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THE  
ETERNAL  
COMPANION



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JULY 2024

GURU  
POORNIMA  
SPECIAL  
ISSUE

DIVINE  
GLORY &  
MISSION OF  
SRI SATHYA SAI



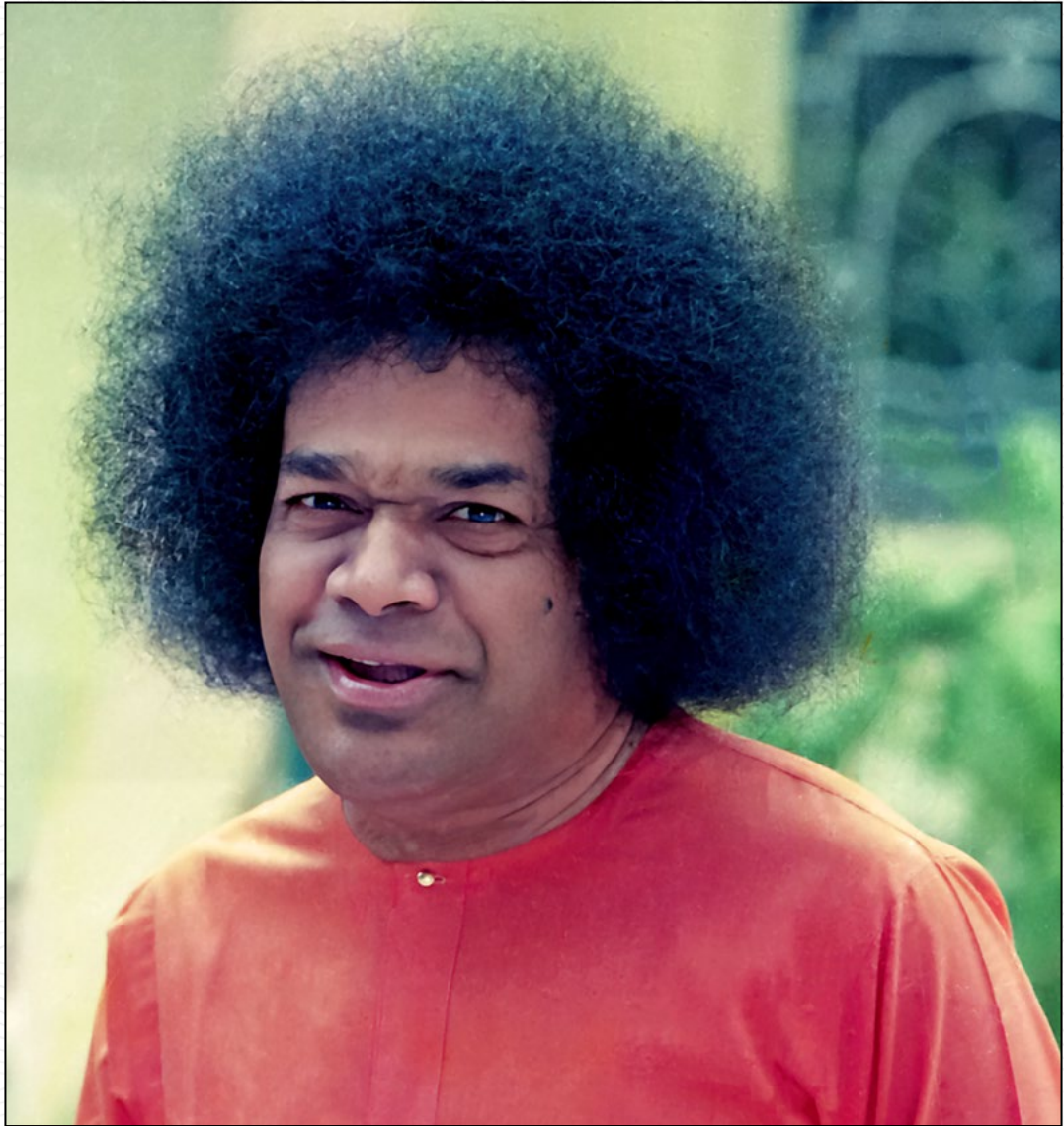


The real Guru is only one. He is the One, the God of gods, who is hailed as father, mother, teacher, knowledge and wealth and all else. He is the Supreme whom you must seek by your *sadhana*. God alone can transform your spiritual efforts into a transcendental experience. You have the vision of the Divine (*sakshatkara*). The vision does not come from outside. It is within you, because the Divine is omnipresent. Only the person who considers himself separate from God will have the feeling that the vision of God comes from outside. God is everywhere. You are God.

**Sri Sathya Sai Baba**

July 7, 1990





DEDICATED WITH LOVE AND GRATITUDE TO  
**BHAGAWAN SRI SATHYA SAI BABA**







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# GOD IS THE TRUE GURU

Guru Poornima is a holy and blessed day when spiritual seekers offer their love and gratitude, with reverence, to their Guru for showing them the way to God and the goal of life. As Sai devotees, we are blessed that we have God Himself as our Guru. On May 17, 1968, during the First World Conference of Sri Sathya Sai Seva Organisations in Mumbai, Swami shares the profound revelation, *"Your good fortune that provides you this chance is greater than what was available for anchorites, monks, sages, saints, and even personalities embodying facets of Divine Glory!"* In the same discourse, He further says, ***"This is a human form in which every Divine entity, every Divine Principle, that is to say, all the Names and Forms ascribed by man to God, are manifest. Do not allow doubt to distract you."***

## The Greatest Gifts that Only God's Grace Can Confer

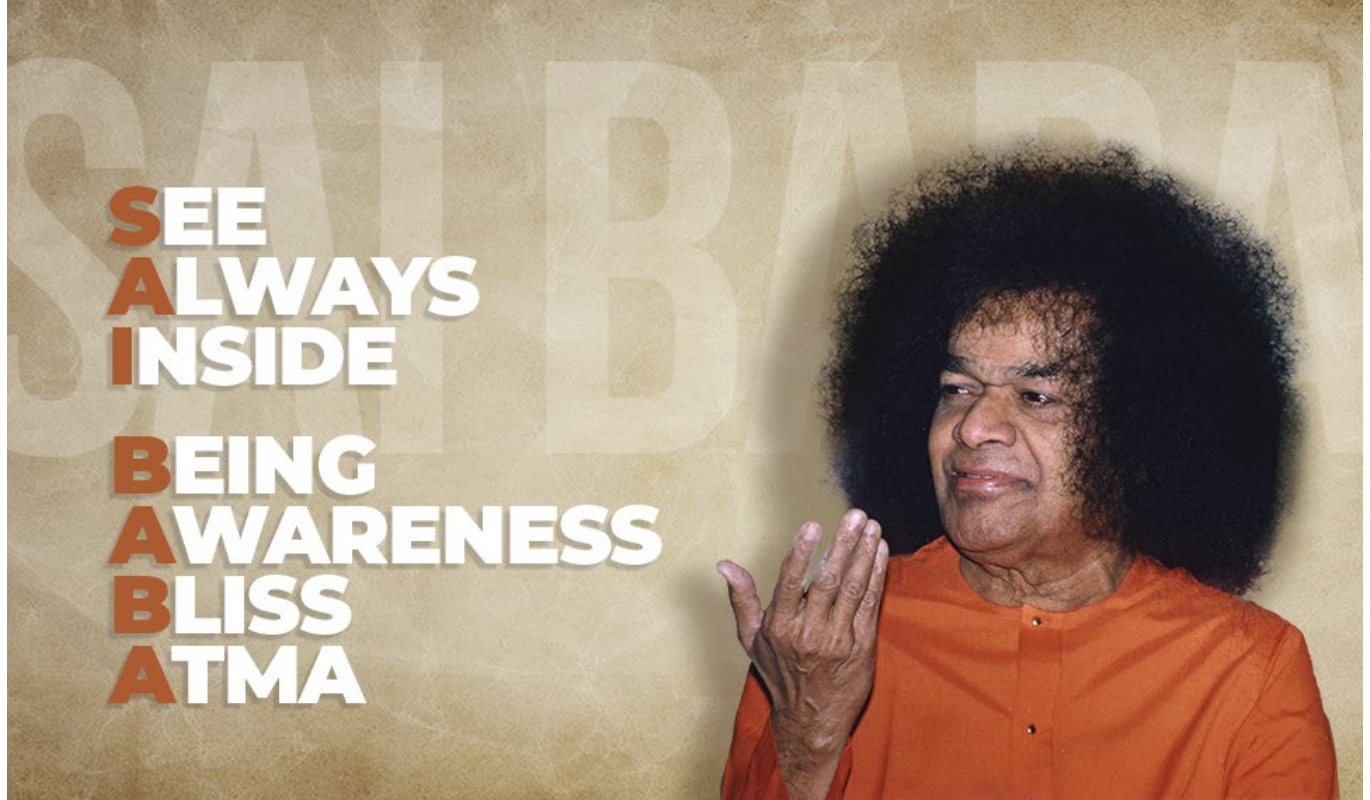
In the great scripture, the Viveka Chudamani (Crest Jewel of Discrimination), Sri Adi Sankaracharya states that **one gets three things only by divine grace and not by human effort**—*Manushyatwam* (human birth), *Mumukshatwam* (yearning for liber-

ation) and *Mahapurusha Samshrayam* (company of a great and holy person).

There are millions of species of life on earth, and the pinnacle is human birth (*Manushyatwam*). The scriptures say that even the angels and celestial beings yearn to be born as human because only through human birth can one realize the supreme goal of liberation or union with God. That is the only distinguishing feature of human beings, as Swami enlightens us in the discourse delivered on July 4, 1968, in Nairobi, Kenya, during His only travel outside India. This beautiful discourse, 'The Message I Bring,' has been included in this issue.

There are more than 8 billion people on this planet earth, but most of them are interested in eating, drinking, sleeping, and making merry with sense pleasures. Very few people are interested in knowing the ultimate purpose of human life. But as Swami makes it clear in His discourse, 'The Message I Bring,' it is the **ONLY** desire that man should have! He says, *"The Vedas teach that man should have only one kama (desire), namely, for moksha (liberation); this too is not respected; man is*





drowning himself in the maelstrom of desire, the fulfillment of that desire can never quench his deeper thirsts. How can a prisoner have any other desire than liberation?" So, to have this longing or hunger for God (*Mumukshatwam*), one needs God's grace.

As the great saint of Dakshineshwar, Sri Ramakrishna Paramahansa, says, "People shed a jugful of tears for their wives, children, or money, but who weeps for God? **He who longs for Him will certainly find Him. Cry to Him. Call on Him with a longing heart. You will see Him.**"

### **Mahapurusha Samshrayam Happens Within**

To come in contact with a holy person, a saint or sage (*Mahapurusha Samshrayam*), who follows the teachings of God is also a sign of divine grace. Bhagawan Ramana Maharshi, Paramahansa Yogananda, and Swami Vivekananda are examples of such great souls. But there are many fake Gurus who "whisper a *mantra* in the ear and stretch their hand for money." They are like the blind leading the blind. From that perspective, we are the most blessed to have the Lord of the Universe, our beloved Swami, as our Guru and God!

His descent to the human plane is to inspire our ascent to the divine plane. To fulfill that mission, He lived among us as one of us, especially during the early stages of His avatarhood. **Some of the unbelievable mystical leelas (divine sport) and mahimas (grand miracles) of that phase have been presented in this month's issue of *Eternal Companion* magazine**, such as the experiences of Sri Kamineni Rajeshwar Rao and his family. These stories arouse inspiration, devotion, and wisdom in us. They are eternal because they are the stories of the Lord, the eternal companion.

The name **SAI BABA** itself reflects Swami's reality—**See Always Inside (to find) Being Awareness Bliss Atma**. Swami clearly reveals that not only is He that supreme reality (Brahman/Atma/Love), but each one of us is that too if we follow 'SAI BABA!' He also refers to the declaration of Lord Krishna in the Bhagavad Gita (Bhagavad Gita, 18:61):

*ishvarah sarva-bhutanam hridaye arjuna tishthati (The Supreme Lord dwells in the hearts of all living beings, O Arjuna.)*

In 1996, during Sri Krishna Janmashtami celebration, Swami called on me to give a talk. As I bowed to take *padanamaskar*,



I prayed to Swami to speak through me. To my surprise, Swami said, “*I will not speak through you.*” As I looked on in shock, Swami clarified, pointing to Himself and then to my heart, “*This Swami will not interfere with that Swami.*” **Swami Himself gives more importance to the indweller, who is our true Guru.** The physical form has a beginning and an end, whereas the indweller is always with us as consciousness, above, below, around, and within.

Dr. Mike Congleton from the USA had the blessing to see Swami and witness His miracles in the early 1980s. The interviews he was granted by Swami and the miracles he experienced are narrated in this month’s issue, but his greatest learning is reflected in the short poem he wrote,

“Father, Although I am far from home  
I never feel alone.  
You are the Dweller in my heart  
And we will never part.”

### Sai Teachings are Our Best Recourse to Achieve Realization

Every word of Swami is a *mantra* (sacred-formula), contemplating which one is protected. Every statement of His is a *sutra* (aphorism), and every discourse is a Veda (scripture), the source of all knowledge. Every conversation with Him is a Gita (celestial song), a message about the right action

and the right way to live. **Swami compassionately says that if we follow any of His teachings sincerely with love and absolute faith, it is sufficient to lead us to reach the supreme goal of life.**

Giving the beautiful example of a match-box, Swami says that just a single good matchstick is enough to light a lamp. So is the case of lighting the lamp of wisdom as well. But the matchsticks, even though many, will not light a lamp if they are damp and defective. So also, even if one knows all the teachings but does not practice them, one will still languish in the darkness of ignorance.

**Swami established the Sri Sathya Sai International Organization (SSSIO) with the sole objective of realization of one’s innate divinity through the practice of His teachings.** All three wings of the organization - education, service, and devotion - function with this goal at heart. That is why each project the organization undertakes becomes a lighthouse for humanity. One such example described in this issue is the Sathya Sai School in Buenos Aires, Argentina. This issue also includes the chronology of the spread of SSSIO’s footprint around the world, spreading the divine legacy through a wide range of humanitarian services over six decades.



## SRI SATHYA SAI INTERNATIONAL ORGANIZATION



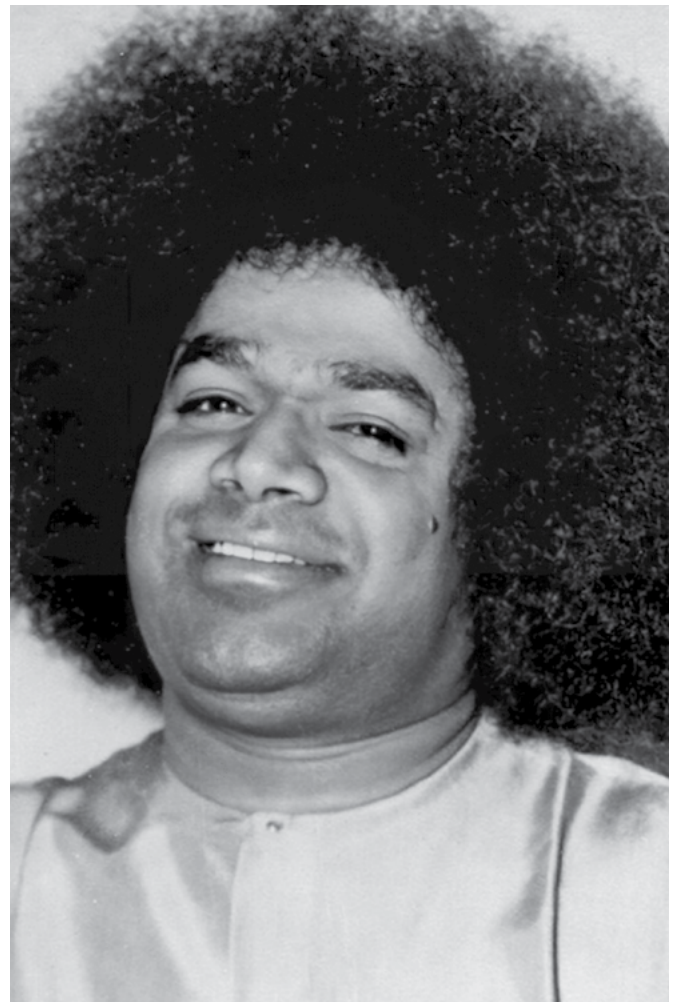
Let us delve a little deeper into one of Swami's teachings that has inspired me personally and many others on the spiritual path. Swami refers to the '4-Fs' that one must adhere to in life: **Follow the Master, Face the Devil, Fight till the End, and Finish the Game.**

### **Follow The Master**

The scriptures exhort that one should have only one Guru or Master—God. And there is only one God who is omnipresent. Swami says that once one has a Guru, one should have a one-pointed focus on the Guru. One should not go on changing the Gurus like changing seats in a musical chairs game. Jesus also emphasizes that one cannot serve two masters—God and mammon. It is only because of an unstable mind, doubts, and lack of faith that one goes on changing Gurus at one's whim. This is unchaste devotion (*Vyabhichari Bhakti*) where there are many 'masters'. **Instead, one must have *Ekanta Bhakti* or *Pativrata Bhakti* (faithful, one-pointed devotion with loyalty to one 'master').**

Swami gives an analogy of digging a well for water in His discourse on January 22, 1967, *"As Ramakrishna said, do not dig a few feet in several different places and moan that you could not strike water. Dig in one place steadily and with faith. The boring drill goes down into the very underground spring of water."* But some people do not have such perseverance. They keep digging in many places and end up with many holes and no water instead of a functional well. So, it is important to stick to one Master. In a discourse given on April 4, 1998, Swami says, *"The spiritual heart is a single-seat sofa, and not a double-seat sofa or musical chairs."* **He wants us to love Him with one-pointed devotion and with all our mind, heart, and soul.**

Some people follow the Master physically. There are always people running behind Swami's car, eager to get a glimpse of

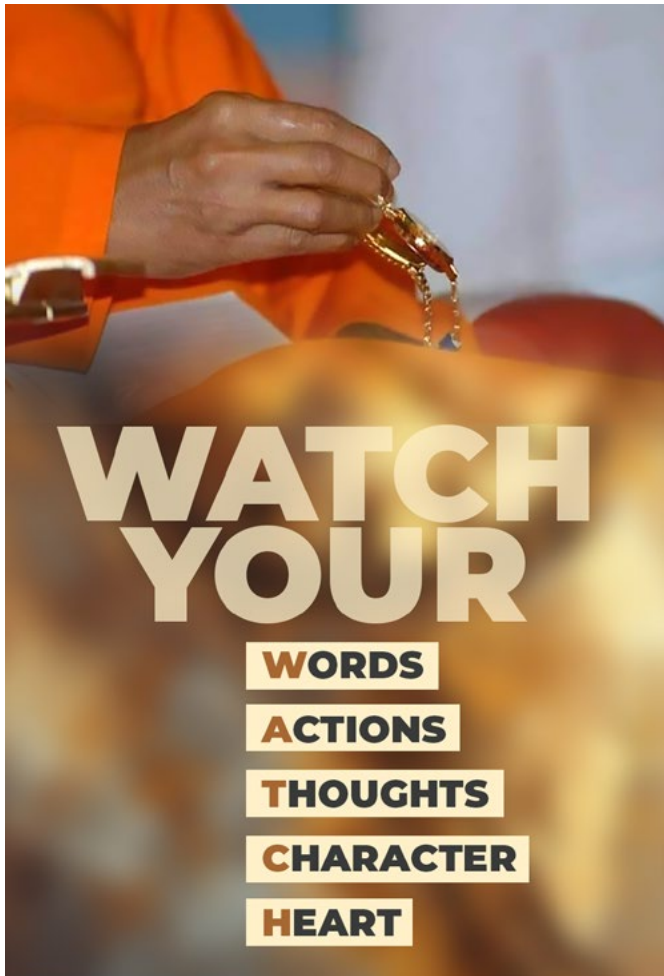


Him. While that is good, Swami says that it is more important to follow His teachings because that is what grants redemption. As Jesus says, "What is the use of calling me 'Lord, Lord' when you do not follow what I say?" In other words, *vyakti prachara* (promoting the individual name and form) is not as important as promoting the teachings (*tatva prachara*). **In the Bhagavad Gita too, Lord Krishna proclaims that the devotee who is engaged in spreading His message is dearest to Him. (Bhagavad Gita, 18:68)**

The best way to spread His message is to practice it and live it in our daily lives. *"Hands that serve are holier than lips that pray,"* says our dear Swami. **Service to man truly becomes service to God. That was the recent experience of the 64-member team of SSSIO doctors and volunteers that served more than 5,500 patients across several specialties.** This issue gives a glimpse of this loving service that was



rendered in just eight days at six medical camps in three countries in East Africa, the very same countries graced by the visit of Bhagawan Sri Sathya Sai Baba in 1968: Uganda, Kenya, and Tanzania!



### Face the Devil

Where is the devil? Swami says that the devil is within, present as the inner enemies *kama* (desire), *krodha* (anger), *lobha* (greed), *moha* (attachment), *mada* (pride), and *matsarya* (envy). **One may be a great scholar and perform many austerities, but if one does not conquer these inner enemies, one cannot realize the Truth.**

Ravana is a good case in point. He is represented as a person with ten heads, representative of his mastery over the four Vedas and the six *shastras* (major fields of knowledge). He was also an expert in various fine arts. He was a great man but not a good man. He had the weakness of *kama* or desire, which was enough to

bring his downfall. Another example from Srimad Bhagavatam is Hiranyakashipu, the demon king who had control over the five elements and could also travel to the sun and other planets. Yet, he was miserable and did not have peace of mind because of his anger. His own five-year-old wise son Prahlada says to his father, “What is the use of conquering all the worlds without conquering yourself? Once you conquer the inner enemies, there are no enemies outside.”

This is a lesson for all of us. We need to be ever-vigilant. Swami would often distribute watches to His students and devotees and explain His expectations in discourses and private conversations, *“That is why, I say, WATCH! W is for Watch your Words; A is for Watch your Actions; T is for Watch your Thoughts; C is for Watch your Character; H is for Watch your Heart. If the watch reminds you every second of the need to watch these five, you can be quite happy.”*

This is the way to face the devil.

### Fight Till the End

Once we recognize the devil, we need to continue the fight for the path is not going to be easy. There will be ups and downs but we need to strive patiently with perseverance to reach the goal. **Swami’s ABCs are useful for the ‘fight till the end’ and emerge victorious. ABC stands for ‘Always Be Careful,’ ‘Always Be Cheerful,’ and ‘Avoid Bad Company.’** When we strive with determination to conquer the evil tendencies lurking within us, acquired over many lifetimes, we can successfully uproot them completely by God’s grace.

Once, I had the privilege of being with Swami on a drive in His car. I prayed to Swami to ensure that I do not get deluded by *maya* or delusion, which is the main obstacle to one’s Self-realization. Swami lovingly retorted, *“Are you greater than the sages Vishwamitra, Vashishta, and Jama-*



**Swami's ABCs -**  
*'Always Be Careful'*  
*'Always Be Cheerful'*  
*'Avoid Bad Company'.*

*dagni?*" Sage Vasishta was the Guru of Lord Sri Rama and a Brahmarshi (enlightened sage of the highest order). Sage Vishwamitra, also a Brahmarshi by penance, is the one who envisioned and gave the world the sacred Gayatri Mantra. Sage Jamadagni is the father of Lord Parashurama and one of the renowned *Saptarishis* (seven sages). Even such sages get deluded by the bewitching *maya* of the Lord. Who are we then to be immune to it? So powerful is the Lord's *maya*!

**It is God's *maya*. God and His *maya* are inseparable. But Lord Krishna declares that by completely surrendering to God, one can transcend *Maya*. (Bhagavad Gita, 7:14)**

Perseverance is very important for spiritual seekers. It is one of the **3-P's** that **Swami says are essential for reaching the ultimate goal—Purity, Patience, and Perseverance**. The Kathopanishad exhorts, "Arise! awake! stop not till the goal is reached (*Uttisthata Jagrata Prapya Varannibodhata*).” There are many who do not even begin this journey because of the fear of failure. They belong to a low cadre. Then, there are middlings that abandon the struggle in the middle when confronted with obstacles. **But the real heroes are**

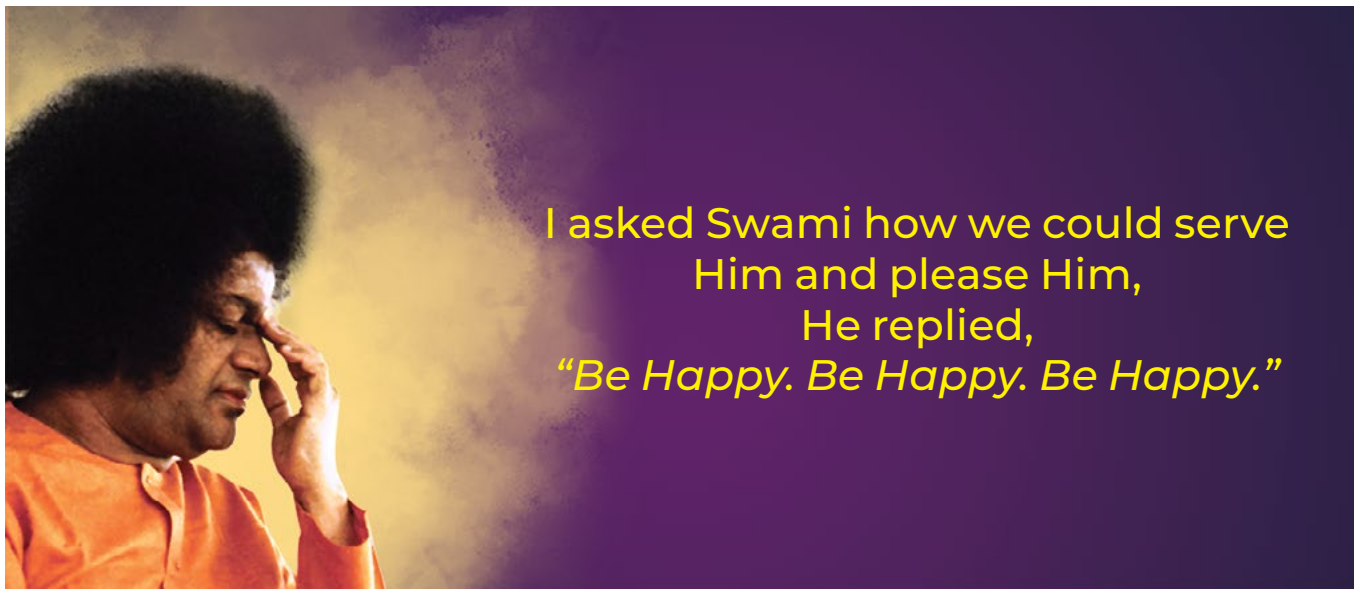
**those who surmount all obstacles, persevere in the spiritual journey, and reach the goal by divine grace.** Swami says, “Take one step toward me, and I shall take a hundred toward you.” So, it is our duty to keep making the effort and fighting till the end, with devotion, dedication, discrimination, and determination until we attain the goal.

### Finish the Game

Love is the source, love is the path, and love is the goal. This love is pure divine love that is eternal, unconditional, and selfless, in contrast to worldly love, which is selfish, conditional, ephemeral, and changing based on circumstances. **It is love for love's sake, as Baba writes to His devotees in London in a long and special letter during special Guru Poornima of 1969.** This loving and profound letter is also featured in this Guru Poornima special issue.

Swami says, “I have separated Myself from Myself so that I may love Myself. My beloved ones, You are my own Self.” The ‘game’ ends when we attain this oneness with Swami. **For that, purity is the most important. “Blessed are the pure in heart, for they shall see God”, says the Bible. Swami says, “Purity is Enlightenment.”**





I asked Swami how we could serve Him and please Him,  
He replied,  
“Be Happy. Be Happy. Be Happy.”

When we practice this purity and love, we reach the goal. When we reach that goal, we will attain permanent bliss. **Once, when I asked Swami how we could serve Him and please Him, He replied, “Be Happy. Be Happy. Be Happy.”** I thought it was a simple directive but I soon realized it is not easy! Swami is not referring to pleasure, which is an interval between two pains, but true happiness or unalloyed, everlasting bliss, which is verily, union with God!

According to the Taittiriya Upanishad, this supreme bliss is the fifth and ultimate sheath, which is covered by four other sheaths or envelopes in humans. The first is the *annamaya kosha* (food sheath) in which most people dwell. This is the sheath of body attachment and sense pleasures. Going beyond this first sheath and by constant practice of *pranayama* (the practice of breath control) and mind control, one can experience the second sheath—*pranamaya kosha* (vital air sheath). The next is the *manomaya kosha* (mind sheath). If we turn the mind toward the world, it binds us. If we direct the mind toward God, we move toward liberation.

Most people are unable to go beyond the first three sheaths. A blessed few cross

them and reach the *vijnanamaya kosha* (knowledge sheath). **Here, one uses fundamental discrimination, which is all about helping the world and pleasing God as opposed to individual discrimination, which is self-centered and selfish. Once we cross this level, we reach the final *anandamaya kosha* (bliss sheath).** For this, we need constant, disciplined practice or *sadhana*.

### Bliss Supreme

While most of us are stuck in the first level and feel, “Food is bliss,” Swami says, “Bliss is my food.” This permanent bliss cannot be explained or expressed—it can only be experienced.

We have forgotten our reality, which is bliss, and our Guru and God came to awaken us to our true reality. **Should we all not awake, arise, and stop not till the goal is reached?** May Swami bless us with the strength and determination to follow the ‘4-Fs,’ especially ‘Follow the Master’ because that automatically guides us to implement the remaining ‘3 Fs’ to reach the ultimate goal.

Jai Sai Ram!



# Calling for Your Articles, Poems, Audios, Videos!

Anything that is associated with 'His' Story alone is worthwhile to preserve as 'History'. We are all blessed to have experienced the love and grace of Bhagawan Sri Sathya Sai Baba and continue to experience the same in our daily lives. That is why Swami is our Eternal Companion.

The editorial team of the 'Sathya Sai-The Eternal Companion' magazine warmly welcomes articles and poems based on authentic personal experiences with the Avatar of the Age, our beloved Bhagawan. You may send in your contributions as a document, audio file, or video file. Apart from being published in the magazine (if selected), these contributions may also be published in the SSSIO's digital media channels. All of these contributions will be safely stored for posterity in the SSSIO's digital archives by the SSSIO Archive Committee.

It is time to open up your hearts and share the treasures gathered from Swami. These treasures only grow by sharing.

Please submit at: <https://sathyas.ai/upload>



# The Message I Bring

Your reality is the *Atma*, a wave of the *Paramatma* (supreme Self). The one object of this human existence is to visualize that reality, that *Atma*, that relationship between the wave and the sea. All other activities are trivial; you share them with birds and beasts, but this is man's unique privilege. He has clambered through all the levels of animality, all the steps on the ladder of evolution, to inherit this high destiny. If all the years between birth and death are frittered away in seeking food and shelter, comfort, and pleasure, as animals do, man is condemning himself to a further life sentence. **Man is endowed with two special gifts: *viveka* (the faculty of reasoning) and *vijnana* (the faculty of analysis and synthesis).** Use these gifts to discover the truth about yourself, which is the truth of everyone else, of everything else. All countries are borne and sustained by this earth; all are warmed by the same

Sun; all 'bodies' are inspired by the same divine principle; all are urged by the same inner motivator. The Vedas are the earliest testaments to the victory of man over himself, his discovery of the underlying unity in all creation, and his realization of the truth that unifies. They declare God is *Sarvabhutha antharatma* (God is the inner reality of all beings), *Ishavasyam idam sarvam* (All this is permeated by God), *Vasudeva sarvamidam* (All this is God, Vasudeva).

## Man Should Have Desire Only for Liberation

The divine principle that is in everyone is like the electric current that illuminates the bulbs before Me here, of different colors and different candle powers. The same God shines in and through everyone, regardless of creed, color, tribe, or territory. Electric current animates and activates all bulbs; **the divine animates**

and activates all. Those who see differences are deluded; they are befogged by prejudice, egoism, hatred, or malice. Love sees all as one divine family. How does this Atma-principle express itself in man? As *Prema* (love)! **Love is the fundamental nature that sustains him and strengthens his resolve to march ahead. Without love, man is blind; the world, for him, will be a dark and fearsome jungle. Love is the light that guides the feet of man in the wilderness.** The Vedas laid down four goals before man; rather, two pairs of goals: *dharma-arth*a (right conduct and wealth), earning a living through moral means, and *kama-moksha* (desire and liberation), the attainment of liberation from the twin experience of pain and pleasure and the desire for that liberation and for nothing less than that supreme treasure.

All these goals are attainable through the practice of love, love regulated by *sathya* (truth), *dharma* (right conduct), and *shanti* (peace). The Vedas teach that man must earn wealth through the path of *dharma*, which is presently not taken to heart; wealth is now accumulated anyhow! The Vedas teach that man should have only one *kama* (desire), namely, for *moksha* (liberation); this, too, is not respected; man is drowning himself in the maelstrom of

desire, and the fulfillment of that desire can never quench his deeper thirsts. How can a prisoner have any other desire than liberation? The widespread anxiety, fear, and unrest evident all over the world are the consequences of this mistaken course.

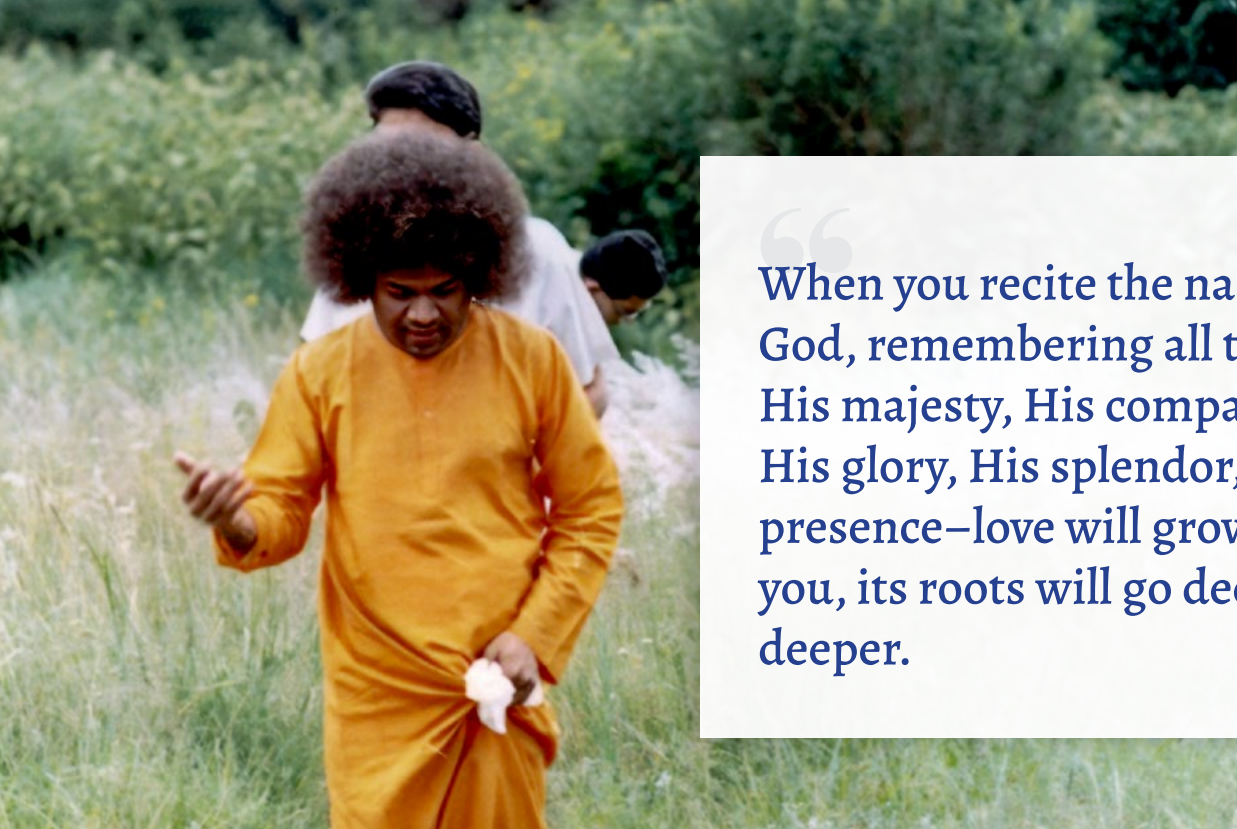
### **Pursue Nobler Ends, Have Grander Ideals**

The human body, filled with skills and capable of great adventures, is a gift from God to each one of you. It must be used as a raft on which you can cross this turbulent sea of *samsara* (worldly life) that lies between birth and death, bondage and liberation. Awaken to this primal duty when your physical and mental faculties are keen; awaken while your power of discrimination is sharp. Do not postpone the launching of the raft, for it may become unserviceable soon. It may be burdened with illness, so all your attention will have to be spent on its upkeep. Think of the incomparable joy that will surge within you when you approach the shore of liberation! Ride safe on the raging waters of *samsara*; **be a witness, do not crave for the fruit of action, and leave the consequences of all acts to God's will. He is the doer; you are but the instrument.** Pursue nobler ends and have grander ideals. Sensory pleasures are trinkets and trivialities. The sages have discovered the

Swami in Nairobi Airport, 1968







“When you recite the name of God, remembering all the while His majesty, His compassion, His glory, His splendor, His presence—love will grow within you, its roots will go deeper and deeper.

disciplines that will keep you unaffected by defeat or victory, loss, or gain. Learn them, practice them, and establish yourself in unruffled peace. At homes and schools, teachers and parents must earnestly train the minds of the young on these lines; of course, they must equip themselves for this work through the steady practice of meditation and *namasmarana* (repetition of the name of God). In every home, a fixed time period must be reserved every day in the morning and evening for reading spiritual books and *namasmarana*.

### Sharing Prema is the Best of All Communions

Parents and children must join in singing the glory of God. All of one's time must be dedicated to God. As a first step, a few minutes may be devoted to the adoration of His glory or the gauging of the depth of that glory. Gradually, when the sweetness of the habit heartens you, you will devote more and more time and feel more and more content. **The purpose of 'living' is to achieve 'living in God.'** Everyone is entitled to that consecration and consummation. You are the truth; do not lose faith; do not belittle yourselves. You are divine; however, often, you slide from humanity to animality or even lower. Cultivate love; share that

love with all. How can you give one person less and another more when they are both the same as you? If you forget basic divinity, hatred sprouts: envy raises its hood. **See the *Atma* in all, then love sprouts, and peace descends like dew.** You are *prema-swarupas* (embodiments of love). You have been sitting here for hours, in the open, putting up with great discomfort, awaiting Me, eager to hear Me and see Me. I am speaking to you from this dais only to satisfy that enthusiasm. When I sense your *prema*, I feel I must share it and allow you to share My *prema*: that is the best of all communications and communions. Words are then unnecessary.

**I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster.** I have not come to speak on behalf of any particular *dharma* (faith), like the Hindu *dharma*. I have not come on any mission of publicity for any sect or creed or cause, nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into My fold or any fold. **I have come to tell you of this universal unitary faith, this *Atmic* principle, this path of love, this *dharma* of *prema*, this duty of love, this obligation to love.**

## All Faiths Glorify the One and Only God

All religions teach one basic discipline: the removal from the mind of the blemish of egoism, of running after little joy. Every religion teaches man to fill his being with the glory of God and drive out the pettiness of conceit. It trains him in methods of detachment and discrimination so that he may aim high and attain liberation. **Believe that all hearts are motivated by the One and only God; that all faiths glorify the One and only God; that all names in all languages and all forms man can conceive denote the One and only God; His adoration is best done through love.** Cultivate that *Ekabhava* (attitude of Oneness) between men of all creeds, all countries, and all continents. That is the message of love I bring. That is the message I wish you to take to heart. **Foster love, live in love, spread love—that is the spiritual exercise that will yield maximum benefit. When you recite the name of God, remembering all the while His majesty, His compassion, His glory, His splendor, His presence - love will grow within you, its roots will go deeper and deeper,** its branches will spread wider and wider giving cool shelter to friend and foe, and your fellow, national and foreigner. God has a million names. Sages and saints have seen Him in a million forms; they have seen Him with eyes closed and eyes open. They have extolled Him in all the languages and dialects of man, but yet, His glory is not diminished.

## Carry on the Quest of Your Own Reality

Select any name of His, any name that appeals to you, select any form of His; every day when you awaken to the call of the bright east, **recite the name, meditate on the form; have the name and the form**



**as your companion, guide and guardian throughout the toils of the waking hours;** when you retire for the night offer grateful homage to God in that form with that name, for being with you, by you, beside you, before you, behind you, all day long. If you stick to this discipline, you cannot falter or fail. I must give you one more piece of advice. Endeavor always to promote the joy and happiness of your fellow countrymen in this continent; share in their joy and happiness. Bharat is so called because the people of that country have *rathi* (great attachment) to *Bha* (Bhagawan, God). They are devoted to God and so to all the children of God. They are afraid of sin; they are eager to acquire *jnana* (spiritual wisdom).

Resolve to carry on the quest of your own reality. Resolve to live in the inspiration of the constant remembrance of God. Cultivate love and share love. I bless that you achieve success in this endeavor and derive great joy therefrom.

**Sri Sathya Sai Baba**  
Nairobi (Kenya, East Africa)  
July 4, 1968







Experiences of  
Devotees

# KING MEETS THE KING OF KINGS

The first time our family met with Bhagawan Sri Sathya Sai Baba was in 1953 at Ameerpet (Hyderabad). Swami was on His way from Puttaparthi to visit the famous Ajanta and Ellora caves in Maharashtra. He was being hosted by three brothers from Suryapet in Nalgonda district - Venkata Rama Rao, Rama Rao, and Krishna Rao who rented the palace of Suryajung Bahadur for Swami's stopover.

My mother's cousin informed us about the arrival of a "Sai Baba." I had just returned from school, and my mother told me to get ready because we were going to see this special person. We had just heard of Shirdi Sai Baba from my mother's friend, Ms. Padma Acharya, who is the daughter of the Chincholi Rani (queen of the kingdom of Chincholi). **The Chincholi Rani was a devotee of both Shirdi Baba and, later, of Sathya Sai Baba after the latter revealed to her beyond doubt that He is the same Baba come again.**



As we reached the palace where Swami was staying, I, a car aficionado, was impressed with the blue-gray Plymouth station wagon that was parked outside. Swami welcomed us as if we were His long-time acquaintances. I was expecting to see someone looking like Shirdi Baba, so I was taken aback by His appearance. He lovingly enquired whether we had a comfortable journey and if we had to wait long. Then He blessed us by materializing *vibhuti* (sacred ash) and gave us His photograph. He also gave all of us *prasadam* and blessed me with advice to study well. He was leaving soon but promised that He would visit again. Little did we realize the true meaning of that statement back then.

### The Loving Head of the Family

Sure enough, after about seven or eight months, Swami came again. This time He stayed at the bungalow of Sri Visnur Ramchandra Reddy (Deshmukh of Visnur) at Mallampet. My mother was very eager to visit Him as soon as possi-

ble. She had pledged her heart to Him, and He had already become her personal God. My father, Sri Raja Omapathi Rao, also came along to see Swami. Swami graciously blessed us with an interview during which my parents invited Him to bless us by gracing our home. *"Today, I will be meeting many people. Come tomorrow to pick me up. We shall go to your home."*

We were staying in a rented bungalow at Himayat Nagar (Hyderabad), having shifted out of our 50-room palace at Nampally (Hyderabad). Swami came as promised, and He was so comfortable that it felt as if He was hosting us at our own home. He sat on the floor and dined with us, spoke to us, and endeared Himself also to the extended family that had come.

*"This house is small, Omapathi,"* said Swami, *"you should build a bigger one. See, your other house is so big!"*

"Yes, Swami, but..."

*"What? Don't you have money?"*



Baba with members of the royal family of Chincholi.



Waving His hand, He materialized a thin and flat blade made of gold.

He placed the blade on my navel and just pushed it in. The blade went through, and the pain was gone. There was not even a drop of blood! By night, I was completely cured and well. What a divine way to heal! Baba, the great surgeon!



Swami became the actual head of the family.

My parents remained silent, and Swami smiled. He nodded to reassure us that all would come in time. Sure enough, by 1955, we built another house next to the Nampally palace. That house was blessed by our dear Swami, who visited us dozens of times. Later, as advised by Swami, an additional story was also added to accommodate more visitors.

Naturally, we were also drawn to visit Swami at Puttaparthi regularly. We couldn't stay away for long without having His darshan.

### **The Greatest Treasure of the Domakonda Family**

We are descendants of the Domakonda Kamineni family. Our ancestors were *Jagirdars* (noble revenue collectors) of the Nizam (Ruler) of Hyderabad, administering and ruling a large tract of land as the Nizam's trusted officials. My grandfather, Sri Venkat Rama Reddy (maternal uncle to my father), was the Deshmukh (Ruler) of Dubbak.

**He had suffered a severe paralytic stroke but was finally cured by Swami miraculously!** Witnessing this was amazing for me, and needless to say, Swami became my beloved God, just like He had become for my parents.

After the government took away the feudal lands, my father was inducted into government service under the 'Jagirdar Batch' quota. Back then, it was called the Hyderabad Civil Services (HCS) and later became part of the Indian Administrative Service (IAS). He used all the influence and power that came with the IAS designation to serve his beloved SAI. In fact, when he saw that the locals of Puttaparthi constantly pestered Swami in various ways out of envy and jealousy, he prayed to Swami to make Prasanthi Nilayam a separate township. He also did everything in his power to pursue it and finally achieved it. He had great faith in Swami, and Swami, too, had great trust in him.

After independence, when India became a republic, and the privy purse was abolished, we seemingly lost much of our wealth. **But we gained the most precious treasure in our Bhagawan, and so, I consider us the wealthiest members of our family!** It was literally Swami's advice at every step that protected our family in every way imaginable, even averting a financial disaster.

### Story of Latha Talkies

In 1950, India became a glorious republic. Hundreds of kingdoms and princely states were integrated into India. At that time, all royal families had to relinquish their kingdoms so that the great nation could be built. In honor and respect for this sacrifice and in recognition of the wonderful service done to the people for so many years, the government of India granted what is called the 'privy purse' - a nominal amount of money given on a monthly and annual basis for the sustenance and lifestyle maintenance of the past royalty. We continued to receive it until it was repealed by the Constitution (Twenty-sixth Amend-

ment) Act in 1971 under the government of Prime Minister Indira Gandhi. At that time it was Swami who helped us in the most beautiful and dignified manner to transition from being rulers to being citizens of the country.

Swami predicted the loss of our privy purses much before it happened and suggested that we start some business to earn an income. Though He didn't suggest it, we decided to build a movie theater, and He was compassionate enough to readily bless us to start it. Officially, the theater was inaugurated on September 4, 1968. But the actual opening was done by the divine hands nearly a month before, upon Swami's return from His visit to East Africa.

At that time, the theater was not fully ready. The movie screen had not yet been erected, and seats in the theater had also not been installed. Swami stayed at our home and said that He did not like inaugurating movie theaters but would do so out of His love for us. He instructed us to conduct a 24-hour *Akhanda Bhajan* to



Inauguration of the Latha Talkies in 1968.  
The author can be seen to the immediate left of Swami.



sanctify the inaugural ceremony. Sri Raja Reddy, an ardent devotee, had come along with Swami. There was also a *bhajan* group from Bombay (present Mumbai), which included Sri Panduranga Dixit, a renowned singer, to sing the *bhajans*. Swami inaugurated 'Latha Talkies,' the theater named after my mother, and the *bhajan* session was well attended. Swami spent most of the time at the *bhajans*, taking only short, minimal breaks in between. **He granted *darshan* and blessed many devotees with *vibhuti*. Many miracles of healing took place during that single blessed session.**

When our privy purses were abolished, the theater turned out to be a lifeline indeed. After some years, we diversified into other businesses and closed the theater. It was Swami again who stepped in and instructed the Managing Director, Dr. Bhattacharya, of the State Bank of Hyderabad, to assist us with the business venture. Whatever we are today is entirely and literally a result of Swami's love and kindness.

I am so grateful to Swami for going out of His way out of love and compassion to help us in time.

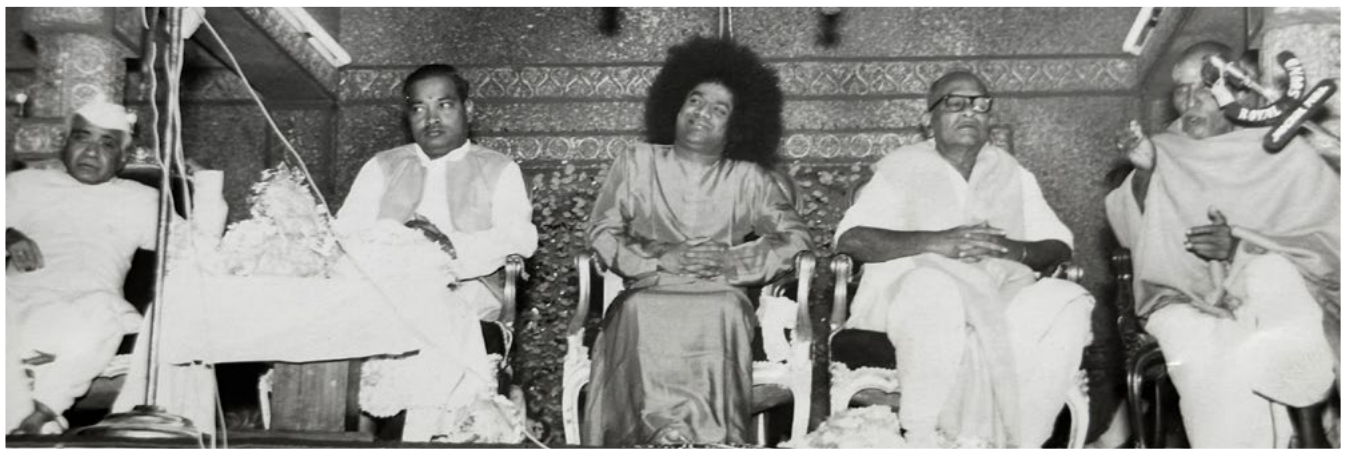
### Gathering the Intellectuals for the Spiritual Mission

In later years, Swami would conduct the Prasanthi Vidwan Mahasabha (grand congregation of scholars) during the Dussera celebrations, where great scholars and eminent speakers would present discourses on spirituality. The precursor to this was the first Vidwan Mahasabha held in Hyderabad in the early 1960s, which my father had the blessed privilege of organizing.

A huge pandal was erected, and pundits, scholars, and people of eminence were present. In attendance were Sri Burgula Ramakrishna Rao, the former Governor of Kerala and Uttar Pradesh, and Sri P.V. Narasimha Rao, who would later become the Chief Minister of Andhra Pradesh and then the Prime Minister of India. The three-day event went very well, and Swami spoke



The priests and scholars on the dais with Swami during the Vidwan Mahasabha.



Sri Burgula Ramakrishna Rao, Sri PV Narasimha Rao and other guests on the dais with Swami during the Vidwan Mahasabha.

on all three days following talks by other erudite speakers. Despite the hectic schedule, Swami continued to bless the devotees with *darshan* and interviews.

**I am ever grateful to Swami for all the blessings and opportunities He granted.**

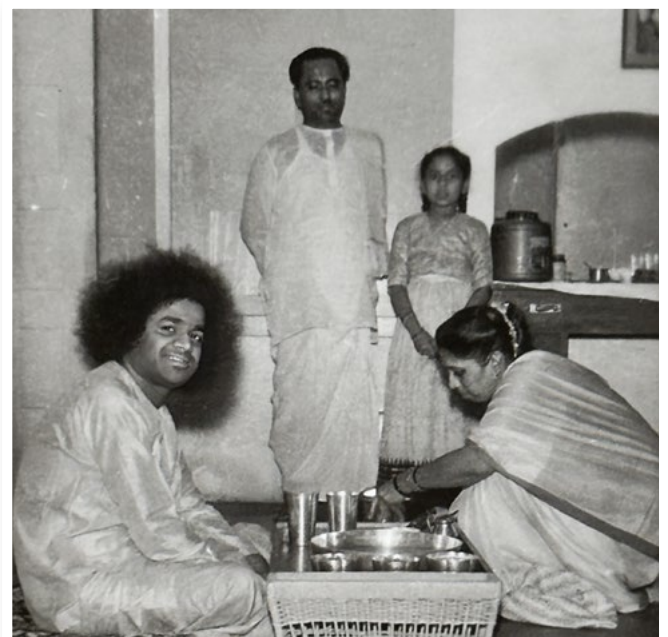
### **Miracles Galore**

It is difficult to share all the miracles that I witnessed and experienced in those days. However, as an example, let me share a medical miracle and an 'out-of-body' experience that I personally witnessed.

I was active in athletics and games at school. One day, as I was doing a pole vault jump, I felt a sharp shooting pain in my stomach. It became so intense that I could not participate in any further events, including javelin throw and discus throw. Nothing that the doctors did could relieve the pain, and my mother decided that we should go to the Vellore hospital, near the city of Madras (Chennai today). We were staying at a relative's house in Madras when we learned that Swami was also in Madras, at Sri Venkatamuni's home.

We rushed for Swami's *darshan*. When Swami saw us, He scolded us for staying so far away from Him. He sent His personal

car to pick us up with our baggage so that we could stay with Him at Sri Venkatamuni's home! We were staying in an ante-room and, we did not realize our great good fortune. We were so lucky to be with our beloved Swami. Two days passed, and though I was happy to be with Swami, the pain was unbearable and seemed incurable. On the third day, Swami called me upstairs. He told me to remove my under-shirt and shirt and move close to Him.



Dining at Raja Omapathi Rao's home with Smt Lalita serving Swami.



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Love is His greatest miracle, and when we offer our hearts to Him, we experience His love even today.

Waving His hand, He materialized a thin and flat blade made of gold.

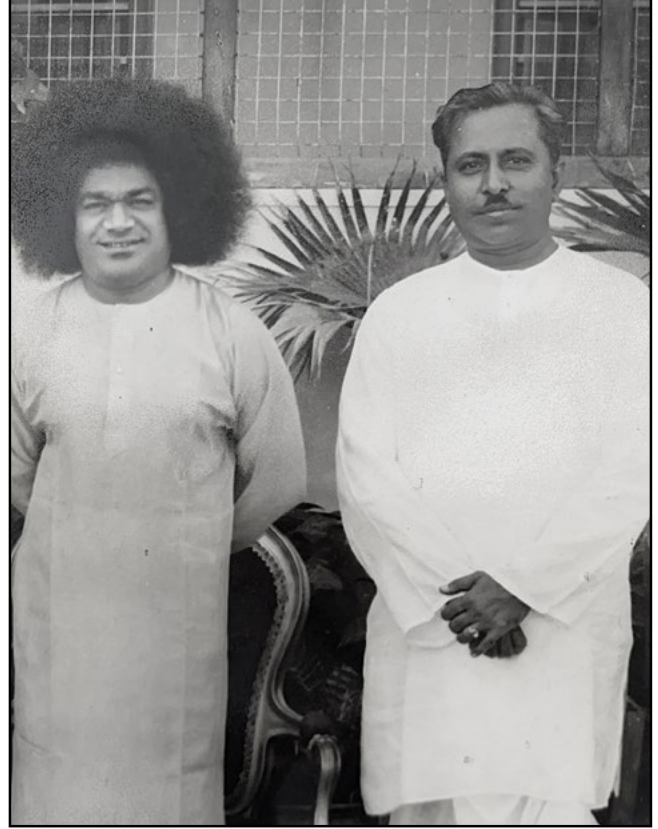
*“Don’t get scared. Look up,”* Swami said.

He placed the blade on my navel and just pushed it in. The blade went through, and the pain was gone. I was stunned. There was not even a drop of blood! I had a strange sensation in my stomach for a while, but by night, I was completely cured and well.

**What a divine way to heal! Baba, the great surgeon!**

The second miracle involves Swami going into a trance. My first experience of witnessing Swami go into a trance was at Horsley Hills, a resort near Madanapalle (Andhra Pradesh). Swami had taken all of us there for a memorable divine ‘vacation’. But the one I remember most vividly was when He went into a trance at our home in Nampally when I was about 18 years of age.

Prof. Kasturi (an ardent devotee and Swami’s biographer), Sri Apparao, and Sri Raja Reddy were all with Swami at our home, and Swami was in His upstairs room. Swami completed His bath and was coming out of the bathroom when He just tumbled and collapsed. His body began to shiver and shake, quiver and quake! Sri Raja Reddy came rushing and held Swami’s head on his lap. He began to rub Swami’s palms. But suddenly, Swami clenched His palms into a very tight fist. After that, it was impossible for anyone to open them. Froth began to appear on His mouth, and the



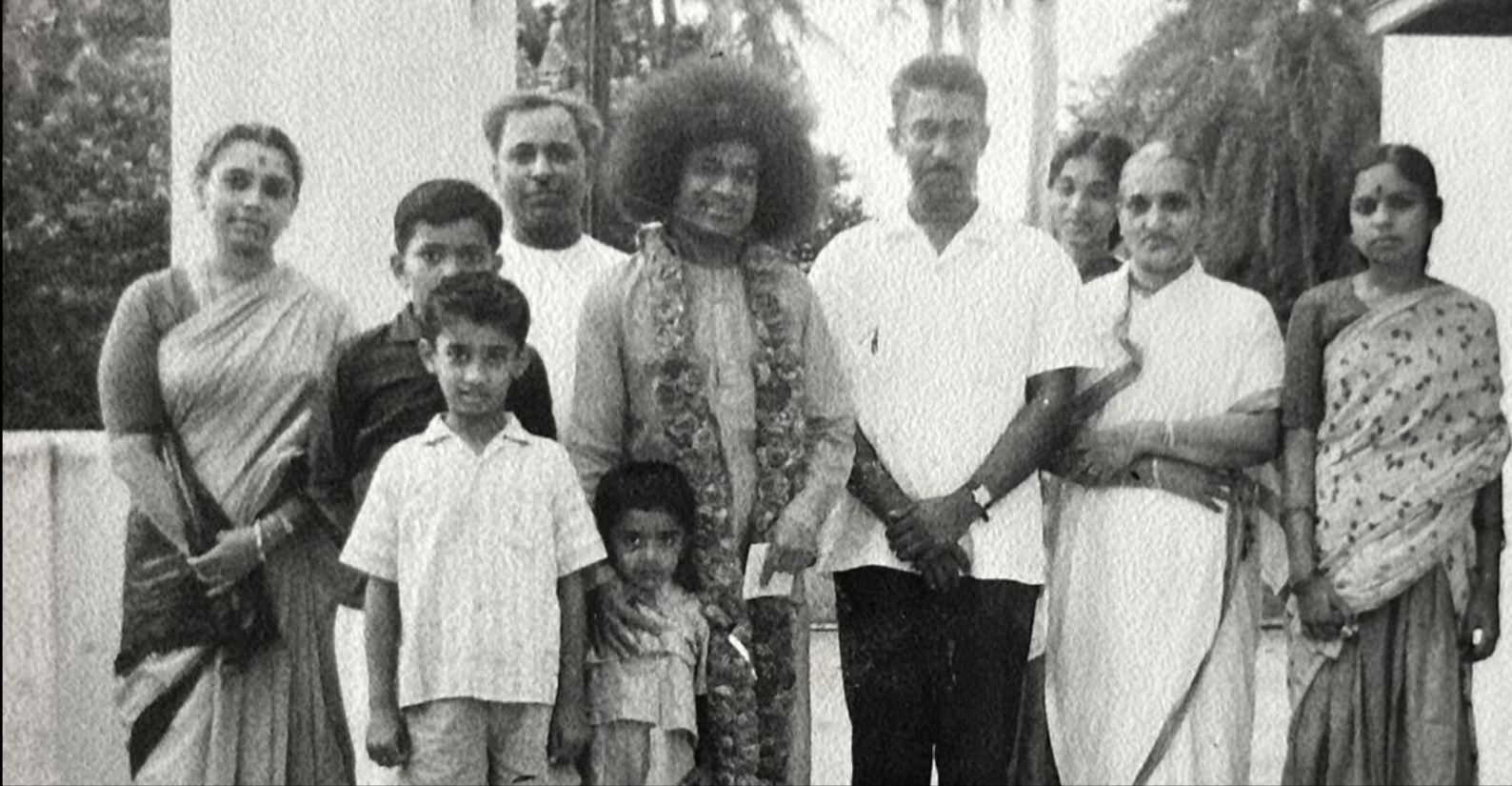
Raja Omapathi Rao with Swami

atmosphere became very tense. We all sat around Swami and just waited for Him to come out of the trance.

After a while, Swami came out of the trance. He opened His palms, and we were stunned. There was a magazine of bullets from a revolver in each of His palms! The branding on them said ‘Webley and Scott’. Swami later revealed that He had traveled to save a devotee who was in the Indian Army somewhere in Kashmir. His family was far away in Punjab, and he was lonely and dejected. He wanted to end his life and had shot himself in the head. **That was when Swami went to him and saved him from death. To prevent him from attempting suicide again, Swami had to remove and bring the magazines with Him – one of them was even missing two bullets!**

### The Greatest Blessing

Miracles are natural to our Swami, and I have witnessed many more. After a while, they probably did not elicit the same awe and wonder in me because I knew there was nothing impossible for our dear Swami. But even now, when I just think of the near-

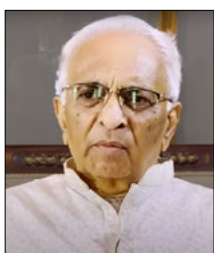


The Kamineni family in front of their erstwhile room in Prasanthi Nilayam.

ness and dearness that God bestowed on us, it thrills me, inspires me, and touches my heart. When I think of the love that Swami showers selflessly and compassionately, I am struck with awe and wonder. **This love is His greatest miracle, and when we offer our hearts to Him, we experience His love even today.**

I do not travel much anywhere these days. I stay at home and experience His omnipresence every day. All the wealth, associations, people, and other possessions will leave me one day or the other, but **I know that Swami will be with me forever in my heart. That is His greatest miracle and greatest blessing for me.**

Sri Kamineni Rajeshwar Rao



**Sri Kamineni Rajeshwar Rao** is a member of the royal Domakonda family, which administered a large estate of land as Jagirdars under the Nawab of Hyderabad in India in the past. After graduating from the prestigious Nizam College, he gave up a lucrative commercial pilot career when Swami instructed his parents, Raja Omapathi Rao and Rani Lalitha Devi, that he should take care of the commercial real-estate family business that Swami Himself had laid the foundation and inaugurated.

His family was blessed to frequently host Swami at their homes in Hyderabad since 1953. Both his parents were actively engaged in Sathya Sai Organizational activities. His father was the founder member of Sri Sathya Sai State Trust (Andhra Pradesh), and his mother headed the Sathya Sai Mahila Vibhag (Women's wing) and Sathya Sai Bal Vikas (SSE) at the state level.

Sri Rajeshwar Rao spends his retirement passionately spreading Swami's life story and message through the Sathya Sai International organization, sharing hundreds of letters written to the family by Bhagawan and thousands of rare, memorable photographs. He has been featured in the 'Raja Meets Maharaja' special series on SSSIO's YouTube channel.





# THE CALLING AND THE CALLING CARD

I have always been a curious person, be it in my academic or spiritual pursuits. My bachelor's and post-graduate studies were in physics, and I got a doctorate in Physics in 1973. However, when I did not get a job at one of the national laboratories in the U.S.A., I became interested in medical school. I applied and was accepted to the fifth largest medical center in the United States, a 1200-bed hospital, at the University of Texas in Galveston. After receiving my M.D. in 1977, I completed an internship and residency in psychiatry at the University of Texas, Galveston. My background in plasma physics, along with my medical studies, inspired me to look for research opportunities. The U.S. Navy was



## I am convinced that if we follow Swami's teachings, we can develop better spiritual understanding and progress spiritually.

interested in recruiting me as a researcher, and in 1983, I accepted a commission in the U.S. Navy as a Lt. Commander in the Navy Medical Corps and was assigned to duty at the prestigious Naval Health Research Center in San Diego.

The story has been quite similar in my spiritual quest as well.

### Introduction to the Holy Man and the Psychiatrist

Even as I was finishing my psychiatry residency, both my wife (Carol) and I got interested in Yoga. I read two books by Swami Rama (a renowned saint), 'Yoga and Psychotherapy,' and 'Living with the Himalayan Masters.' I even had the good fortune of meeting Swami Rama in Honesdale, Pennsylvania, where he had established the Himalayan Institute. Carol and I would frequently travel to Houston to

buy books on Yoga, philosophy, and spirituality. In 1978, when I was at the bookstore, a customer asked me whether I had heard of Sathya Sai Baba. When I said that I had never heard of Him, the gentleman said that Sai Baba is a man of miracles in India from where he had just returned. He encouraged me to buy a book about Sai Baba. I moved to the section in the shop where they had books about Swami, and I was naturally attracted to the book *Sai Baba: The Holy Man and The Psychiatrist* by Dr. Samuel Sandweiss.

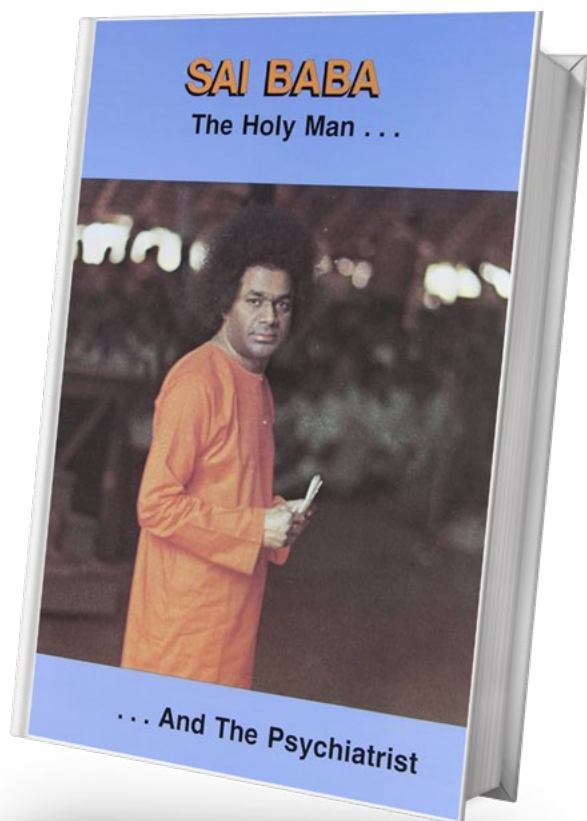
Picking up the book, I saw from the picture that Swami appeared to be a handsome, strong, and good-looking Westerner! It was my curiosity that made me pick up the book and add it to the pile that I had already selected for purchase. When it was time to leave, Carol told me that I should put back some of the books and not carry such a large pile home. Strangely, I put back Swami's book on the top shelf, along with a few others. **As I just turned to leave, one book literally flew off the shelf and struck me on the head. It was the book on Swami by Dr. Sandweiss! It had to be Swami, I thought! Carol immediately said, "You better buy that book!"**

I was soon reading the book voraciously.

### Our Plan and His Masterplan

In the beginning, it was our fascination with Yoga that drew us to India, particularly to Rishikesh and the northern regions where many Yogis are known to reside. Reading '*Autobiography of a Yogi*' by Paramahansa Yogananda (a renowned saint) further fueled our curiosity.

During this time, after I had accepted my commission in the Navy, Carol and I along





with our son moved to San Diego. Our unsold home in Galveston was left in the hands of our realtor. During the summer of 1983, Hurricane Alicia ravaged our home in Galveston, leaving the bottom floor submerged under five feet of water. With the help of our realtor, we managed to have it restored and then sell it. We were pleasantly surprised when we found there was enough money left over from insurance and the sale of our house for a trip to India! We planned this trip for the summer of 1984. My wife, Carol, meticulously crafted our itinerary, charting a course from Bombay (Mumbai today) through Udaipur and Jaipur to Agra, Delhi, and Kathmandu before returning to Calcutta (Kolkata today) on our way to Bangalore (Bengaluru today) and Madras (Chennai today) in the South for our return trip home.

During this planning phase of our trip, I remembered the holy man mentioned in the book we bought in Houston. Intrigued, we resolved to seek out His whereabouts to see how we might see Him before leaving India. That's when I sifted through the book and saw a divine masterplan in place. I was staying very close to Dr. Samuel Sandweiss! I soon got his phone number and called him. He invited me to come over to his home, and he would share how I could see Sai Baba. The next evening, we went to his house. Others had also gathered there, and a speech had been arranged.

**The guest speaker was Mrs. Elsie Cowan, who narrated a most extraordinary experience, describing how her husband had been resurrected from the dead by Baba.**

However, I did not venture to talk about Swami with the host or any of the others who gathered there. I wanted to learn about Him directly from my own experience. Thus, in 1984, we traveled to India as planned.

*He held the quartz egg in the palm of His right hand. Then, gently blew on it several times without moving His hand.*

*The reticulated quartz egg turned into a solid black Shivalinga, to the amazement of everyone!*

### The Strike on The Plan

We loved our trip from Bombay across northern India to Delhi and then to Kathmandu. From Kathmandu, we were supposed to travel to Calcutta. However, we were delayed in leaving Kathmandu because we had only gotten single-entry visas for India, and we used that single entry when we flew into Bombay! Thus we were not allowed to leave Kathmandu until we could get new visas. Over the next three days, our Sherpa guide helped us get a new visa and a new flight out of Kathmandu. Thus, we finally arrived in Calcutta three days late. We had missed our original flight to Bangalore. We then learned that India, particularly Andhra Pradesh, had been experiencing a general strike for the previous four weeks. The Governor of Andhra Pradesh had been removed by the Parliament, which upset the people and led to the strike. There were long waiting lists for flights from Calcutta to Bangalore. On the second day of waiting for a flight to Bangalore, while standing in a tourist shop, we suddenly realized that we might not get to

see Swami. Our time in India was coming to a close for this trip. It was a revelation. Tears came to our eyes as we felt very sad. We felt a very strong desire to see Swami! Later that day, Swami blessed us with a flight to Bangalore!

We arrived at our hotel in Bangalore and found out that the *Ashram* was closed, and no taxis or buses were traveling to Puttaparthi. Despite the odds, our longing to see Swami drove us forward. We sought advice from the concierge. Imagine our joy to learn that bus service had just resumed that day! We thanked our stars! We hurried to the bus station, only to find that the bus was absolutely packed with eager travelers after the prolonged hiatus.

However, we were determined to reach our destination, and our taxi driver proposed his brother's vehicle as an alternative transport to take us to Puttaparthi. But there was one condition: we had to leave immediately! It was an old Ambassador car, and its tires were threadbare. But we were determined to get to the *Ashram* and did not want to leave India without seeing Swami. So, we left Bangalore with only the clothes we were wearing and some small traveler's checks I was carrying.

## The Journey to God

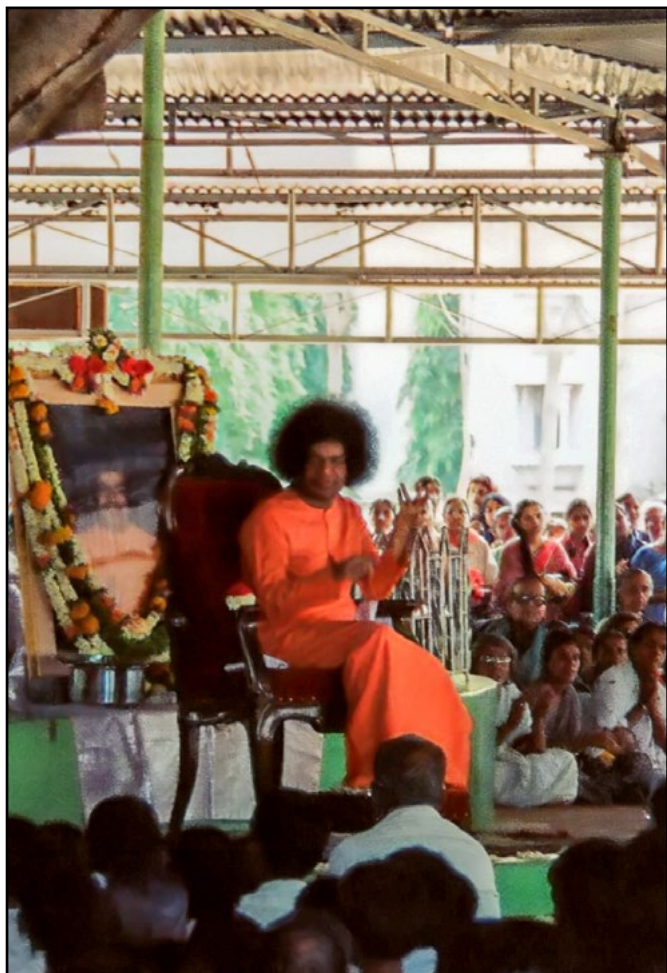
I was already beginning to realize that the journey to God is not an easy one. It requires patience, perseverance, and endurance. We were barely five minutes into the journey when we ran out of gas! My son and I pushed the car to the nearest fuel station and, after refueling, started back on our journey. All along the way, there were many roadblocks with large stones, reminders of the just-concluded strike. We stopped at all these roadblocks, and I had to get out of the car to clear the stones. Finally, when we reached Prasanthi Nilayam in Puttaparthi, I realized we were almost the first to arrive after the strike.

When we arrived at the *Ashram*, afternoon *darshan* was just over, and Swami had returned to His room. Our driver told us he would spend the night in the *Ashram* and that we had to leave just after morning *darshan*. We were to have one *darshan* of Swami. But what a blessing that would be! At the Accommodations Office, we were given a space in a shed. This was particularly difficult for Carol, who does not enjoy anything like camping! We went to the village and got mattresses, bedding, some utensils, and water, and we had some





appropriate clothing made for us. Carol used the water and stainless steel cups to soak her contact lens overnight and then more water to moisten the lens before putting them in her eyes the next morning! It was a new experience, and we were really roughing it because **we were determined to see Swami at any cost whatsoever.**



### Darshan

The next morning, we finally had Swami's darshan. There were barely about 30 or 40 people. That's all! From a situational perspective, it was the aftermath of the strike. But I knew He blessed us to have an intimate *darshan*.

**For me, the *darshan* was a mystical experience.** Swami seemed to be transparent and simply gliding across the ground. It was so beautiful. We all left the *Ashram* deeply feeling His divinity. It was a life-changing event for us.

### His Calling Card

We didn't have time to stay longer. After just one *darshan*, we had to return to our hotel in Bangalore. But our driver persuaded us to travel to Srirangapatna, near Mysore, where a devotee by the name of Mr. Halagappa had set up a temple for Swami. All of the pictures there were covered with *Vibhuti*. Mr. Halagappa showed us the medallions of Shirdi Baba and Sathya Sai Baba. They were copper-clad enamel pictures and exuded a sweet liquid called *Amrith* (divine nectar).

As a physicist trained in pure sciences, I was hard-pressed to believe anything that couldn't be readily replicated in a laboratory. But what I saw was simply fascinating. These medallions were oozing *Amrith* at the rate of a drop every 10 to 15 seconds! There were no tubes attached, and the liquid was coming out of nowhere. It was a miracle in plain sight! Energy was being transmuted into matter!

I was shocked to witness such a thing for the very first time in my life. Although I have always been a firm believer in God, I was mainly focused on the intellectual aspect until that point. But that was the beginning of my focus on purely spiritual perspective. We returned to San Diego, and I went back to work and my regular routine, but I was convinced that I would be reading and learning more about Swami and visiting Him more frequently.

Indeed, **I had received Swami's calling card!**

### The First Interview

In 1987, the United States State Department tasked me with exploring the potential for transferring medical technology between the USA and India. I enthusiastically accepted the assignment and headed to Bombay (now Mumbai), where I collaborated with King Edward Memorial Hospital and other healthcare

institutions. After completing my work, I embarked on a planned trip to Bangalore with the primary goal of visiting Swami. Arriving in Bangalore, I learned Swami was returning to Whitefield from Prasanthi Nilayam in two days. I found accommodation close to the *Ashram* and eagerly awaited His arrival. When Swami finally arrived and I saw Him, I felt like I was being totally ignored! I also noticed people were handing letters and notes to Swami written by them. We also saw a presentation by a devotee from Africa, who was reading out the poetry he had written. So I thought, "I, too, will write a little poem, and I will pray to Swami for an interview." That evening, I wrote a poem:

*Father,  
Although I am far from home  
I never feel alone.  
You are the Dweller in my heart  
And we will never part  
Will you please hear my plea  
And grant an interview with Thee*

and when Swami came out for *darshan*, I offered Him an envelope with the letter and my poem in it. When He came out for *darshan*, He went around, took my little letter, and said, "Go!" So, I went into the compound of Swami's residence and had my memorable first interview with Swami in 1987.

After briefly talking to all the devotees called in for an interview in the outer room, Baba called each person for a private interview in an inner room. Finally, He came out and said to me, "*You are next!*" He then called me inside. I was carrying a *japamala* (rosary) and a quartz egg that looked like a Shivalinga, and I wanted Swami to bless them for me. At first, He said, "*You worry too much! You worry about the past, the future, and your family, and you worry about your job! I will worry about all those for you. You just worry about the present!*" **And then He pointed His fingers toward**



**Himself, swept them up and down, and said, "The Omnipresent!"**

He looked at the items I was carrying, picked up the quartz egg, and said, "*This isn't a Shivalinga. I will make you a real Shivalinga tomorrow; be ready!*"

He talked to me about some personal matters, after which we returned to the outer interview room. He continued seeing others, and at the end, He gave each person a handful of *vibhuti* packets as we left the sacred room! I was the last person leaving the room, and I noticed someone had dropped a packet of *vibhuti*. As I reached down to pick it up, He laughed and said, "*You want some more?*" I turned around and said, "Sure!" So He gave me another big handful of *vibhuti* packets.

### **The Miracle Linga**

So I left the interview room with everyone else, and later that night, I was wondering, What did He mean when He said 'be ready?' That evening, I didn't want to talk to anyone. I just wanted to focus on remembering Swami and thinking about the memorable interview with Him. The next day, during *darshan*, He looked at me again and said: "Go!" So I went to the waiting area outside His residence. Soon, everyone who was called gathered in the interview room. After a while, He motioned





for me to come forward and give Him the quartz egg I had been carrying.

*"What is this?"* He held it up so everyone could see it, but nobody answered Him. He then said, *"This is glass; it's only glass. I am going to make it a real Shivalinga."* He held the quartz egg in the palm of His right hand. Then, with the open palm facing up so everyone could see it, He gently blew on it several times without moving His hand. **The reticulated quartz egg turned into a solid black Shivalinga, to the amazement of everyone!**

He held it up and said: *"This is a real Shivalinga."* He continued, *"It is made of the five elements."* He stopped and looked at me, asking, *"Who does this belong to?"* I looked up to Him and said, *"To You, Swami."* He smiled, nodded yes, and pulled a silk handkerchief out of my pocket. He wrapped the Shivalinga in the silk handkerchief and put

it in my shirt pocket. Then He said to me, *"Immerse it in water every night and drink that sanctified water. It will help to calm your mind."* I have been carrying "His Shivalinga" with me ever since, and I faithfully place it in water every night as per Swami's directive. But I believe that the Shivalinga is on loan from Swami. It still belongs to Swami.

I carry the sacred *linga* with me wherever I travel. As I mentioned, I have traveled far and wide, and consequently, I have been exposed to many unpredictable and precarious situations. **Whether it was a German police barricade at Frankfurt airport or a bomb scare for my family at Heathrow airport, I truly believe that we have come through these situations with flying colors because of the blessed *linga*!**

I can go on and on about personal experiences. But based on my lifelong experience, **I am convinced that if we follow Swami's teachings, we can develop better spiritual understanding and progress spiritually. To love Him above all and to love our fellow beings as ourselves are the most meaningful learnings of my life.** I believe the same transformational miracle can happen to others, too, when we have an outpouring of love and practice His teaching that love transforms whomever we interact with.

**Dr. Mike Congleton**   
USA



**Dr. Michael Congleton** holds an M.D. in Psychiatry and a Ph.D. in Plasma Physics. He came to Swami in 1984 and has served Him with devotion as an officer in the SSSIO for several decades. Swami blessed him with several miracles and interviews.

Dr. Congleton served as the President of the Sathya Sai Baba Society, established in 1970 with Bhagawan's blessings and guidance. He was also the National Council President and the Central Coordinator of the SSSIO-USA.





# Love for Love's Sake

## Bhagawan Sri Sathya Sai Baba

PRASANTHINILAYAM P.O.,  
VIA BUKKAPATNAM,  
ANANTAPUR DIST.,  
ANDHRA PRADESH



"BRINDAVAN"  
KADGODI P.O.,  
BANGALORE DIST.,  
MYSORE STATE

July 16, 1969

TO DEVOTEES IN LONDON

Adweshtaa Sarva bhoothaanaam (with no ill-will against living beings) Sarva bhootha hithe rathaah (always engaged in promoting the well being of all beings) Samah sathrou cha mithre cha (considering foe and friend alike).....jewels like these contained in the Gita, are, as known to all, pointers to the need for Universal Love. The Gita offers plenty such, to help the worldly to swim across the sea of sorrow. In the Gita the Lord lays down the ideal, "Do all acts for Me; become Mine; be devoted to Me, giving up all other attachments."

By declaring that man shall not bear ill-will towards the entire world of living beings, the Gita is positing a lesson with invaluable inner meaning; that in all beings and even things, there is moving and revolving, as an active illumining Principle, the Divine, appropriately called as Atma. The Vedic assertions, Isaavasyamidam Sarvam (All this is enveloped in God) Sarva bhoothaantharaatma (The inner core of all Beings is He) Vaasudevassarvamidam (All this is God, Vasudeva) firmly establish this profound Truth.

It is a wrong against God, this Omnipresent Divine, to hate Living Beings; to injure them; that is to say, it is as bad as hating and injuring oneself - the reason being that the injurer is as much a living being with God as his core, as the injured. Potharaju, the classic Telugu Poet, had realised this truth; so he writes in the Bhagavatha,

p. t. o



: 2 :

"Grant me, O lord,  
So ready to reward rigorous self-control,  
Grant me, O Lord,  
The adoration of Thy Lotus Feet  
The comradeship of those who adore Thy Lotus  
Feet  
And give me compassion,  
Deep vast unlimited,  
Towards all beings in all the worlds

Until you become aware of your own Divinity (Deva-thathva) so long as you are conscious of your distinct individuality (Jiva-thathva) - so long as you feel you are you and God is God, you cannot but struggle, with some attitudes and objectives. This is the stage called the Sadhaka stage. During that stage, you must endeavour to equip yourself with the above mentioned qualities of Love, Sympathy and Compassion. For, without these, Yoga and Jnana cannot be secured.

Love is vital. Love is Divine. To render an act fit to be offered to God and pure enough to win His Grace, it has to be a manifestation of Love. The brighter the manifestation, the nearer you are to God. Prema is not affected or modified by considerations of caste or creed, or religion; it cannot be tarnished by envy, malice or hate.

Preserve Love from being poisoned by these evils; endeavour to cultivate hatred-less distinction-free feelings. The root of all religions, the substance of all scriptures, the rendezvous of all roads, the inspiration of all individuals is the Principle of Love (Prem). It is the firmest foundation for man's mansion of Life. It is the Light that ensures World Peace and World Prosperity.

Fill every word of yours with Love, fill every act of yours with Love. The word that emerges from your tongue shall not stab like the knife, nor wound like the arrow, nor hit like the hammer. It has to be a fountain of sweet nectar, a counsel of consoling vedantic wisdom, a soft path of blossoms, it must shower peace and joy.

Love for Love's sake; do not manifest it for the sake of material objects or for the fulfilment of worldly desires. Desire begets anger, anger provokes sin, for under its impact, friends are seen as foes. Anger is at the bottom of every variety of calamity. Therefore, do not fall a prey to it. Treat every one - whoever he may be - with the all-inclusive compassion of Love. This constructive sympathy has to become the spontaneous reaction of all mankind.

.....3



# Bhagawan Sri Sathya Sai Baba

PRASANTHINILAYAM P.O.,  
VIA BUKKAPATNAM,  
ANANTAPUR DIST.,  
ANDHRA PRADESH



"BRINDAVAN"  
KADGODI P.O.,  
BANGALORE DIST.,  
MYSORE STATE

: 3 :

Saturate the breath - while you inhale and while you exhale - in Love. Saturate each moment in Love. Love knows no fear. Love shuns falsehood. Fear drags man into falsehood, injustice and wrong. Love does not crave for praise; that is its strength. Only those who have no Love in them itch for reward and reputation. The reward for Love is Love itself.

When you are eager to place offerings before the Lord, instead of transitory materials, let your offering be Love. Love is the very Light of Life; it is the only comprehensive Code of Conduct.

Love is no merchandise; do not bargain about its cost. Let it flow clear from the heart, as a stream of Truth, a river of wisdom. Let it not emanate from the head, nor from the tongue. Let it emerge, full and free, from the heart. This is the highest duty, the noblest Godliness.

Start the day with Love. Live the day with Love. Fill the day with Love. Spend the day with Love. End the day with Love. This is the way to God. If you repeat 'God' 'God' but receive anger and lust, hate and envy into your heart, you cannot rise into Divinity, you will only slide into Diabolism.

Today's Festival is called Guru Poornima; it is a name full of meaning. Poornima means, the effulgent Full Moon. Guru means (Gu - ignorance; Ru - destroyer) he, who removes the darkness and delusion from the heart and illumines it with the Higher Wisdom.

The Moon and the Mind are inter-related, as object and image. On this Day, the Moon is full, fair and cool, its Light is fresh, pleasant and peaceful. So the Light of the Mind too has to be pleasing and pure. This is the Message of the Day. That is to say, in the firmament of

p.t.o

: 4 :

the Heart, the Moon is the Mind. There are clouds there, thick and heavy - the sensual desires and worldly activities, which mar your joy at the Light of the Moon. Therefore, let the strong breeze of Love scatter the clouds and confer on you the cool glory of moon light. When devotion shines full, the sky in the heart becomes a bowl of beauty and life is transformed into a charming avenue of Ananda. That beauty of heart, that Ananda in life can be won through the mind, if the lesson of this Day is remembered and realised.

Strengthened by Swami's Grace, encouraged by Swami's Blessings, engage in Sadhana and achieve success by realising the Goal of Life.

L. 9th Blessings  
B.M.





## History of SSSIO

# DIVINE LEGACY

The Sri Sathya Sai International Organization had its beginning in 1963. With Swami's blessings, it has grown worldwide in more than 110 countries, focused on educational, devotional and service activities. Here is a chronological overview of a few highlights of SSSIO's footprint over six decades.

**Year**  
**Sathya Sai Center**  
**Established**  
**by SSSIO**

**1963**

Sri Lanka

**1968**

Kenya  
Mauritius  
Tanzania  
Uganda

**1969**

Fiji  
South Africa  
United Kingdom  
United States of  
America

## 1960s

Sathya Sai Centers established in Fiji, Kenya, Mauritius, South Africa, Sri Lanka, Tanzania, Uganda, UK, and USA.

## 1966

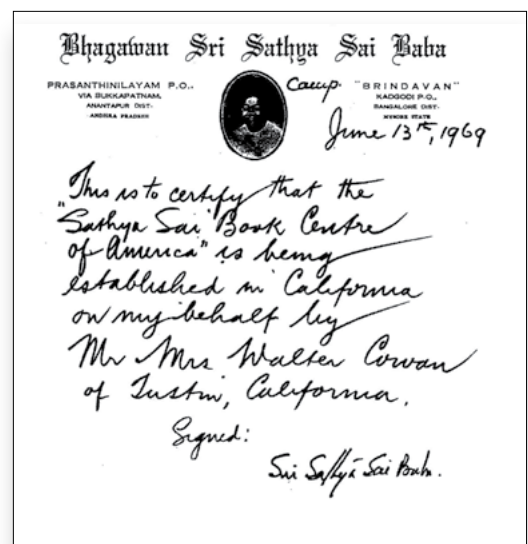
Howard Murphet from Australia and his wife, Iris, found in Swami, "the highest manifestation of God." Mr. Murphet went on to author five books on Sri Sathya Sai Baba that were responsible for thousands of devotees learning about Him.

## 1968

In June and July, Bhagawan Sri Sathya Sai Baba made His first and only visit out of India to East Africa, where He visited Kenya, Uganda, and Tanzania. He delivered divine discourses, including a landmark discourse on July 4th in Nairobi.

## 1969

In June, Walter and Elsie Cowan received written permission from Swami to start a book center to publish and make Sai literature available for the growing number of devotees. Sathya Sai Society of America, an official, non-profit organization was established with Swami's blessings.



1970

Indonesia

1971

Spain

1972

Canada  
Greece  
Venezuela

1973

Guyana  
Mexico

1974

Singapore  
Trinidad & Tobago

1975

Germany

1976

Australia  
Iran  
Jamaica  
Philippines

1977

Italy

1978

Hong Kong  
Lithuania  
Netherlands

1979

Belgium  
El Salvador  
Guatemala

## 1970s

First Sathya Sai Centers established in Australia, Belgium, Canada, El Salvador, Germany, Greece, Guatemala, Guyana, Hong Kong, Indonesia, Iran, Italy, Jamaica, Lithuania, Mexico, Netherlands, Philippines, Singapore, Spain, Trinidad & Tobago, and Venezuela.

The first group of devotees from Fiji visited Baba and were blessed with interviews.

Emilia (Milita) Martinez from El Salvador (who published the first Spanish literature on Swami) and her husband, Rigoberto Martinez, traveled to India and were the first Salvadoreans to meet Sri Sathya Sai Baba.

## 1980s

First Sathya Sai Centers established in Argentina, Aruba, Austria, Barbados, Bolivia, Brazil, Chile, Colombia, Costa Rica, Cuba, Denmark, Dominican Republic, Ecuador, France, Ghana, Ireland, Latvia, Malaysia, New Zealand, Nicaragua, Nigeria, Panama, Paraguay, Peru, Puerto Rico, Serbia, Suriname, Sweden, Switzerland, Thailand, Uruguay, and Zimbabwe.

First Sathya Sai Schools were set up in Thailand (1982)



Thailand School

## 1983

International Symposium: 'Unity is God, Purity is Enlightenment' in Rome.



Symposium, Rome

## 1990s

First Sathya Sai Centers started in Belarus, Bosnia and Herzegovina, Cameroon, Congo DR, Croatia, Curacao, Czech Republic, Estonia, Finland, Gabon, Haiti, Honduras, Hungary, Israel, Ivory Coast, Kazakhstan, Macedonia, Poland, Romania, Russia, Slovenia, and Ukraine.

First Sathya Sai Schools were set up in Kenya (1999), Congo DR (1994), Zambia (1992), South Africa (1997), Israel (1992), Brazil (1993), Thailand (1991)

An International Sathya Sai Human Values Conference was held in Thailand.



**1980**

Denmark  
Ghana  
New Zealand  
Peru  
Sweden  
Switzerland  
Thailand  
Uruguay  
Zimbabwe

**1981**

Argentina  
Bolivia

**1982**

Costa Rica

**1983**

Chile  
France  
Malaysia

**1985**

Barbados  
Ireland  
Suriname

**1987**

Austria  
Brazil  
Colombia  
Ecuador  
Panama  
Puerto Rico

**1988**

Dominican Republic  
Latvia  
Nicaragua  
Nigeria

**1989**

Aruba  
Cuba  
Paraguay  
Serbia

**1995**

The Young Adults program was launched and the official SSSIO logo featuring the 5 human values instead of 5 religions was adopted during the World Conference.

**1996**

The Sathya Sai Organization website, sathyasai.org, was launched with Dr. David Gries from New York as the Webmaster.

The Sai Foundation of El Salvador completed a major water project, one among the 12 such projects in El Salvador.

**1997**

The first World Youth Conference was held at Prasanthi Nilayam, in July.

**1998**

I, SATHYA SAI BABA, hereby consent to the use and to the registration of my name, SATHYA SAI BABA, sometimes referred to as Sathya Sai, by the Sathya Sai Society of America for any and all trademark applications submitted to the United States Patent and Trademark Office.

Dated: \_\_\_\_\_

*Sri Sathya Sai*  
Sathya Sai Baba

Sri Sathya Sai Baba authorizes the Sathya Sai Society of America to use His name for all trademarks, which was registered in the US Patent Office in 1998.

**2000s**

First Sathya Sai Centers established Azerbaijan, Botswana, China, Kyrgyzstan, Malawi, Moldova, St. Kitts, St. Lucia, St. Maarten, Syria, and Uzbekistan.

First Sathya Sai Schools were set up in Kisaju, Kenya (2001), Buenos Aires, Argentina (2001), Ribeirao Prieto, Brazil (2002) New Zealand (2000), Chihuahua, Mexico (2002) and Ghana (2009).

**2001**

The Sathya Sai Education in Human Values movement began in Israel.

**2003**

Bhagawan Sri Sathya Sai Baba founded the Prasanthi Council, the highest administrative body of the International Sri Sathya Sai Organizations.



1990

Finland  
Honduras  
Macedonia  
Romania

1991

Bosnia &  
Herzegovina  
Croatia

1992

Estonia  
Hungary  
Israel  
Ivory Coast  
Poland  
Russia

1993

Belarus  
Curacao

1994

Cameroon  
Slovenia

1995

Gabon

1996

Haiti

1997

Congo DR  
Kazakhstan

1998

Czech Republic  
Ukraine

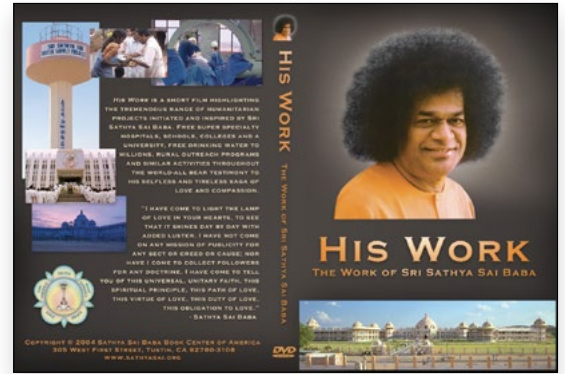
2001

Azerbaijan  
Botswana

2004

Pre-World Conference public meetings were held around the world, with some meetings hosting over 1,000 attendees.

'His Work' documentary film was produced by the SSSIO in English and Spanish to be shown at Public Meetings.



2005

The Sri Sathya Sai International Medical Conference was held at Prasanthi Nilayam and the Sri Sathya Sai Ideal Healthcare book containing the Divine Discourses on health was released with Swami's blessings.

The eighth SSSIO World Conference was held in Prasanthi Nilayam.



2006

Bhagawan Sri Sathya Sai Baba founded the Sri Sathya Sai World Foundation as the Governing and legal body of the International Sri Sathya Sai Organizations and the same was announced in the March 2006 issue of Sanathana Sarathi. The Prasanthi Council continues as the administrative body to oversee the day to day matters of the International Sri Sathya Sai Organizations.

2007

The second International Youth Conference was held in Prasanthi Nilayam.

The orthopedic department set up at the Sri Sathya Sai institute of Higher Medical Sciences (Prasanthigram) was completed by the SSSIO International Medical Committee and inaugurated by Swami.

#### SRI SATHYA SAI WORLD FOUNDATION

THE INTERNATIONAL SRI SATHYA SAI ORGANISATIONS HAVE BEEN FORMED FOR THE SPIRITUAL UPLIFTMENT OF MANKIND. FOR THE MAINTENANCE OF ORDER, AUTHENTICITY AND ACCOUNTABILITY AMONG THESE ORGANISATIONS, THE "SRI SATHYA SAI WORLD FOUNDATION" IS HEREBY ESTABLISHED BY THE DIVINE COMMAND OF BHAGAVAN SRI SATHYA SAI BABA. THIS FOUNDATION WILL HENCEFORTH ASSUME RESPONSIBILITY FOR THE GOVERNANCE OF ALL FUNCTIONS OF THE INTERNATIONAL SRI SATHYA SAI ORGANISATIONS. THE FOUNDATION WILL WORK TOGETHER WITH THE PRASANTHI COUNCIL TO ACCOMPLISH THE ADMINISTRATION OF THESE ORGANISATIONS.

#### BE IT KNOWN THAT:

Sri Sathya Sai Baba teaches that man is born to live a spiritual life and demonstrate the principles of Truth, Righteousness, Peace, Selfless Love and Non-violence.

Good-willed men and women have come together from many countries to study and incorporate these teachings in their lives and thereby uplift the quality of human life.

The incorporation of these teachings requires the practitioners to selflessly serve mankind and exemplify these noble principles in every aspect of their lives.

The Foundation called the "Sri Sathya Sai World Foundation" is formed to function as the highest administrative body of the International Sri Sathya Sai Organisations that have been formed.

#### THE MISSION OF THIS FOUNDATION IS:

To ensure the authenticity of all programmes engaged in by the International Sri Sathya Sai Organisations.

To ensure that all programmes, publications, interactions with other legal entities is conducted in a manner that is compatible with the principles enumerated above.

March 2006 95



**2004**

China  
Malawi  
Moldova  
St. Kitts  
St. Lucia  
St. Maarten

**2006**

Kyrgyzstan  
Uzbekistan

**2009**

Syria

**2010**

Madagascar

**2011**

Togo

**2013**

Benin

**2016**

Congo-  
Brazzaville

**2022**

Ethiopia

**2023**

India

## 2008

The World Education Conference was held at Prasanthi Nilayam and Sathya Sai Education overview book was released.

The department of gastroenterology set up by the SSSIO International Medical Committee was inaugurated by Swami.



## 2009

SSSIO organized an international Orthopedic Conference in Prasanthi Nilayam in July.

An international Medical Conference was held in October, in Anaheim, California, USA, where more than 400 medical professionals from 24 countries participated.

## 2010s

First Sathya Sai Centers were established in Benin, Congo-Brazzaville, Ethiopia, India, Madagascar, and Togo.

First Sathya Sai Schools were set up in Madagascar (2011), Benin (2019), and Uganda (2019).

SSSIO held the Ninth World Conference in Prasanthi Nilayam in November 2010.

The SSSIO undertook a massive humanitarian relief project in Haiti after a massive earthquake of magnitude 7.0 struck the Haitian capital of Port-au-Prince.

## 2013

Disaster relief project was launched to rebuild Tacloban in the Philippines after typhoon Haiyan.

## 2014

SSSIO held the Sri Sathya Sai Education Conference in Prasanthi Nilayam.

Worldwide Community Adoption Program was launched.



## 2015

The SSSIO held the Sai Spiritual Education (SSE) Conference in Prasanthi Nilayam in August.

The Tenth World Conference was held in Prasanthi Nilayam in November and the book, “*Divine Nectar*” was published.



## 2016



The Sathya Sai World Youth Festival was held in Prasanthi Nilayam during Guru Poornima, and several Young Adults initiatives and subcommittees such as “*Serve the Planet*” and “*Sadhana of Love*” were launched.

## 2017



The second SSSIO Medical Conference was held in Anaheim, California, USA.

“*Sai Symphony*” performance was held in Germany’s Wuppertal City Hall to an audience of more than 1,400.



## 2018

A Go-Green Conference was held in Prasanthi Nilayam and the book, *"Nature is a Vesture of God"* was published.

The Sathya Sai School in Thailand won the Royal School Award presented by Her Royal Highness Princess Mahachakri Sirindhorn.



## 2020s

Sathya Sai Centers were established by the SSSIO in Ethiopia and India.

## 2021

The Sathya Sai School of Ribeirao Preto received multiple awards in the Brazilian Astronomy Olympiad including 7 gold, 10 silver, and 21 bronze medals between 2019 to 2023.



## 2022

The Federal Senate of Brazil, the Upper House of the National Congress honored the contribution of the Institute of Sathya Sai Education (ISSE) of Brazil for its tireless work over 22 years in developing values-based education in Brazil.

Launch of the SAI-100 program which implements 13 initiatives to intensify the spiritual journey, serving both humanity and nature.

SSSIO of Kenya undertook massive tree planting as part of SAI-100, planting more than 169,000 trees with love and dedication.





International Conference, USA

## 2023

Sai Prema Nilayam, a major Sai Center with a permanent building was inaugurated in April in Riverside, California, USA.

SSSIO International Conference with 700+ delegates from 35 countries held in April in Sai Prema Nilayam.



International Conference, Sri Lanka

The SSSIO held an International Conference in Sri Lanka in September.

An International Conference on '*Strengthening Values Education*' was held by the SSSIO in Barbados, West Indies, in October.

## 2024

As part of the SAI-100 initiative, the SSSIO conducted a huge international medical camp in East Africa for eight days. 64 healthcare professionals and volunteers saw 5,605 patients and provided about 12,000 consultations.

Sathya Sai International Conference with nearly 700 participants from 40 countries held in Nairobi, Kenya.





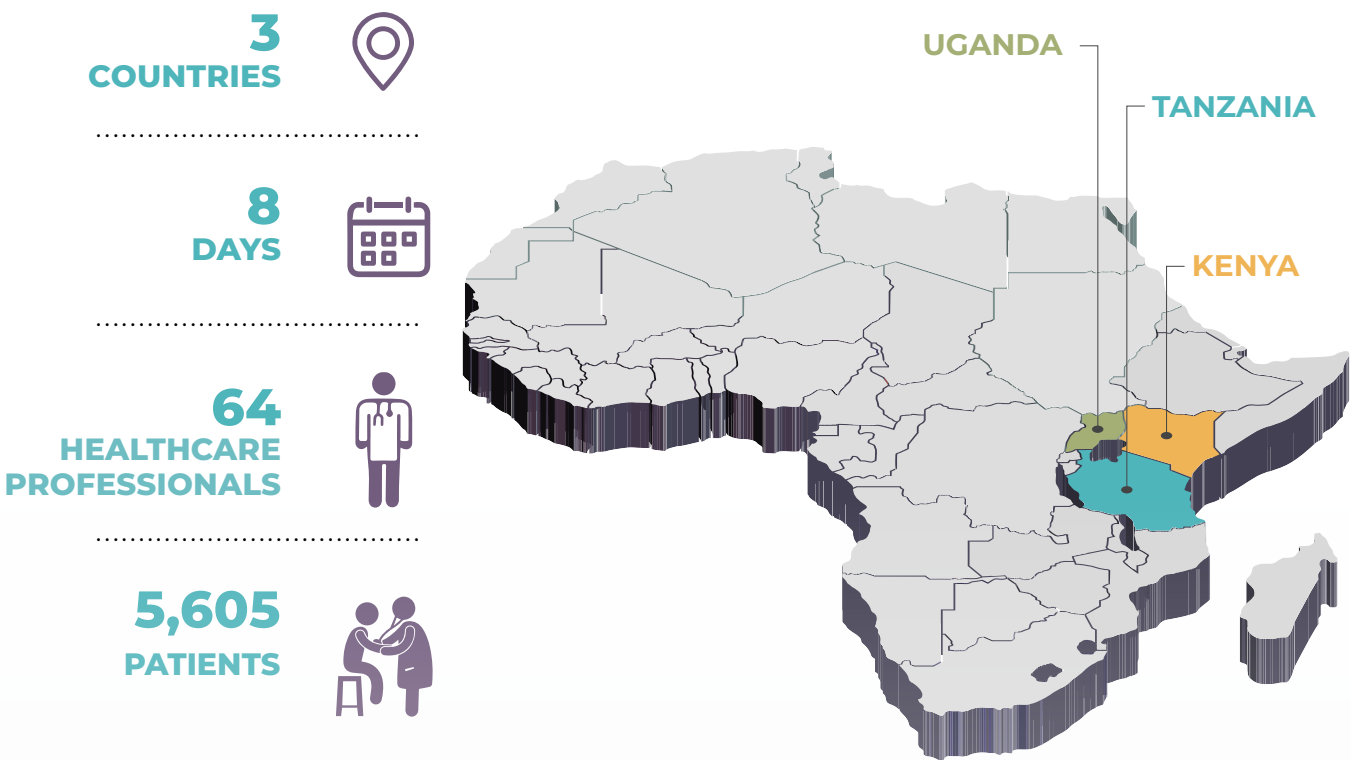
# ANOTHER DIVINE VISIT TO EAST AFRICA



**THE EAST AFRICA MEDICAL MISSION** was an inspiring and motivational spiritual journey to have a truly remarkable opportunity to embark on a unique, selfless service where the team of volunteers was able to offer consultation, treatment, and free medicine across several specialties, including Internal Medicine, Pediatrics, Cardiology, Gastroenterology, Gynecology, Neurology, Ophthalmology & Optometry, Anesthesiology, Surgery, Physiotherapy &

Rehabilitation medicine, and Dentistry. The Mission provided the opportunity to serve a total of **5,605 patients**.

The medical team of the Sri Sathya Sai International Organization (SSSIO) rendered a beautiful service of this magnitude in just 8 days at 6 medical camps held in 3 countries in East Africa, the very same countries graced by the visit of Bhagawan Sri Sathya Sai Baba in 1968: Uganda, Kenya, and Tanzania!



CAMP LOCATION	COUNTRY	PATIENTS
Kampala	Uganda	503
Jinja	Uganda	1,003
Vihiga	Kenya	1,064
Nairobi	Kenya	1,574
Arusha	Tanzania	759
Mwanga	Tanzania	702



## Six Months Planning for Eight Days of Medical Camps

A transcontinental service activity of this magnitude in remote areas with resource constraints is only possible with Swami's infinite grace and blessings. The diligent efforts of the hosting teams and the core international medical group continued in earnest for six months, planning and organizing the event to the last detail. **To ensure perfect coordination, a four-member scouting team arrived a week in advance, tracing the planned routes by road and air to Uganda, Kenya, and Tanzania!**

A team of 64 well-qualified international health professionals and volunteers served in these medical camps from March 31 through April 9, 2024. In all locations, the team was joined by local volunteers and helpers, including local health professionals and doctors.

### A Rain of Love In Uganda

The first camp was held in Kampala on March 31 at the Sathya Sai Center. Rain did not stop people coming to the Medi-

cal Camp and they all received a shower of loving medical care from all the volunteers! The Easter Sunday holiday turned out to be a holy day for the team as hundreds of patients lined up to receive Swami's love.

**Following the teaching of Swami that service to man is service to God, the healthcare professionals served the patients with the attitude that they were serving Swami.**

Early next morning, the team traveled for more than two and a half hours to the Sathya Sai School in Jinja where more than 800 patients were registered and already seated. They had started arriving as early as 3 am—a reflection of the challenges of catering to the rural and poor population. This added further fuel to the fire of passion, enthusiasm, and devotion of the medical team. The school's staff along with the school children were there to lend a helping hand to serve their community. Despite minimal basic facilities like electricity and running water, by the end of the day, the doctors and volunteers had lovingly served





more than a thousand patients! The SSSIO Young Adults (YAs) supported the event by keeping the school children engaged and entertained. About 150 patients could not receive medications as it got rather late and dark, and hence, arrangements were made to deliver the medicines the next day with the help of a doctor and local health professionals.





Swami says that unity leads to purity, which leads to divinity. The loving service demonstrated the truth of His teaching amply.

### “If You Need Me, You Deserve Me” The Kenya Story

The medical team’s arrival in Vihiga County, Kenya, couldn’t have been at a more opportune time. **The government doctors in Kenya had been on strike for several weeks, and the patients were in dire need of medical services. The SSSIO team’s arrival was a miracle and a gift of Swami’s love!**

The team lost no time in setting up the patient registration desk and despite the exhausting



H.E. Dr. Wilber K. Ottichilo, EGH, Governor for Vihiga County visited the camp

international travel, by midday, the camp started serving patients on the premises of a church-run Mission hospital in Vihiga. Despite heavy rains on the first day, the flow of patients did not slow down because the volunteers were drenched in the spirit of love and service. **Touched by the camp’s magnanimous service, the Prime Cabinet Secretary of Kenya H.E. Wycliffe Musalia Mudavadi, EGH and the Governor of the Vihiga County H.E. Dr. Wilber K. Ottichilo, EGH visited the camp, expressing their deep gratitude and great joy to the SSSIO team for the noble mission.** Furthermore, preliminary discussions were held to draft a Memorandum of Understanding (MOU) with the SSSIO medical unit to conduct webinars, telemedicine, etc., to support and improve the skills of the health professionals in Kenya.



After one-and-a-half days of service in Vihiga, the team flew to Nairobi for two very busy and fulfilling days at the Sri Sathya Sai School in Uthiru, Nairobi. It was a comprehensive team effort, with the local Sai devotees and the school's staff and children working very hard to make this service a fitting offering to our beloved Lord. **Swami says that unity leads to purity, which leads to divinity. The loving service demonstrated the truth of His teaching amply.**



Prime Cabinet Secretary of Kenya H.E. Wycliffe Musalia Mudavadi, EGH at the camp





The patients' heartfelt gratitude was evident at many sites when, on the completion of the camps, they kept appealing to the team, "Please come again and do not forget us!"

### Serving the Needy in Tanzania

With clockwork precision, the next scheduled campsite in Arusha, Tanzania, was set up despite hurdles encountered due to circumstances beyond the team's control at the international borders. The team derived strength and energy from the continuous *namasmarana*, *bhajans*, and multi-faith prayers by the volunteers during their travel and short breaks. They overcame sheer exhaustion and provided healthcare for about 200 patients the same evening.





But the healthcare volunteers more than made up for lost time the next day, attending to 700 patients, and then traveled two and a half hours to reach Moshi past midnight for the final day of camps.

The team was ready in the morning to travel to Mwanga, but the journey to the last campsite was slow, and by the time they arrived, more than 300-400 patients had already assembled at the campsite. Again, it was Swami's grace and the team's perseverance that 702 patients received quality medical care filled with love and enthusiasm that day, including written patient care plans in many cases for tertiary hospitals to follow up.

The ceaseless flow of patients continued even after midday. **The patients' heart-felt gratitude was evident at many sites when, on the completion of the camps, they kept appealing to the team, "Please come again and do not forget us!"**

### The Foundation of Every Service Edifice

The medical camp drew a lot of interest from the national media in East Africa, which was inspired by the selfless service and spirit of sacrifice of the healthcare professionals and volunteers. The patients were overflowing with love, smiles, and words of appreciation for the doctors







The impact of the camp was life-changing for families and not just the patients.

and volunteers. The team members, too, were moved, touched, and inspired by the opportunity to serve and the love they received through service. As one health professional volunteer shared, **"This camp is one of the best things I have done in my life. I learned so much from the patients as well as my fellow doctors and volunteers."** Patients would wait from as early as 3:30 am to be seen. They were so humble and would dress in their best clothes to come see the doctors. They came with great hopes that we could treat them and their children. We did our best and prayed to Swami to take care of the rest. I pray to Swami to continue to give us opportunities to serve Him more and more."

Another person said, "The East Africa Medical Mission was a spiritual journey of faith

and humility. **Swami orchestrated every step, showing the importance of unity to see God in all and work together in harmony.** One of the most wonderful experiences was to witness the love, dedication, and involvement of all the local volunteers, both within the Sai Organization and in the community, who were so committed to serving people in their own communities. One can sense the empowerment of people through Swami's message of Love All and Serve All."

Apart from that, the medical camps also allowed several medical professionals to understand and experience the principles, workings, and benefits of **Ideal Sathya Sai Healthcare** first-hand. Not all team members were 'devotees' of Sai Baba, but in the end, they appreciated His philosophy and mission, especially in rendering selfless service. As one of the team members shared, "It's heartwarming to say that I absolutely loved everyone who undertook this journey. It is unbelievable how cohesively the group bonded and operated as a team. Values expressed during interactions between people and patients were exemplary." An interpreter added, "I wish our doctors learned to speak to patients the way you do." The impact of the camp was



life-changing for families and not just the patients. Women carry the brunt of caregiving. Treating a child with epilepsy or an elder with Parkinson's Disease to make them functionally independent reduces the burden on women and empowers them to serve the entire family more effectively. **We received feedback frequently, such as, "My child can walk now"... "My husband can dress himself"... "He will be able to feed himself."** This was most gratifying for all.

### Each Lives for the Other, and All Live for God

The team's devotion and dedication were very much evident in the perfect way each of the departments functioned harmoniously.

- The team of 18 international volunteers did an amazing job in all areas, from crowd control and registration to streamlining and chaperoning patients, in addition to performing numerous other tasks to facilitate the efficient flow of patients.
- The nursing and triage team consisted of 6 registered nurses, 1 Nurse practitioner, 1 medical student, and 3 rotating triage medical practitioners. They provided a high standard of care with limited resources and time.
- The internal medicine team, including pediatricians, treated a host of diseases and conditions, including malaria, worm infestation, tinea infection, seizure disorders, cerebral palsy, allergy, asthma, flu, bacterial skin infections, fungal skin infections, hypertension, diabetes, neurological conditions, gastrointestinal symptoms, and cardiovascular issues.
- The gastroenterology team was able to perform on-site endoscopy to diagnose some gastrointestinal







Healthcare professionals who participated in the camps

problems in real-time using disposable endoscopes.

- The gynecology and obstetrics team not only provided top-class medical advice but also guided on fertility issues in addition to discussing sensitive issues that affect health such as domestic violence and child abuse.
- The physiotherapy, musculoskeletal, and surgery departments brought tremendous relief to hundreds of patients by diagnosing and managing many orthopedic problems. In addition, removing lumps and bumps from crucial areas and performing hand-foot surgeries had very satisfying and meaningful outcomes for patients.
- The visioncare team carried out 30 minor ophthalmologic procedures comprising over 10 different types of surgeries. The department 'saw' a total of 1,465 patients, prescribing and handing out 1,663 eyeglasses at no cost.
- The dental department was a much-needed service and the team saw

almost 100-150 patients for primary dental care and doing 80-100 tooth extractions daily.

- The pharmacy group was supported by local teams, volunteers, and translators. They ensured that all patients were provided with medicines and were lovingly advised on their proper use.
- EASE (Exercise Regularly, Attitude Positively, Sleep Deeply, and Eat Responsibly) workshops were conducted for 60 students at the Moshi medical camp and 45 teachers at the Arusha International School.

Bhagawan Sri Sathya Sai Baba's only travel outside India was to these three countries in East Africa in 1968. The first two weeks of April 2024 felt like another divine visit because, beginning on Easter Sunday and concluding on Eid, the medical service was a continuous outpouring of love for everyone, commemorating Swami's historic visit.

SSSIO  
MEDICAL COMMITTEE



For a more comprehensive and detailed report of this inspiring medical camp, kindly visit this [link](#).







# LOVE IN ACTION



## AUSTRALIA A Lifeline for Newborns

On Aradhana Mahotsavam Day, the Service Wing of the Australian Capital Territory (ACT) Region continued their regular service activity to support the Birthing Kit Foundation (BKF) of Australia. The BKF provides a clean and safe birthing environment for women worldwide who have little or no assistance during child-birth due to the remoteness of location, cultural choice, or lack of transportation. The Senior Citizens' Centre in Turner, ACT, was buzzing with activity from 9:30 AM as 35 participants divided themselves into groups of 4 to 6 to assemble 400 birthing kits. The program ended with devotional singing and lunch for all participants. This activity is regularly undertaken by other SSSIO groups in Australia, promoting social activism and spiritual connection, following the inspirational teachings of Sri Sathya Sai Baba on practicing Love and Selfless Service.



## SRI LANKA Where Cleanliness Leads to Godliness

Nature is the vesture of God, and keeping the environment clean is a thoughtful way to worship God! On March 17, 2024, SSSIO volunteers organized a coastal cleanup at Pannai Beach, Jaffna, collecting 80-90 bags of plastic bottles, polythene, glasses, and tins littering the beautiful seascape. The youth participating in the event segregated the waste and handed it over to the Municipal Council for proper disposal. They also engaged in discussions, increasing public awareness and planning future initiatives. On the same occasion, more



than 60 people, including local villagers and council officials, joined the SSSIO volunteers of the Vadamaradchy Sai Center to clean up a beach at the Akkarai Village. The day ended on an auspicious note with Arathi, dedicating the service to Swami.



## MEXICO

### Medical Care Along With Educare

The medical wing in Mexico organized its fourth medical camp at the Sathya Sai School in Cuernavaca, Morelos on May 4th and 5th, 2024. Medical consultations and medicines were offered to 91 school students and their parents. Three students were also supported with further examination and additional medical care.

The camp brought medical professionals from a wide array of specializations including an otolaryngologist, a doctor specialized in pharmacology and toxicology in addition to four general physicians. In addition, 20 volunteers from the SSSIO Mexico and 5 teachers from the Sathya Sai School helped with the arrangements and logistics of the event, always with great enthusiasm and devotion. The families who attended were very grateful to SSSIO Mexico for the aid they received.



## USA

### Serving Those in Need is Service Indeed

Beaumont, Texas, is home to many students from India with limited access to healthcare. Recognizing their need, on December 16, 2023, SSSIO volunteers organized a free medical camp at the India Cultural Center in collaboration with the India Association of Southeast Texas. Five doctors and thirty volunteers did blood tests, and cholesterol screening and treated patients for general medical, dental and visual problems. In addition to receiving valuable information on nutrition and healthy eating, the guests were treated to a sumptu-



ous lunch. Over 100 hygiene kits and raffled prizes were also distributed to the guests. The camp was a great success, and discussions are underway to hold additional medical camps in the area.

For more stories of loving service by volunteers from around the world, please visit the Sri Sathya Sai Universe website:

<https://saiuniverse.sathyasai.org>



## This Small Planet Earth

**IN 1995, SATHYA SAI BABA TOLD DR. JOHN HISLOP, “THIS SMALL PLANET EARTH IS VERY SPECIAL. *It is unique in the Universe. This is a very important topic. It is of very great significance.*”**

Since the early stages of my adult life, I have been concerned with the fate of nature as it suffers under the weight of modern civilization. Neither my involvement in environmental organizations, my education in environmental science, nor my career in government environmental policy slackened the dread I felt that nothing could stop the inevitable disordering of Earth’s natural systems and the negative impacts of this on all beings, including ourselves. My deepest sense was that real and lasting change could only occur with a spiritual transformation resulting in a new worldview.



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**“Dearest Swami, Your carbon footprint is ever so slight,  
but Your divine footprint covers all.”**

I felt that if we understood that all of nature embodies the same divine spirit and all are interdependent and connected, it would be wrong to treat other beings, such as trees, merely as objects to meet our self-interested desires. But until our morals became grounded in such a belief, there could be no fundamental change—any actions would be no more than band-aid solutions. Major surgery is what is in order.

Sai Baba's descent into my life in 1995 provided the ultimate hope and inspiration that such a spiritual revolution could indeed occur, even in America. In His March 3, 1965 discourse, Swami explained, *“Many hesitate to believe that things will improve, that life will be happy for all and full of joy, and that the golden age will recur. Let me assure you that this divine form embodying righteousness (dharma-swarupa) has not come in vain. It will succeed in averting the crisis that has come upon humanity.”* Years later, we have come closer to the brink of environmental catastrophe, but we have also come closer to the fulfillment of the Avatar's Divine mission (in all respects). Obstacles appear most formidable before victory is gained, but, as Swami says in the *Ramakatha Rasa Vahini*, *“Dharma has to win: Victory is the inevitable concomitant of righteousness.”*

The era of Sathya Sai Baba's incarnation has been a time of incredible witnessing. We have witnessed a major world war with its ultimate devastating end—the dropping of the first atomic bomb and then another. We have seen an explosion in the manufacturing and distribution of goods worldwide, with its dramatic looting of nature's bounty. We have witnessed the first human-caused mass extinction of flora and fauna. **Although this has been an age of great achievements, it has also been an age of great human selfishness.** Swami tells us, *“Despite the striking progress in the fields of science and technology, there has been deterioration in morals and social behavior because of the growth of selfishness. Self-interest is predominant in every action.”* (Divine Discourse, June 24, 1989).

The Western world, especially the United States of America, has placed demands on people and nature in the name of economic growth and progress. In the years following World War II, we intensively cut vast areas of ancient forests. The trees were felled indiscriminately as objects to provide lumber for building homes for a booming population. They were felled in the name of progress and motivated by the money to be gained. Swami says we can no longer afford to do this: *“...because there is deforestation to an alarming*



*extent, the extent of carbon dioxide in the atmosphere has considerably increased. Therefore, the remedy for this situation is intensive afforestation, growing more trees everywhere and protecting the existing trees without destroying them for other purposes.”* (Divine Discourse, January 21, 1993).

**These magnificent old trees, which had given so much to the atmosphere, soil, birds, mammals, and humans, were not prayed to before the chainsaws began cutting. They were not asked for permission, as the indigenous people of this land (USA) would have done.** No offerings were left in their place, and no words of gratitude were spoken. Swami explains that *“nature is not anyone’s private property. It belongs to God.”* (Divine Discourse, June 21, 1989). The indigenous people understood and lived this precept.

The indigenous people have long lived the belief expressed by Swami that *“Nature is the vesture of God.”* (Divine Discourse, February 10, 1990). God is in every creature. All are related and interconnected. **All aspects of creation are endowed with spirit and have different roles to perform, as bestowed by the creator.**

A feeling of sadness creeps over me as I consider what humanity has done to creation and the people who cared for it so well, in such a short time. They lived as caretakers, understanding that land does not belong to any one person; it belongs to all. One can no more own land than one can own a piece of the sky or their mother. In fact, we have only responsibilities, not rights, to use the land well with care. Swami says, *“It is because nature ceaselessly performs its duty that the world is able to derive so many sacred benefits. The secret and mystery of Creation lies in the due performance of one’s duty with earnestness and sincerity.”* (Divine

Discourse, May 28, 1990). Many elders of America’s remaining indigenous cultures continue to carry the light and wisdom of their ancestors.

Swami tells us, *“Prakriti (Nature) is in essence divinity itself... All this is divine... So, tread softly, use reverentially, and utilize gratefully.”* (Divine Discourse, October 15, 1966). Are we heeding Swami’s advice? When it comes to addressing the environmental crisis, we still put much of our faith in science and technology—the frontier America turned to when new territories of land ran out. But unbridled science and technology have been largely to blame for our present state of affairs. Science does not yet account for the whole of nature. It cannot measure the divine spirit; therefore, science does not acknowledge its existence. Swami explains that the difference lies in whether one places faith in creation or the creator: *“The scientist is the one who enquires into the Nature of Creation. The saint is the one who seeks to know the Creator... Once you understand the Creator, you can understand the whole of Creation.”* (Divine Discourse, May 6, 1988).

Nonetheless, science and technology of the 20th and 21st centuries have proceeded at an ever-quicken pace without adequate thought of its consequences. Swami warned Prof. Kasturi, as recorded in the book, *Loving God*, that science was *“robbing Prakrithi (Nature) from her Master...exploiting Nature and proud that it has conquered Her.”* America has fostered many great voices that have warned about the indiscriminate development of science. Still, the drums of economic growth and the belief in ‘more is better’ drown them out. Consider the poetry and prose of just a few such passionate Americans: Ralph Waldo Emerson, Henry David Thoreau, John Muir, Black Elk, John Burroughs, Aldo Leopold,

Chief Joseph, Robert Frost, Rachel Carson, Helen Caldicott, Winona LaDuke, and Wendell Berry or the warnings of scientists such as George Perkins Marsh, Albert Einstein, Linus and Eva Pauling, or James Hansen.

**The invasive weeds of selfishness, greed, and exploitation that have taken root cannot thrive for long. Swami's Divine loving hand will soften the soil and loosen their grip. He can then plant a new seed, but we must help by fostering it with our Dharmic behavior and watering it with our commitment to Truth, Love, Nonviolence, and Peace.** Western-based science and technology will transform in kind to imbibe a humbler spirit, which understands nature is divine and belongs to God, not man. Swami says, *"It is only when science is linked to spirituality that the results of science can be fully harnessed for the good and elevation of mankind."* (Divine Discourse, January 26, 1985).

When we truly understand the universal law that all are related, not separate; all are interdependent, not independent; all are divine, not merely matter; and that cooperation yields far better results than competition, then we will realize we have arrived. **Nature works through a loving interdependency, and the so-called 'survival of the fittest' is ultimately the survival of those seeking unity.** Swami provides the ultimate hope that this worldview can be re-established and that modern humankind will deserve that name. Swami tells

us that these modern times especially call for restraints, as recorded by Prof. Anil Kumar in the book, *Pearls of Wisdom 2*, *"Modernity [means] making use of natural resources in a limited way, without disfiguring them or without killing them altogether."*

Although humans have generally strayed further and further from the *Dharmic* path, He has patiently advised and consoled all who ask and would listen. *"Nature is more progressive than Man, and to protect Nature, Man has to make use of it within limits. When Man tampers with nature recklessly, it reacts adversely, and trouble arises. In order to protect Nature, Man has to practice Ceiling on Desires."* (Divine Discourse, January 21, 1993). This hard-hitting message constitutes the core of Swami's advice on Nature to His followers. **If we are to be part of fulfilling His Divine mission, it is up to us to follow His message implicitly and sincerely.**

Dearest Swami, Your carbon footprint is ever so slight, but Your divine footprint covers all. May our steps match Yours, and may our hearts expand to embrace all creation so that we may do as You so lovingly ask us to, namely, *"promote love, sympathy, and compassion toward all beings. God is present in every one of them. It is your duty to revere God in each of them."* (Divine Discourse, March 1972).

**Ms. Tina Schweickert**



**Ms. Tina Schweickert** writes about environmental history and manages a wildlife sanctuary on her family farm near Silverton, Oregon. Since Sai Baba came into her life in 1995, she has been active in Sai Centers in the SSSIO-USA, Region 6. Her research on Sai Baba's environmental message led to her writing the book *Tread Softly: Sathya Sai Baba's Teachings on Nature and the Environment* (2005).





# *from the* International Sai Young Adults

## AROUND THE WORLD

### Sai Playground, Australia

Earlier this year, YAs in the New South Wales Region of Australia kicked off their year with an afternoon of spiritual focus and play! Through an inventive use of UNO cards, YAs were divided into three groups. One group went on a Lava Walk challenge, the second group participated in a Painting Roulette, and the third group played 'Paper Telephone.' **Through this creative exploration, YAs generated ideas for more effective communication to help achieve the group's Sai goals: connection, collaboration, and coordination.**



The ideas brainstormed will form the basis of activities for this year and next. This 'playground' encouraged YAs to better focus on the purpose and think about ways they can best engage in spirituality in a joyful and light-hearted manner.

Follow the @saiyoungadults accounts on social media



Facebook



Instagram



Telegram



Threads



X (Twitter)



Spotify



Mailing List



**Sai Young Adults**

<https://sathyasai.org/ya>

[yacoordinator@sathyasai.org](mailto:yacoordinator@sathyasai.org)

## YA Transformation Project, Malaysia

In December 2023, the YAs of Malaysia initiated a project to increase the YAs' involvement at any Center with fewer than three active YAs. They appointed a YA advisor from a nearby Center and engaged former YAs in a round table discussion, uncovering issues such as imposed leadership roles, conflicts with Center leadership, unaccepted project proposals, personal commitments, relocation, and feeling judged by elders. Recognizing the challenge of re-engagement, the advisory committee encouraged the YAs to organize a small sports carnival, which gradually grew in scale with the help of the elders. **After two months of planning, the Center successfully hosted its first YA program in nearly seven years, with a remarkable attendance of 90 participants from the region.** Encouraged by this success, the National YA advisory team plans to implement similar initiatives in other Centers with dormant YA involvement.



## Online Workshops for Mental Well-being and Walk for Well-being, UK

As part of the well-being initiative undertaken by the YAs from the SSSIO-UK, as part of the SAI-100 initiative, the YAs of the Pinner Center organized a walk for well-being on April 14, 2024. Fourteen SSSIO members from all age groups joined the walk around the Pinner Memorial Park. **The weather and the company were good, and it was a great way to improve both physical and mental well-being while adding steps to the One Million Steps initiative.**

In addition, the third series of online workshops on Mental Well-being by the SSSIO-UK YAs was held on April 28, 2024, focusing on the theme of gratitude. **The YAs explored the topic and discussed how expressing gratitude as a daily practice can change one's perspective on any given situation.** The YAs also learned that while being grateful, one cannot be in a negative emotional or psychological state (e.g., angry, stressed, or sad) at that moment, thus making it a powerful tool for mental well-being. The YAs aim to run the workshops every six weeks to provide a platform for YAs in the UK to come together and develop strategies to improve their mental well-being and resilience. The next upcoming session is on journaling to help understand oneself better, work through emotions, and improve self-awareness.





## Summer Showers Series: Experiencing Equanimity

The **Summer Showers 2024** series was launched on February 26th as part of an ongoing personal development initiative based on feedback from the alumni of the **Sri Sathya Sai International Leadership Program (SSSILP)**. The second session, held on April 14, 2024, was led by Ms. Katarzyna Andersson and Ms. Ayushi Rambojun and focused on experiencing equanimity.



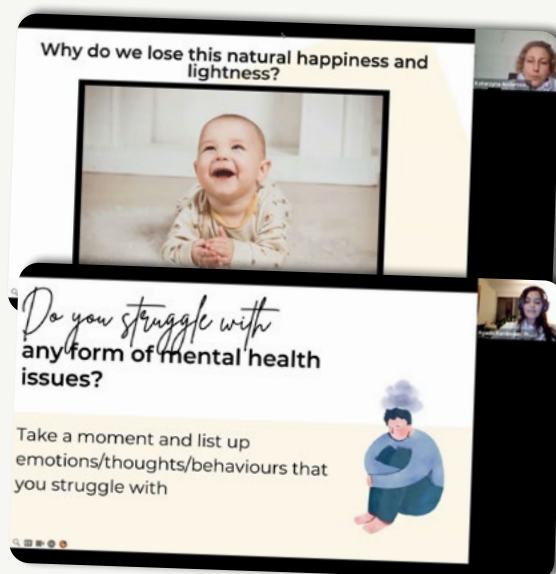
In the hustle and bustle of modern life, we face several challenges affecting our mental health and overall well-being. **Using the teachings of Sri Sathya Sai Baba and other spiritual teachers, the hosts reminded us of the profound impact that self-confidence can have on our mindset.** As we journey through life, we may find ourselves gradually losing the natural happiness we experienced in our youth. The burden of responsibilities, societal pressures, and personal challenges erode our self-confidence, leaving us feeling adrift in a sea of doubt and uncertainty.

Katarzyna and Ayushi emphasized that cultivating self-confidence is crucial for transforming our thinking and achieving lasting mental health. By embracing practices such as breathing exercises, meditation, maintaining a healthy diet, and being active, we can nourish our minds and bodies, laying the foundation for a resilient and positive mindset. We can break free from the shackles of self-doubt and realize our true value.

They reminded us that, ultimately, self-confidence serves as the cornerstone for achieving self-realization and navigating life's challenges with resilience and grace. **We can unlock the limitless potential within us and live life to its fullest.**

Self-confidence is the cornerstone for achieving self-realization and navigating life's challenges with courage, confidence, and grace. By embarking on a journey of self-discovery and adopting practical techniques to bolster our confidence, we can unlock the limitless potential within us and live life to its fullest. With dedication, perseverance, and a willingness to embrace change, we can cultivate the unwavering belief in ourselves needed to conquer any obstacle that comes our way.

To know more about the upcoming sessions, please contact the SSSILP Committee at [sssilp@sathyasai.org](mailto:sssilp@sathyasai.org).





**Ms. Padmashree Ravindra**  
USA



## The Adventure With Sai

Where do I begin, where do I end, and how do I capture this journey with Sai? I started naive, not knowing what it would take to express, share, or connect. Like other young adults, I navigated through this busy journey called life, facing lots of distractions and choices, with limited time and the unspoken pressure to play the roles of daughter, student, and friend at home, school, and work. A gentle nudge from my youth coordinator brought me the missing piece, allowing me to connect with others who, like me, were inspired by the call for service to help those in need and to see and experience the miracle of His work.

Youth awareness camps and serving food in slums and villages with needs felt right and exciting. I was part of something bigger than myself. Then came the adventure to restart life miles away, in the USA, to understand and experience Swami through His omnipresent ways! Warm food, hot ginger chai, and comforting words from Sai sisters and brothers made me feel His hand clasping mine in my new home away from home. He taught me to go beyond my comfort zone and that it's okay to fall and fail. What's important is to get up with a hundred hands extending your way.

### **How grateful we are to be surrounded by this safety net of Sai!**

It allows us to bring fresh perspectives, explore, and learn why. A nudge, a push, to dive deeper and understand what He wants us to understand and realize that the real change isn't external. It's within and part of His plan. Engaging in these activities opens your heart and mind to the world around you, to opportunities that allow you to learn and grow to be the change you want to see. There is one secret for you to know: take that first step with Swami by your side, allow Him to be your best friend, and ask Him for help and guidance, for He truly knows your strengths. The purpose for which He has brought you, He alone can calm your quests!





With Blessings  
Sri Sathya Sai Baba  
10.7.57

# InSAIde Scoop Podcast Series

Series 2022, Episode 7:

*“Are Expectations the Enemy?”*

*featuring Ms. Dimple and Mr. Karan*

Drawing from Alexander Pope’s wisdom, “Blessed is he who expects nothing, for he shall never be disappointed,” we explore the idea that reducing expectations might mitigate disappointment. Despite this age-old advice, many of us still find ourselves grappling with expectations in various facets of life, from academic and professional goals to personal challenges and relationships.

Dimple and Karan both share their insights on managing expectations. Dimple emphasizes the importance of realistic expectations and effective communication, especially in the workplace. **She recounts her experience of feeling overwhelmed by unrealistic demands and the critical lesson of setting boundaries and communicating effectively.** Karan adds that while expectations are a natural part of human relationships, the key lies in keeping them realistic and balancing them to avoid unnecessary stress. He highlights the importance of understanding the gravity of our expectations and learning to hold them gingerly, akin to fine pottery, to prevent them from causing distress.



Both guests agree that while expectations are not inherently problematic, it is the rigidity with which we hold them that can be detrimental. They suggest practical tips for managing disappointment when expectations are not met. Dimple advocates for acceptance and learning from experiences, while Karan recommends understanding the reasons behind unmet expectations and adjusting future expectations accordingly. **Meditation and faith play crucial roles in finding inner peace and clarity, as seen in Dimple’s recounting of finding solace through prayer and meditation. Ultimately, they emphasize that lowering our expectations doesn’t mean lowering our standards but rather adapting our approach to maintain peace and sanity in our lives.**

You can listen to the full episode here:

[InSAIde Scoop Episode 7–YouTube](#)





# A Lighthouse OF EDUCATION IN BUENOS AIRES

*"The entire teaching team is a garden of excellence, humanity, respect, and, above all things, commitment. Very inclusive and an extraordinary human group."*

–Araceli Montes

*"Both academically and humanly, they are above average. Excellent school!"*

–Paola Garcia

*"My son graduated from that home, and it is an excellent school, which comprehensively educates peace leaders, framed in human values."*

–Pedro Fabián

These are some heartfelt Google reviews of the Mahatma Gandhi School in Buenos Aires, Argentina. **It is a Sathya Sai School, but since Argentina prohibits using names of living people, the school could not be named after Baba when it opened in March 2001!**



## The School Takes Birth with Sai's Blessings

Swami has been the invisible hand behind every aspect of the school's birth, growth, and success. In 2000, Mr. Ricardo Parada, a devotee blessed and guided by Swami, helped establish an Institute of Education in Human Values to start new Sai Schools and administer those already functioning. A committee was formed to look for an appropriate site in Buenos Aires.

Mr. Ricardo came across a vacant school building that was available at a reasonable price. However, the property had legal complications due to grievances from previous employees. **Swami personally guided Mr. Ricardo through multiple hurdles, including paying off employees' claims before the title to the property was cleared.** Building renovation began in November 2000, culminating in the school's grand inauguration in the first week of March 2001.

An authorization from the Department of Education of the Province was mandatory for the school to operate. Accordingly, Mr. Alberto Vasconcelos, the future President

of the Central Council, sought an appointment with officials in the city of La Plata. He received an appointment in five months, which meant the school would not begin

for another year! With no other option, Mr. Alberto sat at the city office and prayed, "Swami, I will wait for You for thirty minutes to help since You indicated that the school should start as soon as possible."

After 15 minutes, a man approached him and asked, "Are you looking for me?" It was a high-level government official from the city! Mr. Alberto

explained, "We are opening a school in human values... and..." Interrupting him,

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**Sathya Sai Education in Human Values manifests the goodness latent within each student and transforms the individual, society, and nation through personal transformation.**



Sathya Sai School-Escuela Mahatma Gandhi





he said, "Come to my office." Calling for his secretary, he opened the files and authorized the school on the spot, signing all necessary documents. That man turned out to be the director of education for the province of Buenos Aires. And that was how the Mahatma Gandhi School was miraculously born with Swami's help!

But there was one more major problem. Mr. Ricardo realized that the Government had not yet authorized the Institute! Extremely concerned, he traveled to Prasanthi Nilayam and handed a letter explaining the situation to Swami on January 15, 2001. Swami just patted him on the head, blessing him with reassurance. That same day, the official approval for the Institute was received despite January being a month of judicial leave for officials in the entire country!

**This was another miracle, and all obstacles were thus cleared, thanks to Swami.**

### **More Than Two Decades of Blessed Existence**

In 2019 the Ministry of Education recognized the Mahatma Gandhi Sathya Sai School for achieving the highest test performance in the jurisdiction. It is indeed a model demonstrating that education in human Values in schools is not only possible but an absolute necessity! Sathya Sai Education in Human Values manifests the goodness latent within each student and transforms the individual, society, and nation through personal transformation.

The Educare Program, at the heart of the school's curriculum, promotes self-knowledge and the expansion of one's consciousness by recognizing the values inherent in



human beings. The school lives by Swami's teaching, 'The End of Education is Character.' A human being with good character is one who is attuned to the inner voice. One's character shapes one's destiny. Educare promotes character based on the five human values of Truth, Right Conduct, Peace, Love, and Nonviolence.

Every year, the Mahatma Gandhi Sathya Sai School implements different projects to help students gain skills and competencies. The Educare Program was recognized for its educational and cultural contributions in local areas, including Buenos Aires, Mendoza, San Luis, Salta, and the Autonomous City of Buenos Aires. In 2009, the

school was recognized with distinction as a social organization serving the community.

**With its focus on character-building, the school has established itself as a beacon of hope for Argentina's future.** It caters to all three class levels—initial, primary, and secondary—with a strength of 352 students and 80 staff, including teachers. It has a strong alumni network consisting of many successful professionals who continue to maintain contact with the school and assist its further growth. Swami's divine hand is perceivable in all these grand achievements and momentous growth.

SSSIO  
ARGENTINA





# God's Love, Our Thanks

In this fast and confusing world,  
Baba's teachings keep us anchored to our inner self,  
Teaching us to remain incorruptible under materialistic pressures,  
And to restore humanity with love and compassion.  
Baba's poems deliver hard truths in a provocative manner,  
Packing a punch into the last line,  
Inviting us to transform ourselves and be the miracle,  
Living a life of selfless service and devotion.  
We are reminded of the power of faith,  
To overcome all obstacles and purify our hearts,  
And to love all and serve all,  
For service is God and the essence of Bharatiya Vidya.  
Baba's love and grace fill our hearts with joy and peace,  
Guiding us on our journey of self-discovery,  
Teaching us to lead our lives with self-confidence, faith, and devotion,  
And to recognize the truth that everything belongs to God.  
Let us be inspired by Baba's teachings and practices,  
To live a life of love, gratitude, and service,  
And to be the change we wish to see in the world,  
For Baba's love and grace are always with us.

Arohi B | Group 3 | Canada

Children, please submit your creative work to:  
<https://sathyasai.org/submit-sai-shine>

# God's Little Blessings

Namasmarana is chanting  
Shiva's name  
It will help you reach your aim

It is the best sadhana in this  
Kali Yuga  
and it has no specific criteria

If you chant any God's name  
how many ever times you wish  
Lord shall grant your wish

Namasmarana is the easiest way  
to see Rama  
you can also see Ganashyama

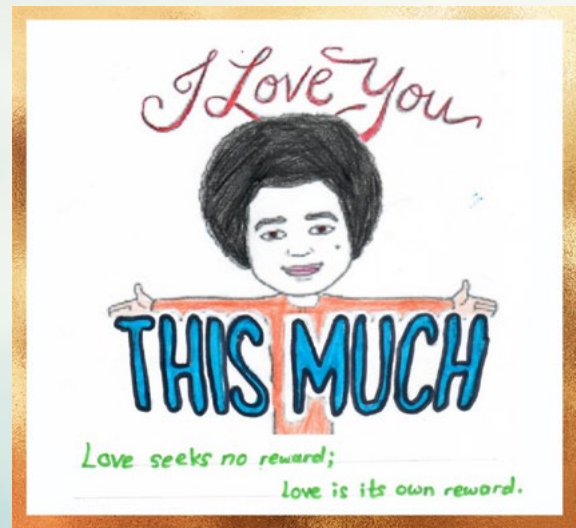
Like Dhruva sought Narayana  
with this tool  
you too can do it and not be a fool

Sai is ever loving  
praise for him only should you sing

It will save you from illusion  
it will remove suppression

Namasmarana is a gift  
it will give you a lift

Krushna P | Group 2 | Australia



Eishwarya | Group 3 | Mauritius

My Divine friend,

Thank you for being there in my best and worst moments, thank you for celebrating in the good, and helping me in the bad. We've had really good times; playing basketball, watching TV, working on school projects, and hanging out. You told me when I was right and wrong, you valued me, you cared, and for that I thank you.

Jayesh K | Group 3 | Panama

BABA IS MY BEST FRIEND.  
HE IS ALWAYS TAKING CARE OF ME AND MY FAMILY.  
I PRAY TO BABA EVERY SINGLE DAY  
HE HELPS ME IN MY STUDIES AND TO MAKE NEW FRIENDS IN SCHOOL  
THANKYOU BABA FOR GIVING ME EVERYTHING.  
I LOVE YOU MY BABA.





Tamanna M | Pre SSE | Panama

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# Upcoming SSSIO Events

Please visit [sathyasai.org/events](https://sathyasai.org/events) for details on scheduled events, local dates and timings.

Date of Event	Day(s)	Festival/Event
July 21, 2024	Sunday	Guru Poornima 
August 17-18, 2024	Saturday-Sunday	Akhanda Gayatri 
October 12-13, 2024	Saturday-Sunday	Akhanda Gayatri 



Streaming on [sathyasai.org/live](https://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.**



Facebook



Instagram



WhatsApp



X (Twitter)



YouTube



Spotify



Telegram



Threads



Email



Eternal Companion email 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 [🔗](#)



Today, spiritual aspirants undertake various types of *sadhana* (spiritual exercise) such as meditation, penance, yoga, and chanting Vedic hymns. Love should be the undercurrent of all these spiritual exercises or else it will be a sheer waste of time. No benefit accrues from chanting mantras if they are not coupled with the feeling of love.

**Sri Sathya Sai Baba**

July 28, 1990





**sathyasai.org**

Love All • Serve All  
Help Ever • Hurt Never

