intervals Between Pains

We flew back to Hyderabad and faced the challenge of breaking the news of the death of my mother-in-law to her 71-year-old son, who was on oxygen support at the hospital for a while. He had lived his entire life with his mother. It was Swami’s grace that the attending doctor did a marvelous job of informing him. He also permitted him to leave the hospital briefly in an ambulance to view his mother for one last time! But he could not perform the last rites, and that duty fell upon my husband, who performed them with a heavy heart.

Within a few days after returning to the USA, we received more sad news that my brother-in-law, too, had passed away! This was right in the middle of our preparations for the wedding. We rushed back to India to be with my brother-in-law’s family since he was very near and dear to my husband.

Having comforted the family, we returned to the USA to resume preparations for the marriage. That was when we met with a severe car accident. The accident was so bad that our car got *totaled* (rendering the car unusable). But Swami’s grace was such that we emerged unscathed. It was a true miracle. We had Swami’s pictures, CDs, tapes, and even *vibhuti* in the glove compartment. That is when we truly realized the meaning of Swami’s statement that pleasure is merely an interval between two pains.

The marriage of our daughter took place as planned. In His infinite grace, Swami surrounded us with loving friends who provided much help, family support, and teamwork. The divine hand played throughout the wedding, with all the intricate details of a traditional Telugu wedding carried out



The author standing and prostrating to Bhagawan Baba during darshan.

to the smallest detail. The stellar execution of the ceremony elicited compliments, such as “magical”, “superb”, and “dream wedding.” To our great joy, Swami sent His ambassadors, Prof. and & Mrs. Anil Kumar, to grace the wedding. Their presence was the icing on the cake for us. They lovingly played the role of the bride’s party and treated all our guests as gracious hosts. **Swami’s blessings and guidance and His unseen hand in the events were self-evident!**

The Journey continues...

Only with Swami’s grace can we remain balanced in all the joys and sorrows of our lives and be a *Sthithaprajna* (person with

equanimity). We feel that He has been with us throughout. He has surrounded us with loving friends and family to help us remain calm and discharge our duties to the best of our abilities, and He will take care of the rest. We thank Swami for being with us through our bumpy ride and beyond. **We realized that HE has been with us throughout our lives, in good times, hard times, sad times, and other times.** We march forward with confidence for the rest of our lives, knowing well that He is always with us.

Mrs. C. Ashalata Ram
USA & INDIA



***Mrs. C. Ashalata Ram** was a registered pharmacist by profession. She was an SSE teacher at the Sri Sathya Sai Center of Dallas during its formative years. She was actively involved in the Center’s various activities to sustain and promote Swami’s mission for the betterment of humanity. She has a passion for community service and has served in several organizations as a volunteer to strengthen our culture and tradition.*

*P*leasure is an interval between two pains. There cannot be happiness without difficulties. These difficulties are meant to give you happiness, and not to make you miserable with more sorrows. Hence, whatever comes to us, we should consider it as God’s gift and be happy. We should not consider that it has been given to us to make us suffer. Suppose you have pain in the stomach. What will the doctor do? If he performs an operation, it is not for causing pain to you. The pain that the doctor causes is to remove your suffering. Hence, one should bear difficulties and overcome his sorrows.

Sri Sathya Sai Baba
December 15, 2008



Ego is the Root Cause of All Troubles

Education is complete when one is
perfectly clean in-wardly and out-wardly

Ignorance is the greatest curse in life

Ignorance is the greatest burden in life

Ignorance is the greatest darkness in disguise

Ignorance causes misery in life

'Blind' is not he who does not see

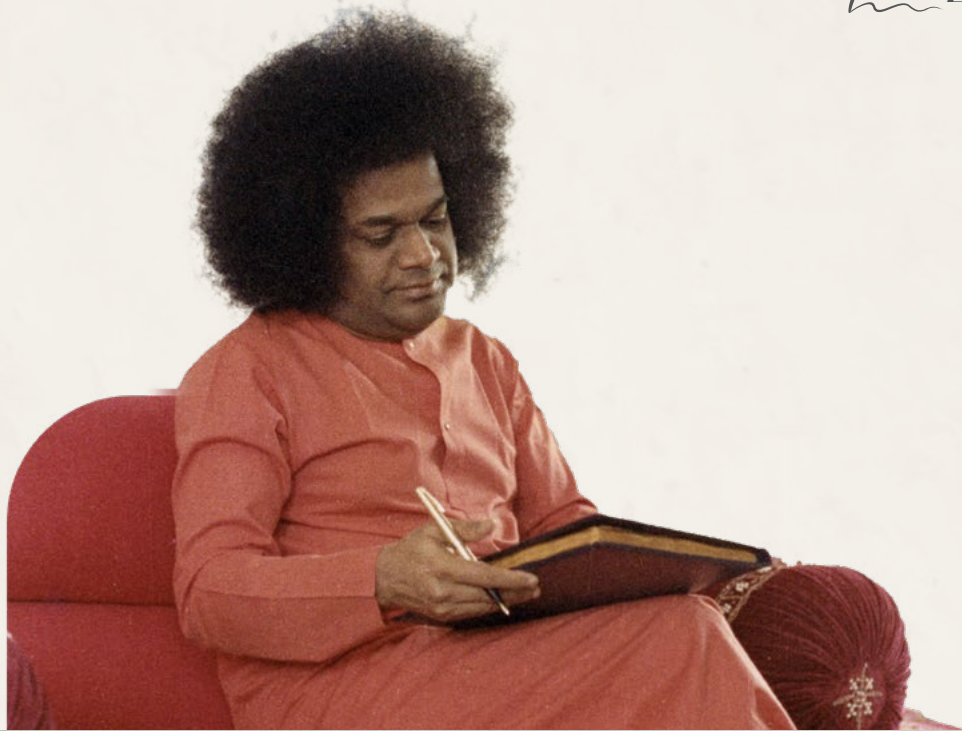
'Blind' is he who is disinclined to see

'Ego' is the root cause of all troubles

Let the ego go; gone all our troubles

With Love

Baba



Education is complete when one is
Perfectly clean in-wardly and out-wardly
Ignorance is the greatest curse in life
Ignorance is the greatest burden in life
Ignorance is the greatest darkness in disguise
Ignorance causes misery in life
Blind" is not he who does not see
Blind" is he who is disinclined to see
Ego" is the root cause of all troubles
let the ego go; gone all our troubles

With love

Bala

A PARAGON OF **LOVE & SERVICE**

SATHYA SAI SCHOOL-UTHIRU, KENYA



On March 10, 1997, several devotees of Bhagawan Sri Sathya Sai Baba from Kenya, including Africans, Asians, and Europeans, established the Sai Spirit of Love Children's Home Trust in Nairobi. This was the brain-child or labor of love of devotees from the Sathya Sai Baba Centre of Dwaraka Maayi, who had initiated a **flagship project called 'Sathya Sai Home' in Uthiru, on the outskirts of Nairobi.**

Two years before, in 1995, a compassionate devotee, Ms. Margarita Hawley, had been deeply moved by the plight of the destitute children. With a loving spirit, she began providing them with essential provisions and a secure shelter. Over time, the 'shelter' evolved into a home offering children not just shelter, food, and clothing but also a holistic spiritual and academic education. **Sathya Sai Education in Human Values (SSEHV) and the singing of Sai Bhajans became the bedrock of sustenance for the children.**

The newly formed Trust set up a school, which rapidly expanded each year to become a full-fledged primary school in Uthiru. Recognizing the financial challenges in Kenya, the Sathya Sai School offered education to more than 150 impoverished children from the surrounding communities, fostering a strong bond between the school and neighboring communities.

The Transformational Power of God and Love

Swami says, *"Love is God. God is Love. Live in Love."* These are simple, concise statements that contain profound solutions to

the world's problems! The impact of this school on the region exemplifies this.

Ms. Margarita Hawley played a crucial role in rescuing vulnerable children from difficult situations. In the early years street children arrived at school, sniffing glue as substance abuse, and armed with knives. It was purely Swami's love flowing through her and the staff that encouraged them to abandon these harmful habits and embrace a new way of life centered around spirituality.

The principal, Mr. Daniel Otieno, a Kenya University graduate, underwent training sponsored by the Trust at the African Institute of Sathya Sai Education in Ndola, Zambia, and received an SSEHV

Diploma Certificate from the divine hands of Swami Himself in November 2001. The greatest challenge at the school was to rekindle the sense of loving trust in humanity in children who had endured unimaginable hardship and had grown accustomed to cruelty and indifference in their daily lives.

But Principal Otieno marveled at the profound change witnessed in these children, attributing it to the transformative power of Sri Sathya Sai Baba's teachings and His unconditional love. **The joy they experienced during devotional singing sessions, infused with a newfound warmth and spiritual connection, marked the beginning of their inner healing journey.** As they opened up to the possibility of divine grace, their hardened hearts gradually softened, forging deep bonds of love and trust.

Medical care is a cornerstone of this project, with two doctors offering their services free of charge. The children receive top-notch



healthcare even for serious illnesses like leukemia and tuberculosis. The devotees too have made this school a center for their spiritual progress, regularly visiting it and organizing various activities, including *bhajans*, SSE classes, and youth activities.

Slowly but steadily, the children who were trained in SSEHV have emerged as shining examples of resilience and hope. Many have pursued higher education, expressing gratitude for the transformative impact of Swami's teachings on their lives. The children actively participate in Sai *bhajan* sessions every Saturday and frequently showcase their talents by singing at various events in Nairobi. They also serve as Seva Dals (volunteers) during seminars, workshops, and other activities of the Sri Sathya Sai International Organization (SSSIO).

Despite the challenges posed by poverty, orphanhood, or single parenthood, the students' academic performance has improved remarkably over the past decade. The local Kenya Certificate Of Primary Education examination results bear witness to this improvement, **showcasing the transformative power of values-based education in overcoming adversities.** Many of the alumni, once devoid of hope for an education, have not only graduated from universities but also

The accreditation by the SSSIO Education Committee in 2017 stands as a testament to the school's commitment to excellence, adhering to Sai principles in education.



become self-sufficient, generous contributors to the communities and model citizens.

During the COVID-19 pandemic, the school teachers demonstrated unwavering dedication by undertaking *Grama Seva* (village service), which involved delivering supplies to the elderly in nearby villages. Over 5,400 food hampers were distributed twice a week for six months, ensuring the well-being of vulnerable community members. Additionally, the school continues to support elderly families with food rations and essential supplies, demonstrating a commitment to holistic community care.

Looking back, one realizes that the school has played a key role in providing a platform for children, teachers, and administrators to experience Swami's love and learn from His teachings. It is actually Swami's divine intervention that catalyzes their remarkable metamorphosis, inspiring them to grow spiritually, reach higher achievements, and strive for a positive change in the world.

A Remarkable School Formed by Remarkable Individuals

In 2007, under the able leadership of Mr. Victor Krishna Kanu, the Sathya Sai School (Uthiru) Trust was established. At the heart of the Trustees' and Board of Management's vision lies the aspiration to elevate the Sathya Sai School into a paragon of primary education, where **values-based learning is integrated with academic excellence and character development for the benefit of every student.** As Swami says: *The End of Education is Character.*

Currently, the school benefits 170 pupil upto Grade 6, nurturing young minds at various stages of their academic journey. A team of ten dedicated full-time teachers, led by the headmaster, Mr. Sam Mwangi, alongside six supporting staff members, ensures the school remains pristine and conducive to learning.



Under the diligent oversight of the Board of Management and the inspirational leadership of the Chairman, Mr. Nimesh Shah, the school echoes the visionary ideals of its founder, Bhagawan Sri Sathya Baba. It operates with the guiding principles of authenticity, accountability, and service. Nine teachers have undergone comprehensive training in Sathya Sai Education in Human Values



Embodying the ethos of “Love All Serve All,” the pupils and teachers engage in various community service initiatives and physical fitness activities.

(SSEHV) workshops, with diplomas at the primary level. Newly recruited teachers also undergo training during mid-term holidays and breaks, ensuring their alignment with the values-based education system. Headmasters and teachers play an important role at the school. Integrated with Sai values-based education are their teaching skills and loving care help the children’s upbringing. With love, they guide the children through distress and pain, transform them, and build their character to its highest potential.

An Opportunity to Participate in Selfless Service

Inspired by Swami’s pronouncement that access to medical, educational, and social welfare services is the birthright of every individual, the school is dedicated to providing underprivileged children with free education and food. Through a meticulous vetting process, children facing genuine hardships are given priority for enrollment, ensuring that their educational and spiritual needs are fully addressed.

Word of the school’s success has spread far and wide, leading to a significant surge in enrollments from many segments of society. The accreditation by the SSSIO Education Committee in 2017 stands as a testament to the school’s commitment to excellence, adhering to Sai principles in education. The school’s infrastructure is constantly improving, with better kitchen and toilet facilities being the latest enhancements. **Embodying the ethos of “Love All Serve All,” the pupils and teachers engage in various community service initiatives and physical fitness activities.**

As people around the world witness the shining example set by the Sathya Sai School in Uthiru, they are inspired to be a part of this positive movement. Whoever happens to travel to Nairobi should make it a point to visit this school and immerse themselves in the healing and rejuvenating power of love and selfless service.

For further information, the reader is encouraged to contact the school at info@blisskenya.com or Mr. Nimesh Kumar A. Shah at +254723905342 (WhatsApp).

LOVE IN ACTION



BENIN

Launch of Hypertension Clinic on Aradhana Mahotsavam Day, April 2024

An SSSIO team of five physicians and three volunteers from Botswana, Kenya, New Zealand, the UAE, and the USA traveled to Benin in June 2023 to provide good quality medical care to the needy with love and compassion. They treated over 2,500 patients in Nigeria and Benin. During the camps, many miracles of love occurred, which resulted in healing and upliftment not only for the patients but also for everyone, including doctors, volunteers, administrators, communities, and the political establishment.

The inspiring service and labor of love resulted in the establishment of a Permanent Blood Pressure Clinic, which was inaugurated on April 24, 2024, coinciding with Sri Sathya Sai Aradhana Mahotsavam. This was done in response to the acute need of underserved patients with extremely high Blood Pressure who were unable to purchase costly medications. The SSSIO medical team has been able to procure these medications at a very low cost and intends to provide them free of charge for the long term.

A nurse will dispense the medications via tele-medicine on a monthly basis under the super-



vision of SSSIO doctors. The members of Sri Sathya Sai Center at Attibaji, Abomey, Benin gratefully assumed the responsibility and privilege of serving in the clinic. Local patients rejoiced with gratitude for the gift of this permanent clinic for their hypertension-related healthcare.

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



FIJI

Sri Sathya Sai Gastroenterology- Endoscopy Unit

Conforming with Swami's principle of providing free, high-quality healthcare to the needy, the SSSIO medical team started specialist endoscopy services in Fiji in March 2024 within the vicinity of the pre-existing Viseisei Sai Health Centre. This is an evolution of the regular medical camps conducted in Fiji for several years. Such specialist services are needed in many countries in different fields.

The goal of this program is twofold. The first is to encourage diverse specialists (from different



fields) in the SSSIO to provide continuity of care to patients in various countries. The second is to provide several other free outpatient-based subspecialty services in the future.



CANADA

Human Values Day on Sri Sathya Sai Aradhana Mahotsavam

The SSSIO has declared April 24 as World Human Values Day in grateful memory of the life, legacy, and universal teachings of its founder, Sri Sathya Sai Baba. We celebrate this occasion by intensifying our practice of the five cardinal human values—truth, righteousness, peace, love, and nonviolence—for our spiritual awareness and to uplift our families, communities, and the whole world.

In Canada, the significance of Human Values Day is underscored by the fact that several provinces—including Alberta, British Columbia, Manitoba, New Brunswick, Nova Scotia, and Newfoundland and Labrador—along with over 300 municipalities, have already declared April 24 as Human Values Day in past years. This year, the momentum continues, with several municipalities and provinces in Canada proclaiming April 24 as Human Values Day. This inspiring initiative, which aims to transform society, has gained traction since the first Walk for Values was organized in 2003 by the Sathya Sai School of Canada in the community of Malvern in northeast Toronto, Ontario. It has now become



an annual feature across many communities in Canada and was celebrated on April 24 this year at the Sathya Sai School of Canada.

Human Values Day website:

<https://humanvaluesday.com>



BRAZIL

Walking the Talk on Human Values

Celebrating World Human Values Day, the Sathya Sai School in Vila Isabel held its traditional walk for Values through the streets near the school. The students distributed the souvenirs they had made over several days to people along the route with hugs, smiles, and songs. The beautiful sunny day got brighter with the energy and joy emanating from the children, which filled everyone's heart with joy! The children said the best thing about the day was being together and seeing lovely smiles on people's faces from the hugs they received.

Everyone understood the immense value of walking the path of human values! The event served as a powerful reminder, leaving the community enlightened and appreciative of human values.



TRINIDAD & TOBAGO

Walking for Values

The Longdenville Sathya Sai Primary School held its second Walk for Values, with the theme, "Non-Violence begins with me," in collaboration with the SSSIO of Trinidad and Tobago. Designed to raise awareness and urge everyone to practice human values in daily lives, the activity inspired the participants to take the pledge of non-violence and walk from the Santos Recreational Ground, Longdenville, to the Sai Nilayam, headquarters of the SSSIO of Trinidad and Tobago. About 400 people carried banners and placards with messages of non-violence. The event was witnessed and endorsed by Members of Parliament and their teams. The participants left the event with a renewed sense of duty to practice non-violence in thought, word, and deed.





BOSNIA AND HERZEGOVINA • CROATIA • FRANCE • GREECE • IRELAND • ISRAEL
ITALY • MACEDONIA • ROMANIA • SERBIA • SLOVENIA • SPAIN • SWITZERLAND • **UNITED KINGDOM**

UNITED KINGDOM

1969

Weekly Sai Meetings were held at 'Om Sai', the residence of Mr. and Mrs. Sitaram, in Pinner, London, where Mr. Sitaram conducted Sai Bhajans.

Swami instructed Mr. Sitaram to start the first Sri Sathya Sai Center in the UK and Pinner Centre was inaugurated on Rama Navami Day, March 27, 1969.

Soon thereafter, several other groups and centers formed in other parts of the UK.



Mr. and Mrs. Sitaram with Swami in India, 1968

1970s

The Pinner Sai Centre eventually moved to a larger venue as the number of devotees increased greatly.

Swami instructed Mr. Sitaram to start *Bal Vikas* (Sai Spiritual Education) in the UK in 1974. Classes started with about 12 children.

1980s

In 1981, Sai Spiritual Education (SSE) Gurus attended an international training at Prasanthi Nilayam, and adopted a curriculum consisting of the five teaching techniques of Prayers, Meditation, Group Devotional Singing, Story Telling, and Group Activities. The SSEHV program was started in 1981, and the first National Bal Vikas (SSE) Committee was formed in 1982.

in 1985, around 500 delegates from 19 countries attended the International Conference on SSEHV held at the Froebel Institute in London.



Mr. Sitaram with Swami at the World Conference



UK Children presenting a drama in Prasanthi Nilayam, 1981



SSE Children presenting a play at Pinner Centre, 1996



Physicians from the UK have organized numerous medical camps in several countries.



SSEHV Holiday School in Wembley

1990s

Medical camps had been organized in countries including India and Ghana in the 1980s, and continued to be held in the 1990s in Afghanistan, Bangladesh, Pakistan, Russia, Sri Lanka, and Zambi.

This program continued into the 2000s expanding to countries such as Guyana, Kenya, Malawi, Poland, Philippines, Sierra Leone, and Ukraine.

National trainings were undertaken by SSE teachers in 1999 on *Bhaja Govindam* and *Bhagavad Gita*, based on Swami's discourses and writings.

2000s

By 2005, the SSEHV program held 14 'Holiday Schools' (five days of extracurricular activities for children during school holidays), 9 parenting courses, and staged 19 other values events in the community including five exhibitions around the UK.

SSEHV training workshops were conducted in UK and Ireland, as well as Canada, Dubai, Israel, Egypt, and Morocco.

SSE Teacher trainings were held on topics such as 'Atomic Science, Atmic Science' and 'Brahman: the Ultimate Reality.' Parenting study circles were also started.

2019

The Golden Jubilee celebration was held on April 13, 2019 commemorating 50 years since Sri Sathya Sai Centre Pinner was inaugurated in 1969. The program consisted of talks by senior devotees, talks by senior devotees who narrated their early memories and experiences, songs by young adults, as well as vocal and dance performances. Many devotees who had been part of the center since its inception joined the celebration to offer their gratitude to Bhagawan.



Golden Jubilee Celebration of Pinner Centre

2021

SSE children participated in the online SSSIO Guru Poornima program about the nine forms of devotion.

Special guest Dana Gillespie performed at the Pinner Centre during Sri Sathya Sai Baba's 96th Birthday Celebrations.

2023

The grand Guru Poornima celebrations at the Pinner Centre in July 2023 included international speakers, panel discussions, and cultural programs.



Dana Gillespie at the 96th Birthday program



Multi-faith Human Values Day, 2014



Overseas Medical Camp in Russia, 2019

Guru Poornima celebrations, July 2023



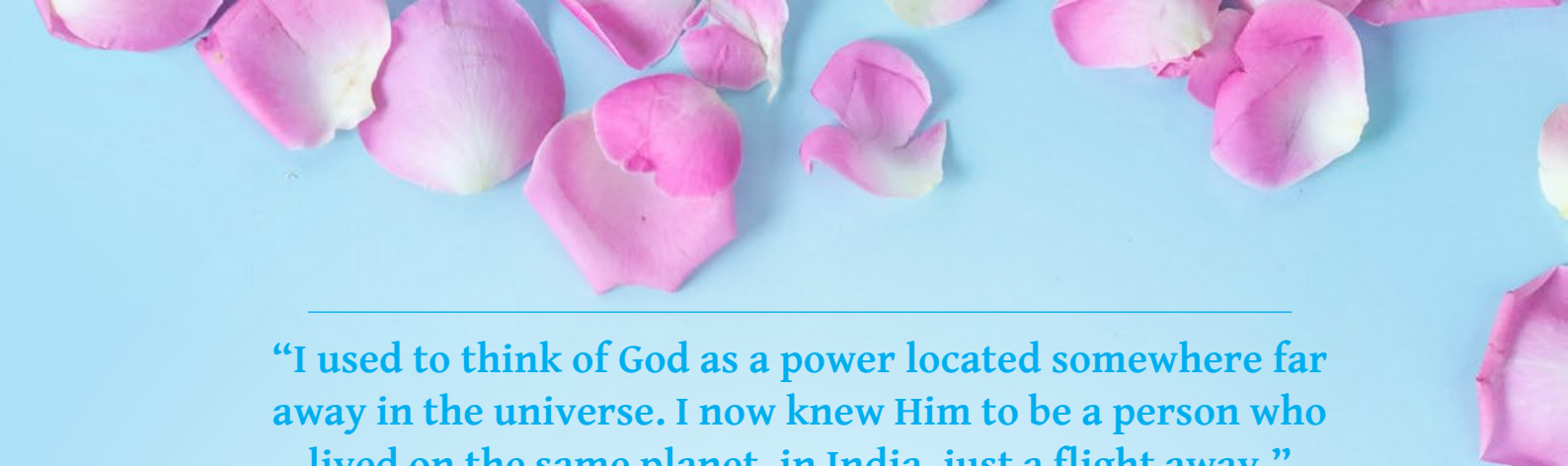
The Evolving Faith

I WAS FORTUNATE TO HAVE BEEN BORN INTO A SPIRITUAL FAMILY that has faith in Bhagawan Sri Sathya Sai Baba as Guru and God. I grew up attending the *Bal Vikas* (Sai Spiritual Education) Program from the early age of five. Growing up, most of my weekends were spent engaged in bhajans, service, satsang, and other spiritual activities. We would also host devotees and spiritual teachers from India at our home in Los Angeles when they came to visit the USA. **I can thus say that I had faith in Swami being God even before I saw Him in physical form.** In fact, I was about 12 years old when I saw Swami for the first time.

The First Experience

My brother had the opportunity to speak to Swami during one of his visits to Puttaparthi, and he asked Swami to perform his thread ceremony (Upanayanam). Swami graciously agreed. So, our entire family, along with a few relatives from India, gathered in Puttaparthi for the ceremony! Swami kept His word (as always) and called us in for an interview. In the interview room, He performed my brother's thread ceremony. Apart from the actual ceremony, I have fond memories of Swami's light-hearted jokes and Swami laughing so hard that tears rolled down His face!

During that interview, Swami waved His hand and materialized a beautiful silver pendant for my younger sister. She reacted in a totally unexpected manner, innocently asking Swami, "Where is the



“I used to think of God as a power located somewhere far away in the universe. I now knew Him to be a person who lived on the same planet, in India, just a flight away.”

chain?” Swami immediately took it back and held it in His clenched fist. Then, He blew on it, and when He opened His fist, there was a linkless chain into which the pendant had been threaded! He blessed my delighted sister by putting it around her neck.

It was an amazing experience to watch this up close. Now, I got all ready for my turn to receive something from Him as I thought, naturally, I would be next. I sat up straight and alert in eager anticipation. Swami continued to speak, and I hoped that He would not forget that He had to give me something, too. That's when He looked at me and said, *“I sent you a necklace through your friend. You just put it on a shelf and left it there!”*

My mind flashed back instantly to a few months prior when one of my friends had visited Puttaparthi. I had asked her to get me a chain with a pendant of Swami on one side and Shirdi Baba on the other. She did get it for me, and I wore it for a few days before removing it and leaving it on a shelf—just as Swami had said! I was shocked! **This was my first trip to see Him, and I wondered how He could know something that nobody else knew.**

Witnessing His omniscience and omnipresence was reinforcing. I used to think of God as a power located somewhere far

away in the universe. I now knew Him to be a person who lived on the same planet, in India, just a flight away.

Think of God, and He Responds

Years later, when I completed my medical college and residency training, I wanted to go to Puttaparthi and seek Swami's blessings before I started my career. I got the opportunity to work at His General Hospital for two weeks. It was an amazing experience, and **I learned the ‘Sai way’ of lovingly interacting and providing care for patients.** I heard many wonderful stories about Swami's visits to the hospital, too. A desire arose spontaneously in my heart, and I said, “Swami, I see You daily in different ways in the hospital. Before I leave, I want You to come and see me! After this, I am returning to the USA to start my career, and I want this as a sign from You to bless me as I begin my medical career.”

What began as a desire for me to have His darshan had turned into my desire for Him to have my ‘darshan!’ But the heart wants what it wants. The next day, I was walking to the hospital for my afternoon shift wearing my doctor's white coat with the stethoscope around my neck. Suddenly, there was a commotion, and I learned that Swami's car was coming. I quickly moved to one side and, luckily, by Swami's grace, it was the side on which He was seated in His red car.

As the car passed by me, Swami looked straight at me. He saw me in my doctor's attire, smiled, and raised His hand in *Abhaya-hasta* (blessing hand gesture). The speed of His response thrilled me and reinforced my faith and awareness of His omniscience. **I realized that God was not just a flight away but just a thought away from me always!**

His Presence is Eternal

The year 2011 was an unforgettable (or shall I say forgettable) experience for all of us Sai devotees. Swami chose to leave His physical frame on 24th April, and it struck me hard. First of all, I feel immense gratitude that He allowed me to see Him, touch Him, and speak to Him—*darshan*, *sparshan*, and *sambhashan*. As a child, I always thought that the third and the last word was 'combustion' and not '*sambhashan*' as I could not remember the word. I realized later that when we internalize and see Him, touch His feet in our hearts, and have that constant dialogue with Him, He combusts or burns mountains of our sins, ego, and karma.

Years later, when my son was born, I thought that he would never get to experience those blessings—seeing Him, touching Him, and speaking with Him. Then, a

prayer emanated from my heart for my son. In 2023, my son had a school assignment to make a presentation on any holiday that he celebrated in his country of ancestry. He chose Ugadi, which is the new year for the Telugu and Kannada-speaking people of South India.

After that day's school, I asked my son, "So, how was it? How did you do?" His reply baffled me, "Oh! It went very well. And Baba came to my class today." It turned out that for every festival that was presented, the teacher also played a relevant video with more information about the festival. After my son had spoken, the video the teacher chose just happened to be on Ugadi celebrations from Puttaparthi, with Baba blessing the devotees. All those present in the classroom had His darshan, heard His words, and experienced Him!

I realize now that He is everywhere and verily within each and every one of us.

It has been a memorable journey in my faith so far, from God being in this enormous universe somewhere to Him being closer, in India, to Him being the closest one, right in my heart!

Dr. Sridevi V. Upadhyayula
USA



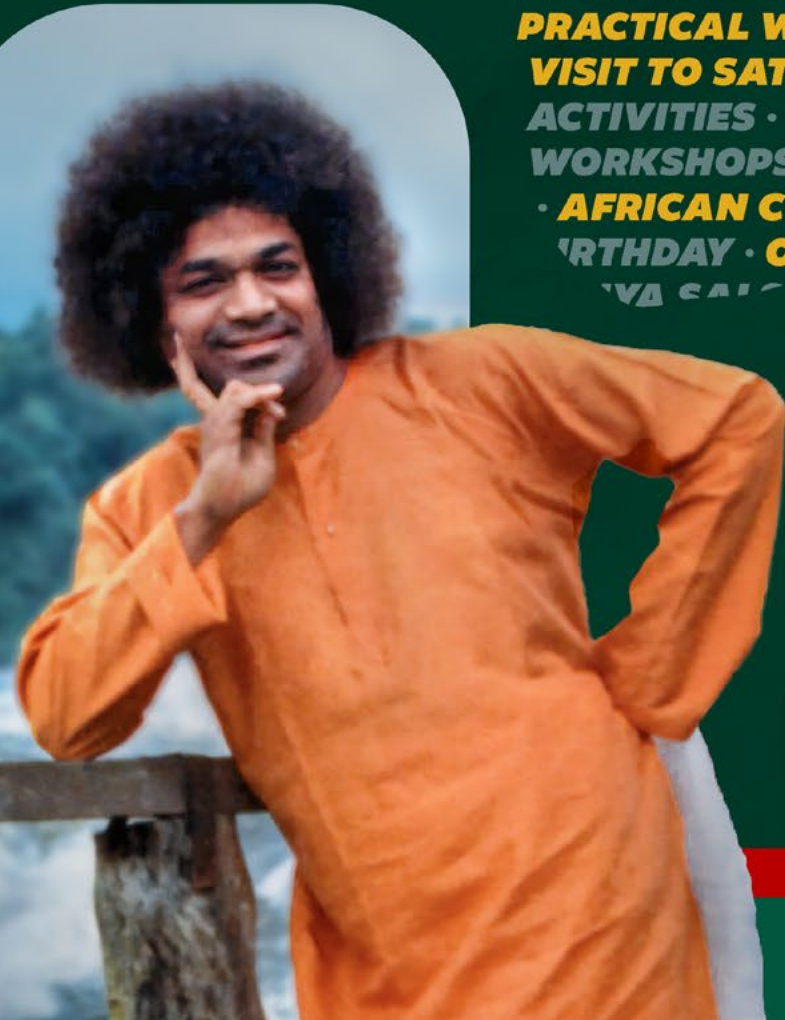
Dr. Sridevi V. Upadhyayula, a pediatrician by profession, lives in California, USA. She feels privileged to have been born into a spiritual family and came to Swami's fold at the age of 5. Her first trip to Puttaparthi was at the age of 12 when Swami called the entire family for an interview, and she was able to have Swami's darshan (sight), sparshan (touch), and sambhashan (speech). She has had the good fortune of serving in Swami's hospital in India as well. Dr. Upadhyayula has served as the Education Coordinator and Vice President of the Sri Sathya Sai Center of Arcadia, California, and is currently the President of the Center.



NAIROBI, KENYA | JUNE 28 - JULY 01

ILLUMINATION

MORE DETAILS AND REGISTRATION:
saiconferencekenya2024.org



from the International Sai Young Adults

AROUND THE WORLD

Young Adults National Retreat, Dominican Republic

From April 27 to 29, 2024, the Young Adults of the Dominican Republic held a national retreat in the province of Jarabacoa, located in the north of the country. Twenty-one young people from four Sai Centers met in a spacious

and beautiful cabin surrounded by nature, away from the city. The event began with brief personal introductions and a sharing of the agenda for the retreat. **Mr. Román Almonte's closing talk in the evening about eating vegetarian food and maintaining good food habits was informative and thought-provoking.**

The next day began with the singing of melodious *bhajans* to Bhagawan. Then, there was a dynamic workshop led by Mrs. Sonia Rodríguez, which was a delightful and insightful mix of practical activity and matters for reflection. In the afternoon, Mr. Rolando Padrón gave a talk, during which the **young adults exchanged ideas on how to put Sai's teachings into daily practice.** It was followed by values games and a *satwic* dinner. The day ended beautifully with a guided meditation where all the youth

were dressed in white and connected with their 'inner child.'

The last day began with uplifting melodious *bhajans* and was followed by a talk by Mr. Carlos González about the importance of good company in life. The retreat concluded with presentations summarizing what was learned and how we should apply Swami's teachings in our jobs, universities, and homes. 💖



Swami is the **Best Doctor!**



On April 28, 2024, a medical camp was held in the El Tizate neighborhood, a low-income community in Zapopan, Mexico, with the help of 11 members of the Sai Guadalajara Center, Mexico. I oversaw the planning and organizing of the event.

Apart from free medical care and medicines, the camp also offered human values classes and food for the attendees and stray dogs. In addition, we celebrated Children's Day by giving toys and bags of candy to the kids.

Participating in this event was truly gratifying for all attendees, especially for me, since Swami showed me His presence, with attention to every detail. When I began to organize the camp, I faced many challenges, mainly with the supply of medicines, which I considered insufficient. I could not afford to buy all the medicines needed. Having done my best, in an act of surrender to Swami, I offered everything to Him, praying for His loving help.

Presto! Everything began to happen perfectly! With complete faith, we opened the camp with what we had managed to gather. The consultations were done, and patients were seen. **To my utter surprise, all the patients received the medications they needed!** It reminded me that we are only His instruments and that everything we offer and do in His name will always be perfect, just as He wills it.

This was what we call a miracle, and sure enough, I witnessed it. The bigger blessing was that I understood the privilege of being part of the service opportunity, working in unity with the senior members of the Sai Center. The smiling faces of the children and their parents prompted us to thank Swami for allowing us to be His instruments of love. Swami allowed me to experience once again that my hands were His when I surrendered and let Him act through me. Needless to say, the camp was successful in providing the needed service, and everyone involved benefitted from Swami's love. **He always listens to our prayers and shows His presence!**



Ms. Karla Castro
MEXICO





Mother Earth



I NEVER THOUGHT THAT PLANTING TREES WOULD TURN OUT TO BE AN EXPERIENCE THAT WOULD ALLOW ME TO CONNECT WITH MOTHER EARTH'S ENERGY.

I began this service activity with Swami as my guide. **From the moment I put my feet on the ground that day, I felt that I was inside a temple, a sacred place.** My mind was silent, without any thought. I was just concentrating on what I was doing, giving it all my best. I was working alongside a sweet aunt, a senior devotee who was also working in silence as a service to Mother Earth.

As I was digging the holes to plant the trees, a flood of thoughts about my relationship with my mother came to my mind. I recollected the secret promises to God I had made twenty years ago for her health. I also fondly remembered the love and joy experienced living by her side for all those years. Thus I felt the unconditional love of God.

Planting trees was hard physical labor which I am not accustomed to, but I found myself willing to bear the resulting aches and blisters. Miraculously, in the end, it felt as if I had received massage therapy instead, and there was no muscle pain. **Rather, a deep purification of thoughts and emotions engulfed me, and I surrendered to Mother Earth.**



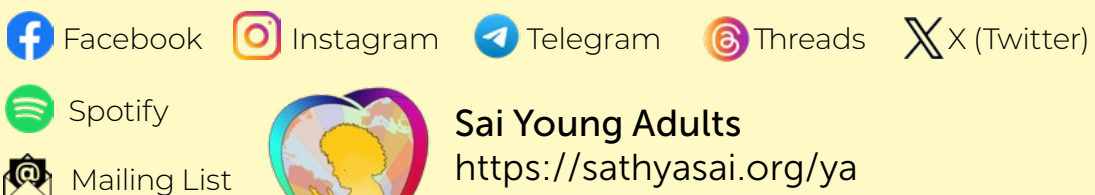
When we arrived at our lodging, after bathing and getting ready for dinner, we had a few hours of rest. So, I started reading the last chapter of *"Sai Baba's Mahavakya on Leadership"* which I had brought with me. Can you guess what it was about? It discussed the value of the mother in society! The mother has the gift of forging the fortune or misfortune of a nation because she has the most important job: raising leaders with love and good values.

The importance of being a woman and a mother now takes on a new meaning for me. At this point in my life, I am not yet a mother and prefer studying and working hard to prepare for my professional career. But I wonder if all this preparation is not just for my benefit but for a purpose greater than myself, which is to raise my children to lead and be part of a new society tomorrow.

I believe that planting trees has a greater meaning than just reforesting the world. It is an act of selfless love to give small trees to the earth with the assurance that the earth will know how to raise them and see them grow strong. Mother Earth, for her part, teaches us that despite all the damage we have caused her as humanity, she has forgiven us and continues to support us and give us enough time and life to continue evolving.

Ms. Mariel Beltran 
GERMANY

Follow the @saiyoungadults accounts on social media



Sai Young Adults
<https://sathyasai.org/ya>
yacoordinator@sathyasai.org

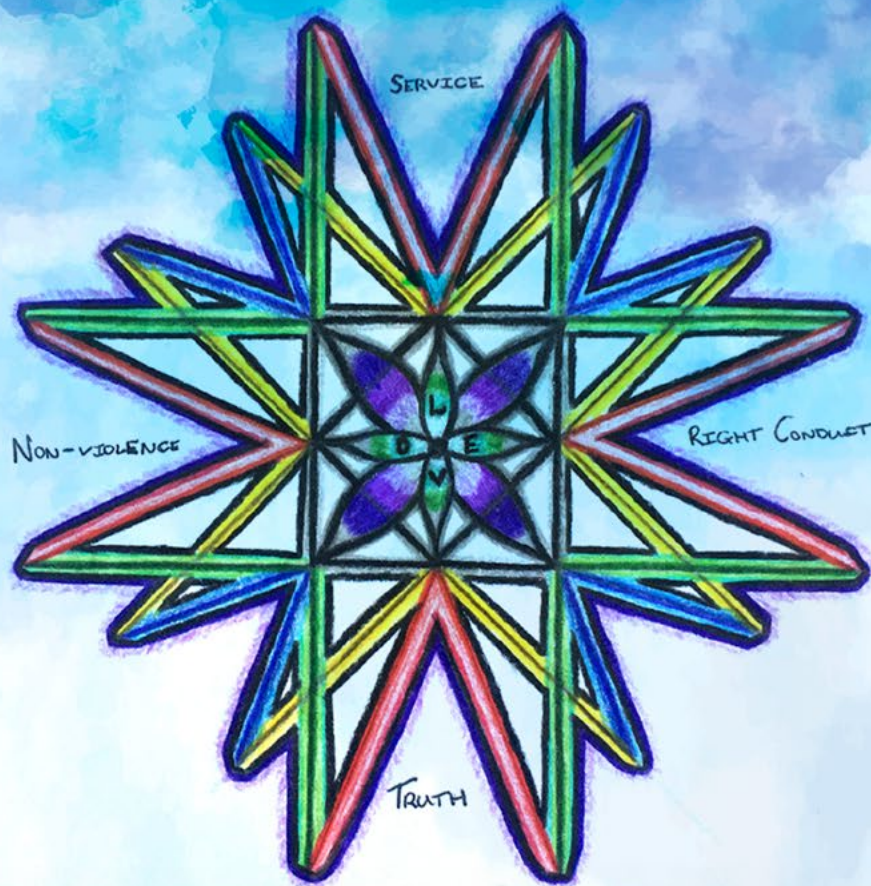
*Tvameva Matacha Pita Tvameva /
Tvameva Bandhushcha Sakha Tvameva /
Tvameva Vidyaa Dravinnam Tvameva /
Tvameva Sarvam Mama Deva Deva //*

You are my mother and you are my father.
You are my family and you are my friend.
You are my wisdom and you are my wealth.
You are truly my all, my true God.

To me, this vedam means that Swami is everybody, and everywhere, meaning that he will always be there for me, like a friend, a mother, or family. He is very important for me, because he is the one person who will be with me throughout my entire life, no matter what happens.

Niketh A | Group 3 | Canada





Love is the center of the 5 values,
as I depicted in my drawing.
I believe love is the foundation of all
the values that Swami teaches us.

None of the 5 values can be present
without the others. Therefore Swami
taught me that in order to realize my
goals in my life I need to follow and
practice all the values. I remember this
everyday and I am so happy I learned
this from Swami and my SSE teachers.

Mishka P | Group 4 | UK

Upcoming SSSIO Events

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

Date of Event	Day(s)	Festival/Event
June 15-16, 2024	Saturday-Sunday	Akhanda Gayatri 
June 28-July 1, 2024	Friday-Monday	International Conference, Kenya
July 21, 2024	Sunday	Guru Poornima 
August 17-18, 2024	Saturday-Sunday	Akhanda Gayatri 



Streaming on sathyasai.org/live and YouTube



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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YouTube



Spotify



Telegram



Threads



Mailing List



Eternal Companion Mailing List



- 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 [🔗](#)



Be always vigilant, without a moment's carelessness, against the eight sins that the mind perpetrates: desire (*kama*), anger (*krodha*), greed (*lobha*), attachment (*moha*), impatience, hatred, egotism, and pride. One's primary duty is to keep these things at a safe distance from oneself. The mind speeds fast, pursuing wrong actions. Without letting it hurry like that, remember the name of the Lord at that time or attempt to do some good deed or other. Those who do thus will certainly become fit for the Lord's grace.

Sri Sathya Sai Baba

Sandeha Nivarini, Chapter VII (Forty-six Maxims of Conduct)



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never