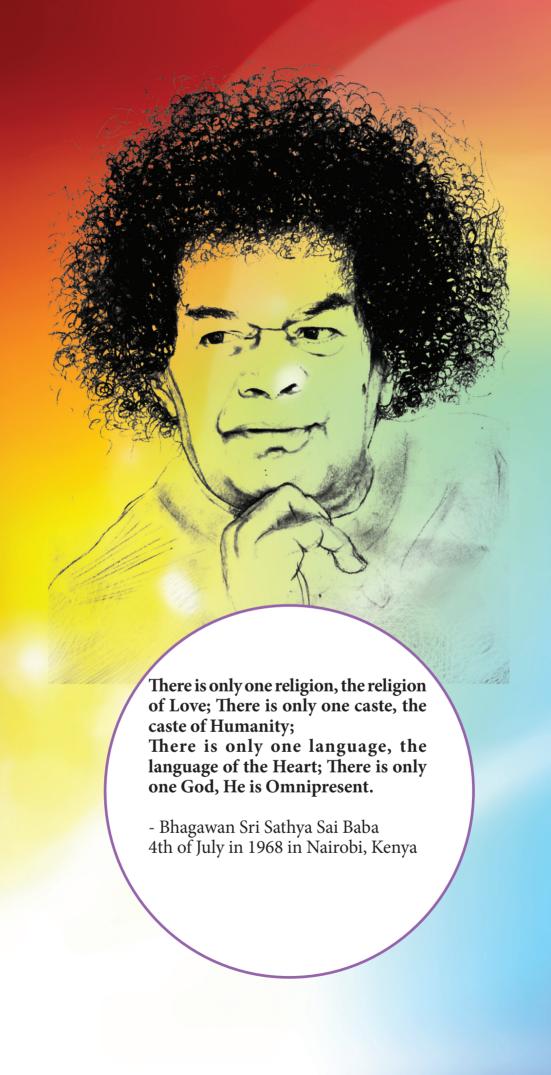


Golden Jubilee Celebrations of Bhagawan Sri Sathya Sai Baba's Visit to East Africa in July 1968





On behalf of the government and people of Kenya, it gives me great pleasure to convey my congratulations on the occasion of the Golden Jubilee Celebrations to commemorate the 50 years that have passed since the visit of the organisation's founder, Sathya Sai Baba, to Kenya in 1968.

The Golden Jubilee Celebrations are a milestone in the life of your organisation, indicating how firmly you have established yourselves as an integral social contributor to your nation. Your philanthropic projects, focussed on healthcare and education, serve as an example to all, as it is through these two facets of life that we can truly impact the lives of our fellow Kenyans.

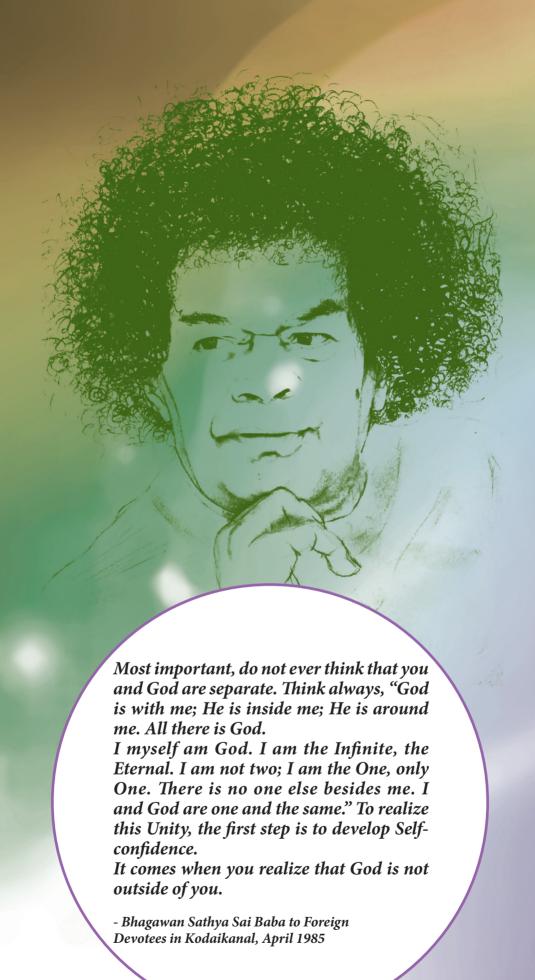
Your efforts in setting up and running the non-profit Sathya Sai School in Kisaju, Kajiado County is exemplary, and it is a great achievement to have educated over 2000 children so far. Congratulations on the opening of the new Secondary School equipped with the highest standards of education and modernisation. Our children are our greatest assets and to educate them is the greatest gift one can give.

Through your dental and medical clinic, where you have treated about 100 Kenyans daily for the past 15 years, you have aided many Kenyans with good health. Congratulations on the opening of your new clinic, which will now enable you to treat 200 patients each day.

We all take for granted some of the opportunities we have had in our life time such as a foundation building education and good health – a need which is yours by right, and which our government seeks to provide to all. You have also recognized this need and have worked towards it proactively providing such services to those opportunities.

Though I cannot be with you during the celebrations, you may rest assured of my best wishes. May God grant the flourishing of your community and philanthropic work

UHURU KENYATTA, C.G.H.,
PRESIDENT OF THE REPUBLIC OF KENYA









भारत का उच्चायुक्त, नैरोबी High Commissioner of India, Nairobi

### Message from the High Commissioner of India to Kenya

I am very happy to learn that Sathya Sai International Organisation would be celebrating its Golden Jubilee Celebrations in Nairobi in July 2018.

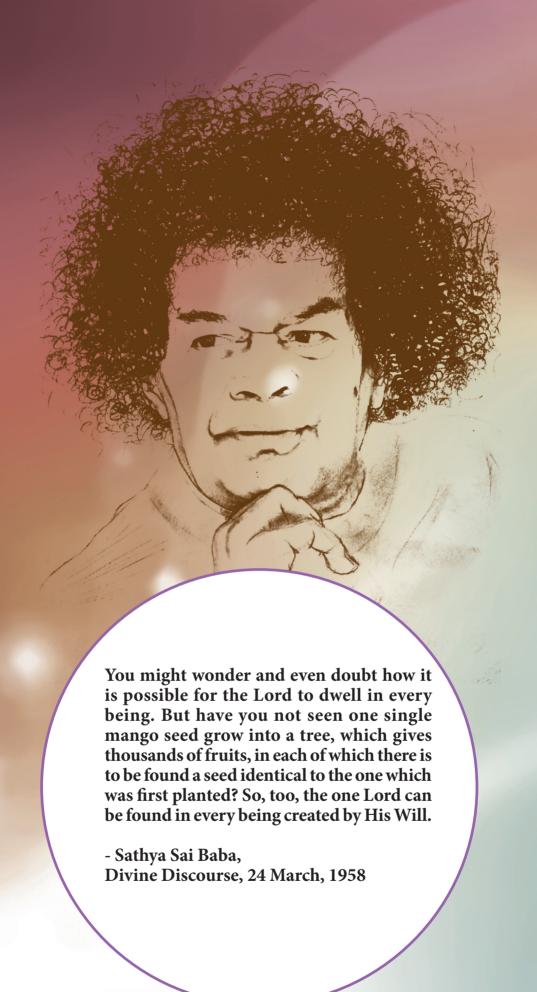
Apart from the religious activities, Sathya Sai International Organisation and its devotees have been contributing to the betterment of society through their philanthropic work including providing education, food and medical services to the needy ones,

I had the privilege of visiting the Sathya Sai Centre in Nairobi to attend a religious and cultural function and was impressed to see the way the programme was organised. I was happy to learn that every Sunday, the Centre feeds around 1000 children from the slums of Kenya.

I commend Sathya Sai International Organisation - Kenya for contributing to the upholding of Indian culture and values in Kenya.

I would like to convey my best wishes to Sathya Sai International Organisation - Kenya on the auspicious occasion of its Grand Golden Jubilee celebrations.

(Suchitra Durai) 5.7.2018



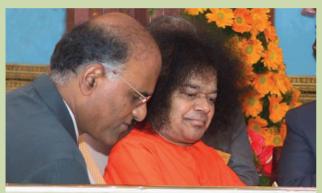






Message from: **Dr. Narendranath Reddy**Chairman, Prasanthi Council,

Sathya Sai International Organisation





Bhagawan Sri Sathya Sai Baba is an incarnation of love. His life, His message, His ideals, His humanitarian works can all be enshrined in one word – Love. His love is beyond all boundaries – it transcends barriers of time, space, causation, race, religion, colour and nationality. In His infinite love and compassion, on 17th May 1968, He made a profound declaration at the First World Conference of the Sri Sathya Sai Seva Organisation: "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. If you only install in the altar of your heart steady faith in My divinity, you can win a vision of My reality."

Responding to this divine revelation, Sathya Sai devotees from East Africa prayed to Swami earnestly.

Baba responded to their prayers by visiting the countries of Kenya, Uganda and Tanzania from 30th June to 14th July in 1968. Swami showered His love, light, and grace on Africa, thereby opening a golden chapter in the history of humanity. Swami proclaimed that the whole universe is His mansion, and the various continents and countries are but rooms in this mansion. However, He showered His blessings especially on the continent of Africa, which is the cradle of humanity. This is the only continent outside India, visited by the Lord of the universe, Sri Sathya Sai Baba, in His physical form. Unfathomable and wonderful are the ways of the Lord.

It is only by His grace and the hard work of the ssio members and officers that these Golden Jubilee celebrations of His visit to East Africa are being organised. The best way to express our gratitude and love during this auspicious and epoch-making event is to relive the moments during His visit, contemplate on the discourses He gave, practise His teachings, and do His work with love and unity.

During His visit to the three African countries, Baba showered His unconditional, pristine, divine love on various segments of society, including chief of army, inspector-general of police, diplomats, governors, ministers, government officers, lawyers, businessmen, doctors, Rotarians, Lions Club members, and thousands of devotees eagerly waiting for divine Darshan. He also showered His love on people irrespective of whether they were Hindus, Christians, Muslims, or Sikhs. During His visit to Ngorongoro Crater, Nairobi National Park and Murchison Falls National Park, He showered His blessings on animals such as lions, elephants, giraffes, cheetahs, leopards, crocodiles and hippos, and admired the mutual cooperation and the unity exhibited by the animals. When He visited Murchison Falls and the Nile river, His love for nature was revealed by the Ananda He showed, as observed by the people who accompanied Him.



"Foster love, live in love, spread love. That is the spiritual exercise which will yield the highest dividends."

--- Sri Sathya Sai Baba, 4th July 1968, Nairobi, Kenya



On 4th July 1968, Swami gave a powerful and inspiring message where He emphasized that He has come to light the lamp of love in all hearts and stressed the unity of faiths – the Atmic principle and the Dharma of Prema – the obligation to love. By visiting various temples, He showed that there is only one religion the religion of love. East Africa is very blessed and fortunate to have received the divine Darshan, Sparshan and Sambhasan of the living Lord Sai. His Darshan burns away all sins, His Sparshan destroys the effects of all Karma, and His Sambhasan, His nectarine words, relieve us of all physical and mental afflictions. During this visit, He consoled and cured many people, making the lame walk and the deaf hear. He performed many miracles, including materialising vibhuti, His pictures

and that of Jesus and other Godly figures. He gave personal guidance to many spiritual seekers. However, He emphasized that the greatest miracle He has come for is the transformation of the human heart. Swami celebrated Guru Poornima on 10th July with His devotees in Uganda - the only time He celebrated this important festival outside India. In the discourse given on Guru Poornima day, He

mainly addressed the sevadals, and emphasized how one should serve the Lord, the society, and creation, and gave valuable guidance to the volunteers. He also emphasized that when we serve, we should render service remembering His name and His form in our mind and hearts.

Swami sowed the seeds of love and light in this continent and encouraged Sathya Sai devotees to start Centres in Kenya, Uganda and Tanzania. Sathya Sai devotees responded to His divine, clarion call and started various programmes, which have now spread to 18 countries in Africa, with more than 260 Centres and Groups. The Sathya Sai Centre in Nairobi, being the largest establishment with supporting infrastructure,

provides an auspicious venue for all sincere spiritual seekers to congregate, sing the glory of the Lord, and do His work. There are many significant initiatives in the field of education – there are 12 Sathya Sai schools in Africa, with two schools in Kenya, providing valuesbased education in an exemplary manner. In addition, there are many healthcare programmes, such as vision camps, medical camps and medical clinics, where Sathya Sai devotees and medical professionals provide loving healthcare with dedication and compassion. Whenever natural disaster strikes, Sathya Sai devotees provide humanitarian services to assuage the pain and suffering of those who are afflicted. For example, recently the ssio of Kenya responded promptly by providing relief to the victims of massive floods in

Mombasa.

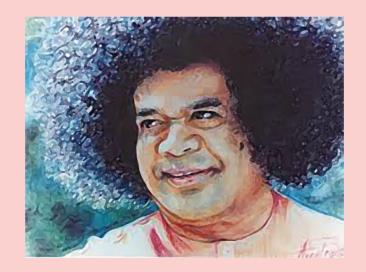
Swami said that wherever His name is better and in more

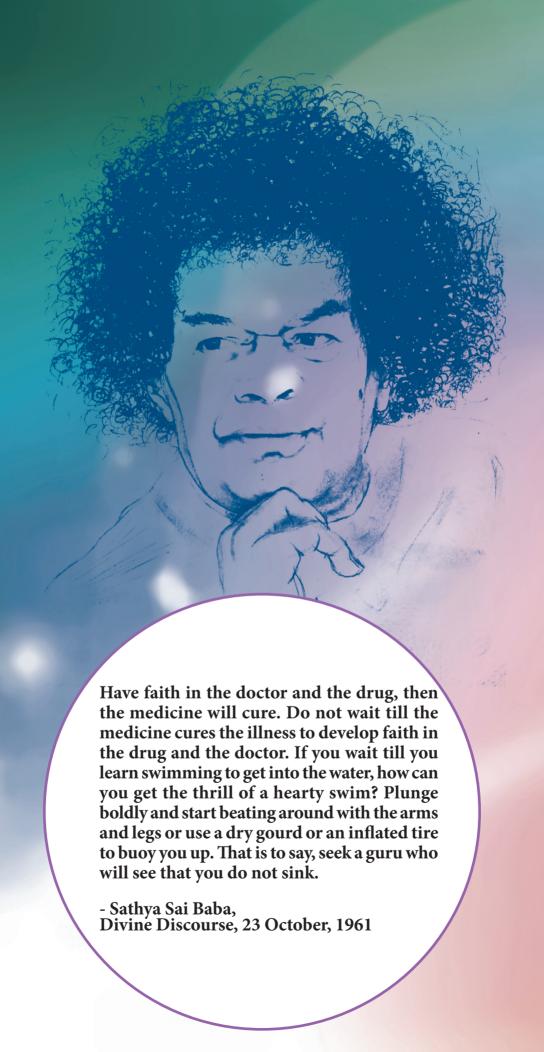
sung, He manifests. He also proclaimed that wherever His work is done, He is present. Before leaving Africa, He assured His devotees, "Even after I leave Africa physically, I am always here and everywhere. And you must carry on the service that you have been doing. Seek out chances for more service. Also, train yourself to do service

fields." After returning from Africa, in a discourse given on 15th July 1968 in Mumbai, Swami joyfully related His blissful experience during His visit to East Africa. He also paid glowing tributes to the devotees and volunteers in East Africa for their devotion and untiring, steadfast, selfless service.

It is a great blessing and honour to join in the Golden Jubilee celebrations of Bhagawan's visit to East Africa. On this holy and memorable occasion, we pray to Swami to grace us with His presence and shower His love on all devotees in Kenya and all of Africa.

Samastha Lokah Sukhino Bhavantu! (May All the Worlds Be Happy)











Message from:

Mr. Ramesh Hathiramani
Chairman, Zone 9A (Africa),
Sathya Sai International Organisation

### Om Sri Sai Ram



In my capacity, as Chair of Zone 9A (Africa), I lovingly greet and welcome Dr Narendranath Reddy, Chairman, Prasanthi Council, Sathya Sai International Organisation, Honourable dignitaries and esteemed members of the Sathya Sai International Organisation & Sathya Sai World Foundation to this memorable Celebration in Nairobi, Kenya, commemorating the Golden Jubilee Anniversary of the visit of our beloved Lord Sathya Sai to the Land of Africa during June-July 1968.

Our beloved Sri Sathya Sai Baba responded to the prayers of His devotees and blessed Africa which is the cradle of civilization. Sathya Sai Baba laid His Divine Feet on Kenyan soil on June 30, 1968, enroute to Kampala, Uganda. It sowed the seeds for the promotion of His Message of Love and Service in East Africa.

The divine light He radiated continued to spread its warmth enveloping other African countries. Eighteen years later, in 1986, Africa hosted the first All Africa Conference of Sri Sathya Sai Organisation. The Sathya Sai movement grew steadily across Africa. In 1990, the first Sathya Sai School was opened in Ndola, Zambia, which was soon acknowledged by the community and the Education Department of Zambia as a miracle school. Thereafter several other Sathya Schools opened across Africa.

Today, Swami's Love has reached 18 countries in Africa from Morocco in the North, to Ghana in the West, to Kenya in the East, to South Africa in the South and Mauritius. Africa constitute Zone 9A of the Sathya Sai International Organisation.

The ssio Africa Countries are: Benin, Botswana, Cameroon, Congo dr., Gabon, Ghana, Kenya, Madagascar, Malawi, Mauritius, Morocco, Nigeria, South Africa, Tanzania, Togo, Uganda, Zambia, Zimbabwe. Number of Sathya Sai Centres: 261 Number of ssio registered members: 16,290

The Sathya Sai Education in Human Values (SSEHV) Program is the stimulus to spread Swami's Divine Love and light to our African brethren. The demand for SSEHV program is ever increasing. Africa is also blessed to have 12 out of 43 Sathya Sai Schools in the world. There are 3 in South Africa, 2 in Zambia, 2 in Kenya, 1 in Ghana, 1 in Nigeria, 1 in Congo, 1 in Mauritius, 1 in Madagascar.

ssio members in Africa continue to provide loving and compassionate healthcare services to the needy through medical camps, medical clinics, vision, and dental clinics as well as blood donation camps. The ssio also provides muchneeded humanitarian relief after natural

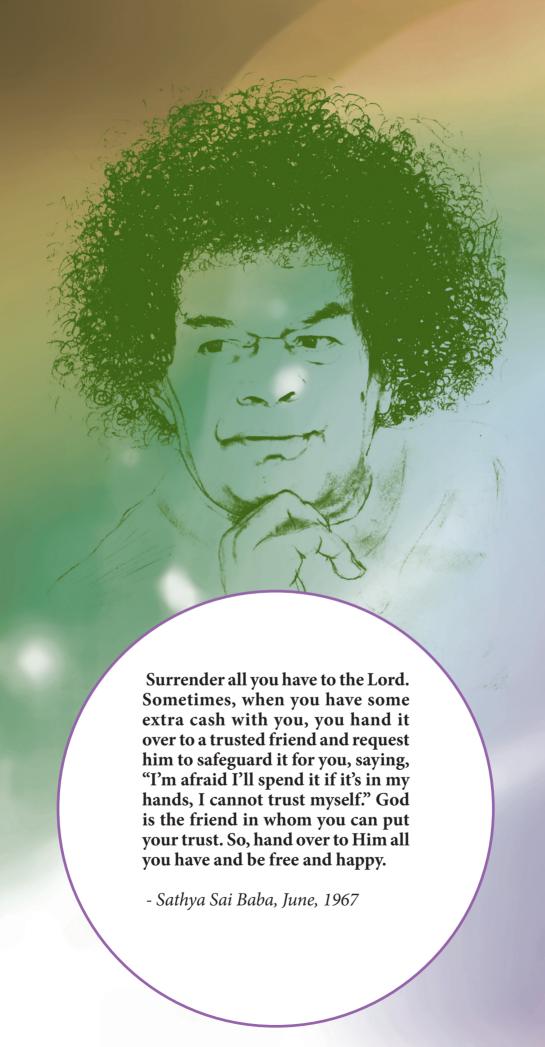
disasters through distribution of food, water, clothing, medicines and other essential goods. In many parts, food is provided regularly to the needy.

As the Chair of Zone 9A (Africa), I acknowledge my predecessors for their contributions. Since I took over this leadership role in Jan 2016, I felt Swami's Divine presence wherever I travelled across the regions in Africa. The Sathya Sai International Organisation in Africa continues to grow with His Love and Blessings.

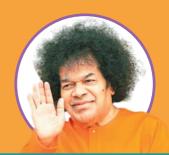
I am reminded when I together with my family we were blessed with an interview with Swami in the year 1996 when He stated that I have a bigger family. At that time, I counted 6 members of my immediate family. Now, after more than 20 years, after being appointed as Zone Chair, Africa, I realised that Swami referred to the larger family of the Sathya Sai International Organisation – Africa, to which He has entrusted me to serve.

I reverentially thank Swami for this blessed opportunity to serve and pray that He continues to shower His love and blessings on Africa.

Jai Sai Ram









Message from:

Mr. Deepak Bowry

National Council President, Kenya
Sathya Sai International Organisation

**M**y most humble salutations at the lotus feet of our Beloved Spiritual Master, Our Guru, Our Bhagawan Sri Sathya Sai Baba.

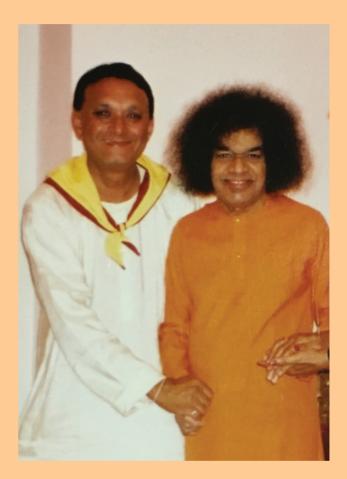
On this Happy and momentous occasion to Commemorate Golden Jubilee Celebrations of Bhagawan Sri Sathya Sai Baba's Visit to East Africa in July 1968, I offer my loving Sai Rams to all Sai devotees in the Sathya Sai International Organisation worldwide and in Kenya.

Sathya Sai International Organisation, Kenya is very fortunate that Bhagawan has so lovingly blessed us to celebrate His Holy Visit to East Africa 50 years ago in July 1968. These celebrations are to highlight the 'Selfless Services' being conducted in Kenya, Uganda, Tanzania, and other parts of Africa that Swami has blessed with His sankalpa, love and divine blessings.

The Sathya Sai Centre – Kenya is truly blessed by Bhagawan in enabling us to build a beautiful centre, a superb edifice covering 55,000 sq. ft., an infrastructure that has enabled the Sai Centre to conduct all their activities and programmes under one roof simultaneously and enabling us to lovingly take care of his penthouse.

Swami has also blessed us with his sankalpa in putting up a beautiful Sathya Sai Primary and Secondary School on 50 acres of land that is offering 'Value Based Education' to the needy and deserving children of Kenya for the last 17 years.

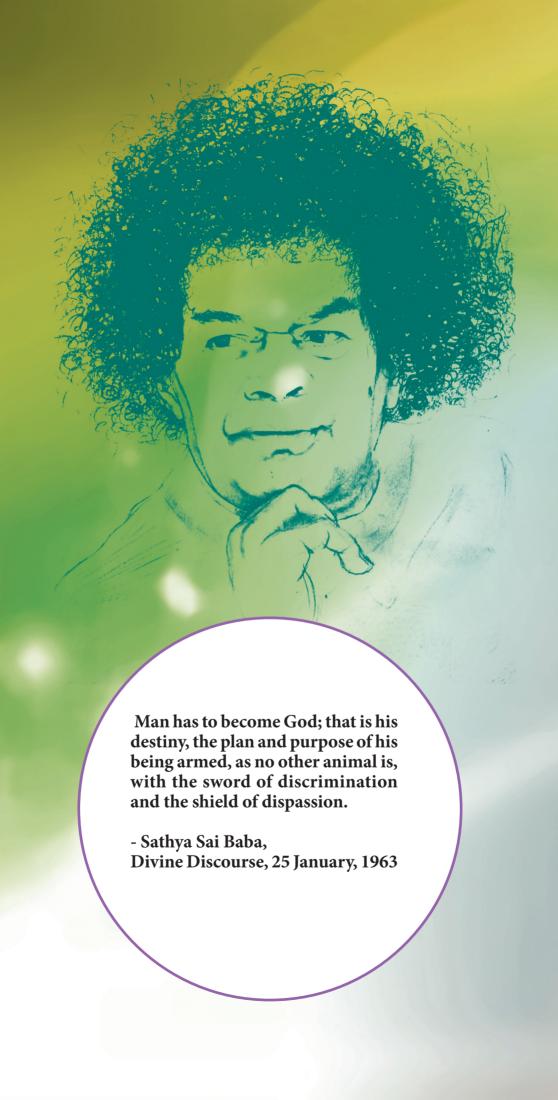
These celebrations are being graced by Dr. Narendranath Reddy Chairman, Prasanthi Council, Sathya Sai International Organisation and other senior leaders from the Sathya Sai International Organisation, for which the Sathya Sai International Organisation of Kenya is indeed very grateful.



## The celebrations will cover three important events.

An Interfaith and Public lecture, inaugural visit by Dr. Narendranath Reddy to the Sri Sathya Sai Schools, Kisaju, and the opening of the new Sathya Sai Medical and Dental Clinic by Dr. Narendranath Reddy at the Sri Sathya Sai Centre Nairobi, Kenya. This will be followed by his address to the devotees and guests.

We welcome all our overseas Sathya Sai devotees and our Kenya devotees who are gracing these Celebrations. Let us all celebrate 'sAi's work', that we as Sai devotees are so lovingly rendering in Kenya and in the Sathya Sai International Organisation worldwide, by being His instruments.







Discourses of Bhagawan Sri Sathya Sai Baba on his visit to Kenya and Uganda, July 4, 1968

## Why I Have Come

"I have come to light the lamp of love in your hearts, to see that it shines day by day with added lustre. I have not come to speak on behalf of any particular Dharma (Religion), like Hinduism. 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 (principle of the spirit), this path of love."

- Bhagawan's Discourse on 4th July 1968 in Nairobi, Kenya.

There is only one religion, the religion of Love;

There is only one caste, the caste of Humanity;

There is only one language, the language of the Heart;

There is only one God, He is Omnipresent.

-Bhagawan Sri Sathya Sai Baba,

"Sathya Sai Speaks", Vol. VIII, pg. 118

30th June 1968 will go down in the annals as a Golden Historic day when the Divine Lotus Feet of Bhagawan Sri Sathya Sai Baba descended upon the Kenyan soil at the old Embakasi Airport. The lawns outside the main airport buildings were turned into Darshan ground and Kenyans along with East Africans were granted the Boon of Divine Darshan, Sparshan, and Sambhasan.

Bhagawan out of His immense love for East Africans, went to various places in Kenya, Uganda, and Tanzania showering His Divine Love whilst granting solace to Humans, wildlife, and the entire nature.

Swami stayed 14 days in East Africa and due to His boundless love even postponed His intended 10th July return journey to India by celebrating Gurupoornima with the East Africa devotees.

After feeding the lamp of love in all hearts, BABA formed Sri Sathya Sai Seva Samithis in East Africa and gave the following advice to all volunteers in Kampala



"All the five elements have been created by the will of the Supreme. They must be used with reverential care and vigilant discrimination. Reckless use of any of them will only rebound on you with tremendous harm."

- Sathya Sai Baba, 23 November 1968





on 10th July 1968.

Even after I leave Africa Physically, (I am always here and everywhere), you must carry on the service you did so long; seek out the service and better in more fields. I am entrusting you to Sathya Sai Seva Samithis of Kampala in Uganda, Nairobi in Kenya and Dar-es-Salam in Tanzania. Under their auspices, very soon, CENTRES of service and training will arise; take those opportunities and prepare for the great task of realizing the God within you, through serving God, the same God who is in all others, whatever their colour, creed or country."

– Bhagawan Sri Sathya Sai Baba LIGHT OF LOVE – An account of Bhagawan's visit to East Africa by SRI N. KASTURI – page 124.

### Divine Discourse of Bhagawan Baba in Nairobi

Sharing Prema is the best of all communions Parents and children must join in singing the glory of God. In fact, all 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 animal 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 the basic Divinity, hatred sprouts: envy rinses its hood. See the Aathma in all Love sprouts, peace descends like dew. You are prema-swaruupa (embodiments of love). You have been sitting here since 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 ardour. 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. The mediation of words is then unnecessary. I have come to light the lamp of love in your hearts, to see that it shines day by day with added lustre. I have not come to speak on behalf of any particular dharma (righteousness), 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 Aathmic principle, this path of love, this dharma of prema, this duty of love, this obligation to love.

### The Message I Bring

"All religions teach one basic discipline – the removal of the blemish of egoism from the mind, restraining it from running after trivial joys. Every religion teaches man to fill his being with the Glory of God and evict



"Nature is the mother, the feminine principle, the illusory energy. She is the great teacher. If you do not learn the lessons well nature punishes you, boxes you in the ear, hits you on the head. She is a stern, merciless, instructress; but if you learn well, she will proudly lead you to the presence of the supreme person."

- Sathya Sai Baba, May 1963





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 God; that all faiths glorify Him alone; that all names in all languages, and all forms man can conceive denote the same divine principle; His adoration is best done by means of love. Cultivate that Eka-bhava (attitude of oneness) among men of all creeds, all countries, and all continents. That is the message of love, I bring. That is the message I wish you take to heart."

-Bhagawan Sri Sathya Sai Baba, 4th July 1968 in Nairobi (Kenya, East Africa)."

YOUR reality is the Aathma, a wave of the Paramaathma (Supreme Self). The one object of this human existence is to visualise that reality; that aathma, that relationship between the wave and the sea. All other activities are trivial; you share them with birds and beasts; but, this is the unique privilege of Man. He has clambered through all the levels of animality, all the steps in the ladder of evolution, in order 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 vijnaana (the faculty of analysis and synthesis). Use these gifts for discovering the truth of 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 Vedhas are the earliest testaments to the victory of man over himself his discovery of the underlying Unity in all creation and his pulsating contact with the truth that unifies. They declare, God is Sarvabhuutha antharaathma (God is the inner Reality of all beings), Ishaavaasyamidham sarvam (All this is enveloped by God), Vaasudhevah sarvamidham (All this is God, Vaasudheva).

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 colours and different candle powers. The same God shines in and through everyone, whatever be the creed, colour, tribe or territory. The current animates and activates all bulbs; the Divine animates and activates all. Those who see difference are deluded; they are befogged by prejudice, egoism, hatred or malice. Love sees all as one Divine family.



How does this Aathma-principle express itself in Man? As Prema (love)! Love is the basic 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 Vedhas laid down four goals before man, two pairs of goals, rather, dharmaartha (morality-wealth); the earning of



"Nature is your school, your laboratory, the gateway to liberation, and the panorama of God's majesty. Seek to know the lessons it is ready to teach."

- Sathya Sai Baba, 4 October 1970



the wherewithal for living through moral means and kaama-moksha (desire-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 (righteousness) and shaanthi (equanimity). The Vedhas teach that man must earn wealth through the path of Dharma, that is not taken to heart; wealth is accumulated anyhow! The Vedhas teach that man should have only one kaama (desire), namely, for moksha (liberation); this too is not respected; man is drowning himself in: the maelstrom of desire, the fulfilment 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, so filled with skills, so capable of great adventures, is a gift from God to each of you. It has to be used as a raft, on which you can cross this never-calm sea of samsaara (change) that lies between birth and death, bondage and liberation. Awaken to this primal duty even when your physical and mental faculties are keen; awake even while your power of discrimination is sharp. D o not

postpone the launching of the raft, for it may become unserviceable soon. It may be burdened with illness, so that 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 samsaara (worldly life); be a witness, do not crave for the fruit of action, leave the consequences of all acts to God's Will. He is the doer; you are but the instrument. Pursue nobler ends; have grander ideals; sensory pleasures are trinkets, trivialities. The sages have discovered the disciplines that will keep you unaffected by defeat or victory, loss or gain. Learn them, practise them; establish yourself in unruffled peace.

In homes and schools, training of the minds of the young on these lines has to be taken up earnestly by teachers and parents; of course, they must equip themselves for this work by steady practice in meditation and naamasmarana (recital of the name of God). In every home, a certain length of time must be fixed every day in the morning as well as evening for readings from spiritual books and naamasmarana.

### **Sharing Prema Is The Best Of All Communions**

Parents and children must join in singing the glory of God. In fact, all 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 the basic Divinity, hatred sprouts: envy rinses its hood. See the Aathma in all Love sprouts, peace descends like dew. You are prema-swaruupa (embodiments of love). You have been sitting here since 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 ardour. When I sense your prema; I feel I



"Nature is the best preacher. Life is the best teacher. Fill yourself with awe and reverence at the handiwork of God, the manifestation of His power and glory that is called the world. This is enough instruction and enough inspiration for you."

- Sathya Sai Baba, 14 January 1973



must share it and allow you to share My prema: that is the best of all communications and communions. The mediation of words is then unnecessary.

I have come to light the lamp of love in your hearts, to see that it shines day by day with added lustre. I have not come to speak on behalf of any particular dharma (righteousness), 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 Aathmic 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 evict 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 by means of love. Cultivate that Eka-bhaava (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 which will yield the maximum benefit. When you recite the Name of God, remembering the while His majesty, His compassion, His glory, His splendour, 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, to 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 exhausted.

### 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 brightening 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 advice. Endeavour always to promote the joy and happiness of your fellow countrymen in this continent; be sharers in their joy and happiness. Bharath is so called because the people of that country have rathi (great attachment) to Bhaa (Bhagawan, that is 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 knowledge).

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 endeavour and derive great joy therefrom. Nairobi (Kenya, East Africa), 4-7-1968.



"Many natural catastrophes are entirely due to man's behaviour. Earthquakes, volcanic eruptions, wars, floods, and famines and other calamities are the result of grave disorders in nature. These disorders are traceable to man's conduct. Man has not recognised the integral relationship between humanity and the world of nature."

- Sathya Sai Baba, 22 November 1992



Divine Discourse of Bhagawan Sri Sathya Sai Baba on July 9, 1968

# Serve Thy Self

(Talk with delegates from Kampala, Jinja, Nairobi, Mbale, Eldoret, Nakuru, etc., 9-7-1968)

You must have rules and regulations and constitutions; but, they must help you do things in a smoother way; they should not hinder or throw hurdles. They are like the bunds that keep the stream flowing straight towards the sea. If you have strong faith in the value of the tasks you are engaged in, and if you are sincere in the service that you do, then, the rules are not so important. Remember that the service of others is a duty you owe to yourself; for, you really need the joy that the service gives; That joy is something beyond words. What you call 'service' to others is fundamentally 'service' to your own self. You serve yourselves best, when you serve others best. When you relieve the distress of others, you are winning relief from your own distress.

A cow was once caught in a deep morass and she was struggling desperately to extricate herself. The slush was mercilessly dragging her into its depths. The ragamuffins of the village were enjoying the mortal struggle which they witnessed gleefully, cheering the helpless animal when it floundered deeper and deeper.

Just then a monk who was passing along that road saw the plight of the poor cow; he jumped into the bog, without a second thought; he dived into the mire and rose with the cow upon his hefty shoulders. He carried her safe out of the morass, and placed her on her legs, on dry land. Then, he quietly resumed his journey.

The village lads jeered at him, for, he had spoiled their fun. They asked him why he had risked his life so stupidly; they spoke cynically of his great act of 'service.'

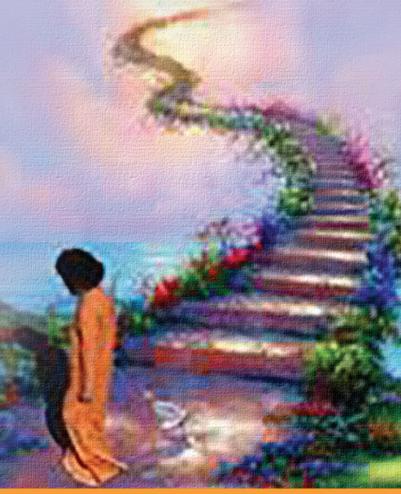
The monk replied, "I did not help the cow; I only helped myself. I felt the terrible agony of the cow in my own heart. I had to seek relief. I could not but jump in and save her. I am now happy. My pain has gone."

When you find that others are suffering or in pain, you should feel the pain and the suffering as your own and you should remove it, by serving them. Cultivate that sympathy; that is the highest Sadhana. The Vedas declare, "Na karmanaa, na prajaya, dhanena, thyagenaike amrthathwam aanasuh", "Immortality can be won and experienced, neither through the performance of rites, nor through progeny, nor by the accumulation of wealth, it can be won only by renunciation." Give up - give up, your comforts, your time, your skills, in order to help others.

That is the way to gain immortality.

Man is bound by one of three ropes or Gunas (peculiar natures). The Thamsic chain of dull deleterious desires, which lead him to sloth, sensualism, and sin (this can be called an iron chain) the Rajasic chain of ambition and acquisitiveness, of competition and pride (this can be called the copper chain); and the Satwic chain of humility and simplicity which make him good and virtuous (this too is a chain, albeit, a golden chain).

All three, bind man; man has to become pure, with no characteristics in his makeup. The word Guna means a rope and it does bind. This is its justification. You cannot complain against it for that. To escape from these chains





Most illnesses can be cured by simple living, simple exercises, and by intelligent control of the tongue.

Sathya Sai Baba, September 30, 1981



that blind him, man has to adopt one of the two stratagems; (I) He can immerse himself in the feeling, Dasoham, I am the servant, and reduce his size, steadily until the chain falls off and he escapes. This is the path of the Bhaktha, the Dasa, the servant, of laying the 'I' at the Feet of the Almighty, of unreserved surrender, of Prahlada who had no will or thought of his own. Or, (II) he can expand himself with the feeling, Sivoham, I am Siva, I am Divine, I am the Eternal, the Absolute; he becomes so vast, so pervasive, so grand that no chain can contain him; it snaps, and he is free.

Imagine God as resident in the top floor of a high mansion. The stairs by which alone you can reach Him are guarded by a fierce dog-Maya. Maya is the monster of ignorance, which deludes you into the belief that the transitory is eternal and that the eternal is non-existent. The dog will not harm you, if the Master comes down in response to your prayers and takes you up, along with Him. This is what the Bhakta does. He pleads, he prays, he yearns, and God comes down for his sake and showers Grace on him. The Bhakta is like the kitten which meows piteously, sitting in one place; the cat hurries towards it and lifts it gently with its teeth and removes it to a place of safety. This is the reason why Bhakti is often referred to as the kitten-way to God. Another method of reaching the Master in the Mansion is to become an exact prototype of the Master, so that the dog believes you to be the Master Himself. Know the Master; you become the Master. Brahmavid Brahmaiva bhavati: He who knows Brahman becomes Brahmam. The Jnani who knows that he is the eternal absolute becomes the Absolute. Maya dare not delude him anymore. This is a hard path, where the pilgrim has to trudge alone. He is like the young monkey which holds fast the mother, while she leaps from branch to branch. There is no room here for the grace of the mother. This is therefore referred to as the 'baby monkey-way."

Detachment is the very first step, whether it is Bhakti or Jnana. Man saves himself by his own resolute efforts; others can only point the way. Harischandra, the Emperor who, in his determination to stick to truth, lost his empire, his freedom and his family, had at last to serve as a watchman in a crematorium. When he found corpses being burnt all around him, he realized that the self alone is the friend of the self, the self alone is the foe. Parents, husband, wife, kith and kin, children are all temporary transient supporters or dependents.

Your only friend is yourself; all others have some motive or other in befriending you. A young man was going daily to a preceptor who lives on the outskirts of the town. He received from him lessons on spiritual regeneration. He returned at nightfall to his own home. One evening, however, the Master required him to stay on, but the youth

protested that his absence at home, even for a single night would plunge his parents and wife in inconsolable grief. The Guru told him that a person loves another for his own sake, that no person loves another more than he loves his own self. But, the young man was not convinced; he said, his parents and his wife were overwhelmingly attached to him and that they would not survive, if anything happened to him. The Guru said, "We shall find that out", he asked him to swallow a pill that he gave him, as soon as he reached home; he said, the pill would make him fall as if dead, though he could hear and understand all that happened around him. When he took the pill as directed and slithered on the floor, the parents screamed in agony. The wife lamented loudly. The neighbours came in large numbers, but, who could allay their anguish? Suddenly, the Preceptor appeared on the scene and learning the reason for the commotion, he said that the young man could be saved, by a simple remedy. He asked for a glass of water; he walked three times round the prostrate body with the glass in his hand and declared, "Now, whoever wants to save this young man can do so; drink this glass of water; then, the person who drinks it will die and the young man will come back to life!" He asked the mother to drink it, but, she said she had other children to look after, a daughter

whose marriage had to be fixed, another who was enceinte, and so, she retreated from the place into a distant corner. The father too had his excuses; the wife was the only child of her parents and she did not propose to cause them grief. No one of them was ready to sacrifice their lives to save the son. They confabulated together for some time, and came forward with a suggestion:

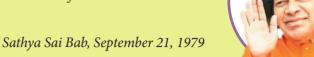
"Revered Guru. We shall build a magnificent tomb for you and conduct worship thereon, in memory of your great act of sacrifice. Please drink the water and bring our son back to life!" The son then rose and since he knew that what the Guru said was true, he left hearth and home and became a recluse, under the Preceptor. You must also develop the feeling of nonattachment. Be attached to the work, but, not to the fruit. Leave it to the Grace of God. He prompted the work, He made it possible. Let Him accept the fruit thereof. These poles carrying street lamps - they illumine themselves and illumine the street also. So too, if you, live a life of Love and Truth, you will be lit, and you will shed light; around you, to all who come near you. Get together like-minded people and arrange for Bhajan sessions, at least once a week; arrange also, readings form religious scriptures or discourses on spiritual subjects, at least once a month. Fill your time with good works, good thoughts and good reading.

Form the nucleus of 'good company' in your town or village and keep it well-knit and steady.

Divine Discourse, 9 July, 1968



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









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

Sathya Sai Baba, August 28, 1976





### BHAGAVAN SATYA P. O. Box 5760 SAI SEVA Telephone 27340

NAIROBI, EAST, AFRICA

Date .

### VISIT OF HIS HOLINESS BHAGWAN SRI SATYA SAI BABA

It is with great joy and happiness, we announce the forthcoming visit of Bhagwan Sri Satya Sai Baba to East Africa.

His Holiness is due to arrive at Nairobi Airport on Sunday, the 30th June, 1968 from India by Air India flight at 12.00 noon. the 30th June, 1900 from inula by Mir inula flight at 12.00 noon. He shall be leaving for Kampala by a charter flight on the same afternoon.

Arrangements have been made to hold a reception in honour of Arrangements have been made to hold a reception in honour of His Holiness at Nairobi Airport, while in transit. You are cordially (Appearance)

Bhagwan Sri Satya Sai Baba has kindly consented to be present at grand reception to be held in honour of His Holiness at the Shree at grand reception to be held in honour of his holiness at the Shree Visa Oswal Mahajanwadi, Limuru Road, on Wednesday, the 3rd July, 1968 arranged by the Seva Samiti to mark the great occasion. arranged by the Seva Samiti to mark the great occasion.

All the devotees are cordially invited to the function and receive the blessings of His Holiness.

ISHWARBHAI K. PATEL,

BHAGWAN SRI SATYA SAI COLL SAMITI

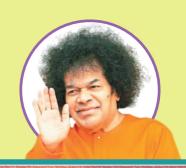
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DHARMA towards y o u" PREM BABA SANTI

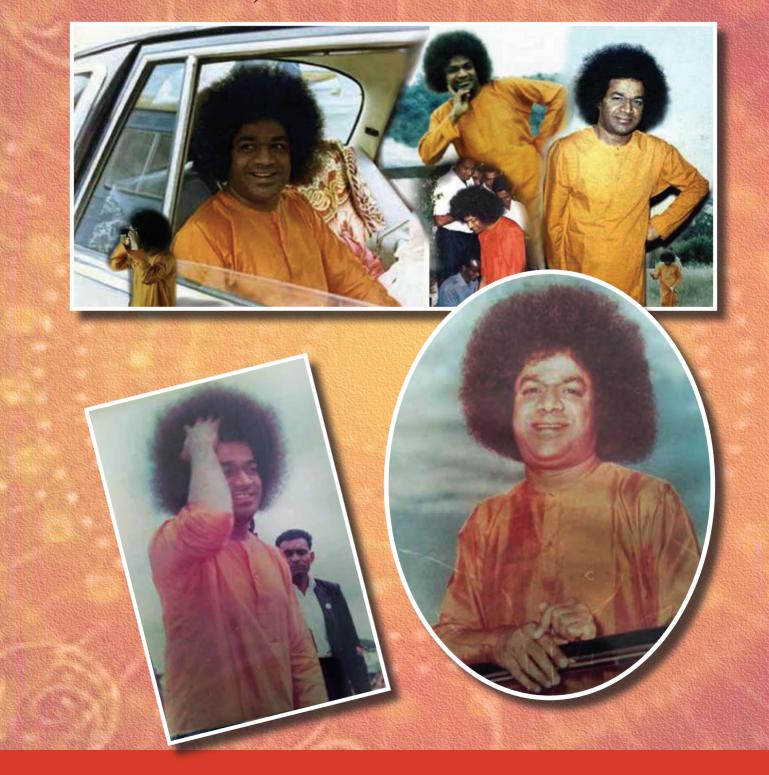


Doctors should infuse courage in the patients and speak soothingly, radiating compassion and love. While you are examining the patient, you should have smiling faces and talk to the patients sweetly.

Sathya Sai Baba, February 6, 1993

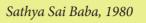


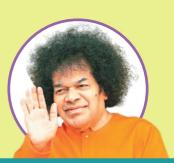
### PHOTOS OF BABA'S VISIT TO KENYA AND UGANDA - JULY 1968

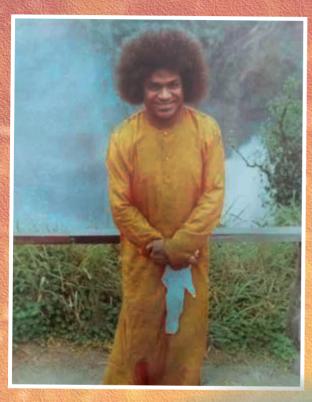


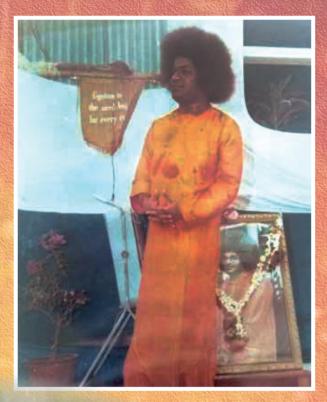


If the doctor is full of love and compassion, God works through him. Doctors therefore have to endeavor to become the receptacles of divine power during the healing process.









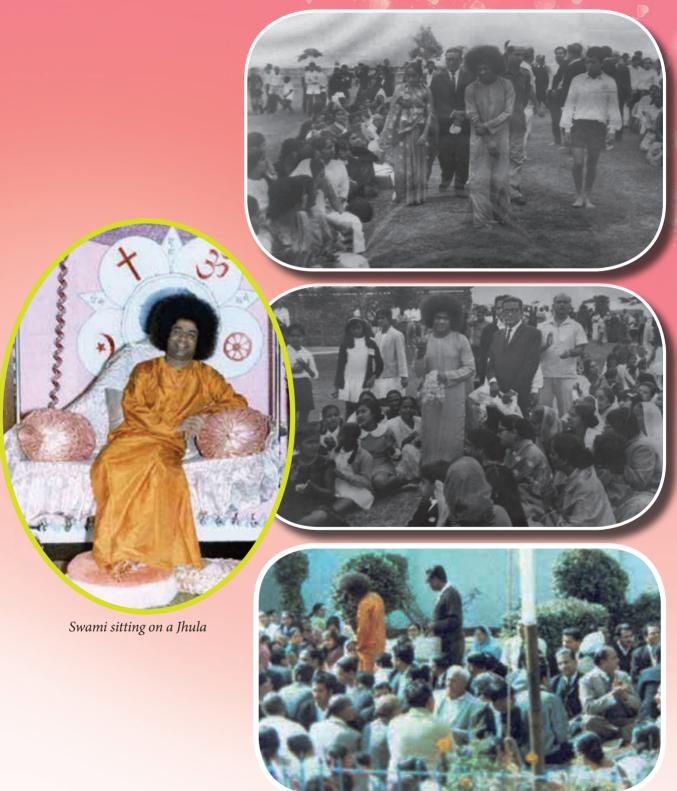




Doctors should serve the poor with the spirit of sacrifice. There is no greater service than this. As man is the embodiment of God, it is his primary duty to help the destitute and the forlorn. Medicine should not be commercialized. It is meant to promote heart-to-heart and love-to-love relationship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



Sathya Sai Baba, 2003

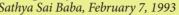


Darshan rounds in Africa



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

Sathya Sai Baba, February 7, 1993





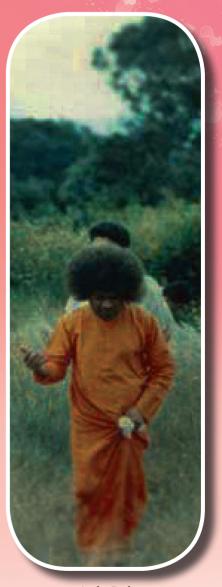


At Bombay Airport Departure



Arrival at Nairobi Airport Devotees waiting on the ground.





At the Park



Regular prayers twice a day will give strength and courage which can withstand illness. The grace of God will confer mental peace and so good rest and sleep for the mind.

Sathya Sai Baba, October 12, 1969





At the River Nile



Darshan



Swami handing out Prasad to His African Devotees



Hand in Hand with an African devotee



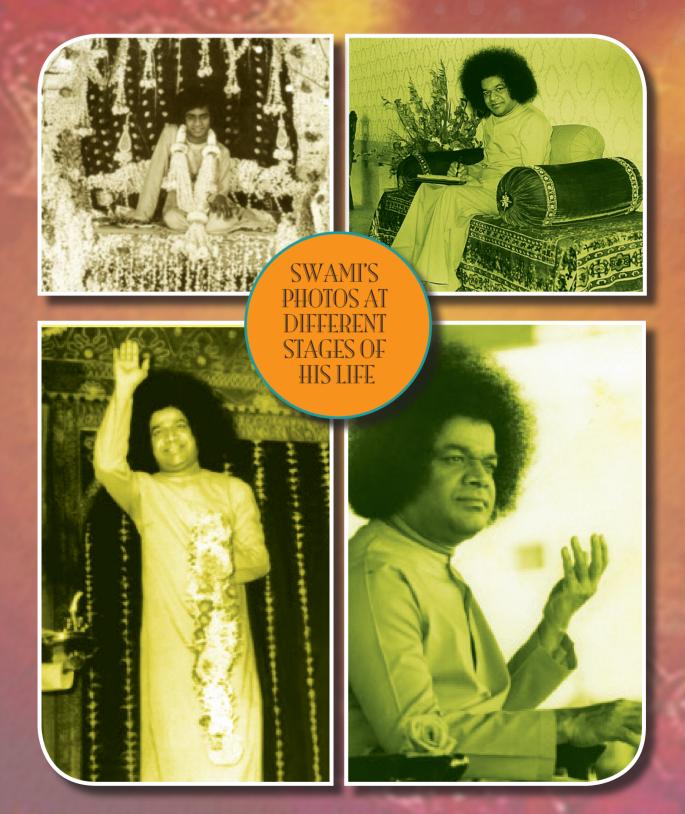
Kasturi with Swami



Eat at regular intervals according to an established timetable. Move about and fill the day with activity so that it is well digested. Develop biting hunger before sitting down for a meal.

Sathya Sai Baba, October 12, 1969



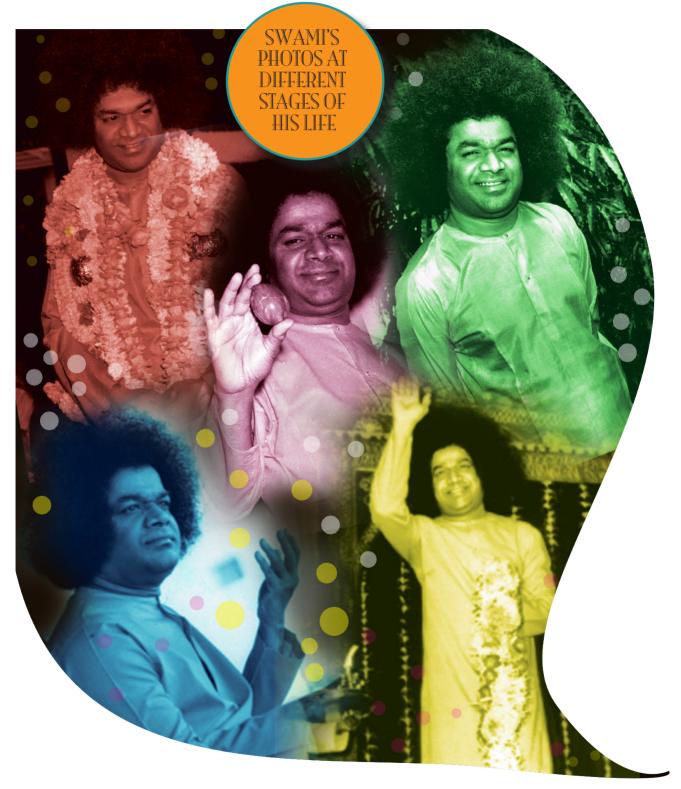




A sound mind ensures a sound body; a sound body ensures a sound mind; the two are interdependent.

Sathya Sai Baba, October 16, 1974



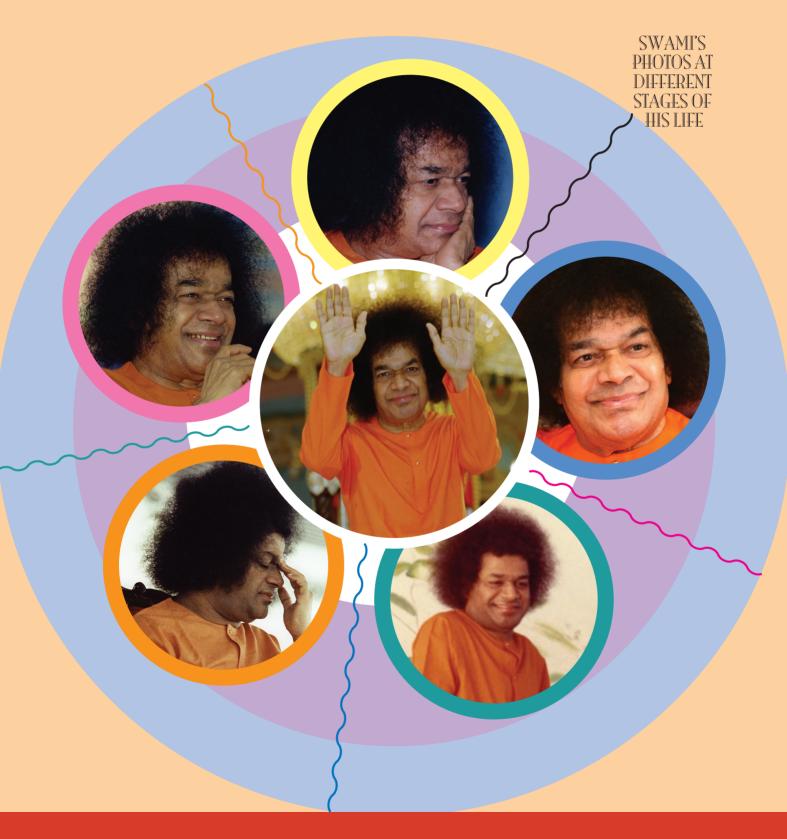




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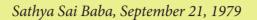
Sathya Sai Baba, August 28, 1976

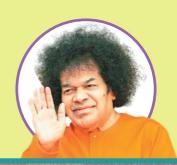






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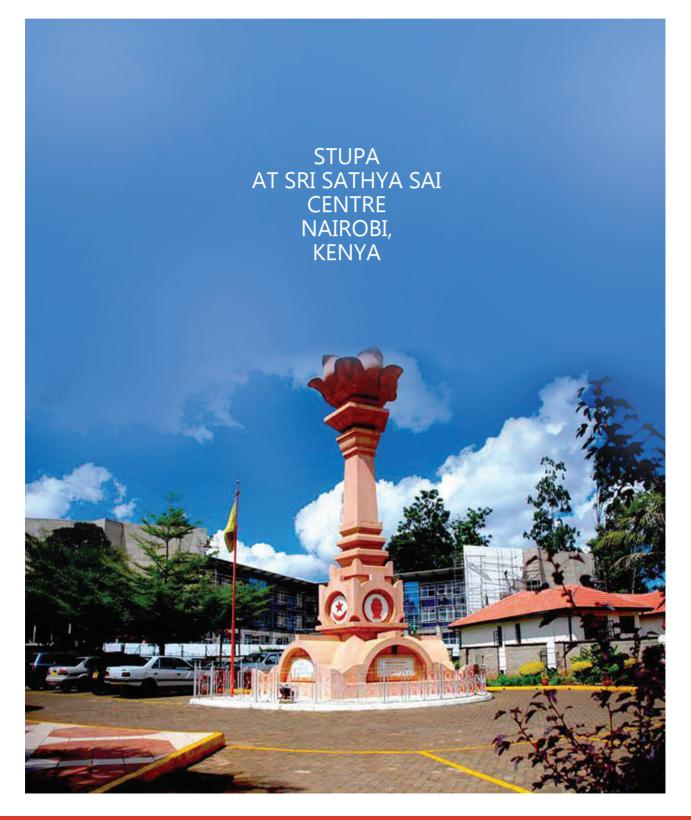




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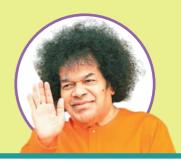
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Sathya Sai Baba, February 7, 1993



## Sri Sathya Sai Centre, Nairobi, Kenya

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m T}$ he Sri Sathya Sai Seva Organization was founded in the 1960s by Bhagawan Sri Sathya Sai Baba to enable its members to undertake service activities as a means to spiritual advancement. The Sathya Sai Organization derives inspiration, guidance and strength from Bhagawan Baba's mission and message of propagating the truth of man's inherent divinity, which is proclaimed and preached by all religions of the world. In consonance with this truth, the Organization has as its main objective selfless love and service without any distinction of religion, nationality, race, socio-economic status, either for those who work in the Organization or for those who are served by them. Thus, it transcends all barriers, leading humanity towards the ideal of 'Fatherhood of God and Brotherhood of Man'. In fact, this spiritual basis enables everyone in the Organization to pursue his own religion better by putting its teachings into practice by way of love and service to the God who

dwells in all hearts. That is why the Sai Organization features in its emblem the symbols of some of the major religions of the world. There is no fee or subscription for membership.

30th June 1968 will go down in the annals as a Golden Historic day when the Divine Lotus Feet of Bhagawan Sri Sathya Sai Baba descended upon the Kenyan soil at the old Embakasi airport. The lawns outside the main airport buildings were turned into Darshan grounds and Kenyans along with East Africans were granted the Boon of Divine Darshan, Sparshan, and Sambhasan.

Bhagawan out of His immense love for East Africans went to various places in Kenya, Uganda and Tanzania showering His Divine Love whilst granting solace to humans, wild life and the entire nature.

Swami stayed 14 days in East Africa and due to His boundless love even postponed His intended 10th July return journey to India by celebrating Gurupoornima with the East African devotees.



MAIN ALTAR AT SRI SATHYA SAI CENTRE, NAIROBI, KENYA WITH ALL THE MAJOR RELIGIONS IN COLOURED STAINED GLASS ON THE BACK WALL



Regular prayers twice a day will give strength and courage which can withstand illness. The grace of God will confer mental peace and so good rest and sleep for the mind.

Sathya Sai Baba, October 12, 1969





MAIN ALTAR AT SRI SATHYA SAI CENTRE, NAIROBI, KENYA



SWAMI MATERIALISED THIS LINGAM TO BE PLACED ON THE ALTAR OF THE CENTRE. HE SAID TO GIVE THE ABHISHEKHAM WATER TO THE SICK AND NEEDY.



Eat at regular intervals according to an established timetable. Move about and fill the day with activity so that it is well digested. Develop biting hunger before sitting down for a meal.

Sathya Sai Baba, October 12, 1969



# Chronology of the Important Events since Inception of Sathya Sai Centre, Nairobi, Kenya in 1968

### June 1968

Swami visited East Africa during June 1968 and setup the Sri Sathya Sai Seva Samithis in Kenya, Uganda and Tanzania. Swami gave his first public discourse in Africa on 4th July, 1968 in Nairobi, Kenya.

#### 3rd Feb 1969

Sri Sathya Sai Centre Nairobi, Kenya registered with the Republic of Kenya on 3rd Feb, 1969.

### 1968 - 1993

Activities of the centre were conducted from Patel Prathna Mandir at Park Road. Regular weekly Bhajans were conducted at the Park Road Hall and devotees' homes. Various Relief food, medical Eye camps, hospital visits, adoption of children Homes etc continued to be rendered.

### 13th July 1989

Centre's Committee members along with family members visited Prasanthi and invited Swami to inaugurate the EHV Conference scheduled for Aug 1989. Swami was overjoyed with the invitation and said "I am always in your heart"; blessed the delegation and granted the Boon.

granted the Boon.

"Kenya mein bahut sundar centre banega"
(In Kenya a beautiful centre will be built).
And added, "Make the centre big, and I will come."
Thus, through sai sankalpa – The new centre was conceived.

### August/September 1989

Sathya Sai African Conference and workshops on EHV conducted at Kenyatta International Conference Centre in Nairobi, Kenya. Over 200 teachers were introduced to the EHV concept and received Diplomas at the conference/workshop.

### 1992

A parcel of land was bought at Waiyaki Way / Musa Gitau Road Junction. Existing dwelling house was converted into a small Bhajan Hall and a Library. Regular Thursday / Saturday Bhajans. Regular Monthly Narayan Seva was introduced which continues to date. A shed 100ft X 50 ft was constructed. Swamis' Birthday and major festivals were celebrated under the shed. "SAI BALWANT ANNEX" was constructed facilitating a modern kitchen, store and pantry, 4 Bed sitters and Caretakers flat.

### **Oct 1997 (Stupa)**

"SARVA DHARMA STUPA" a scaled replica of the one at Puttaparthi was built with added provision for depositing Likitha Naama Japa books in the base chambers.

### 29th July 1998

Kenya delegation was granted an interview with Bhagawan. Swami created a Lingam and instructed that the Lingam be kept at the centre and Abhishekam be performed.

### 21 Nov 1998

Swami blessed and approved schematic plans for centre and school during 73rd Birthday celebrations and Chair persons' conference.

### 23 April 1999

Architectural scaled model of proposed centre's building expansion programme was unveiled by Zone chairman along with Central Co-ordinator.

### 19th October 1999

Brochures explaining the facilities of proposed new Centre Building expansions, launched during "Dussera" celebrations.

### 23rd November 1999

Temporary prefabricated Prayer Hall / Library-



A sound mind ensures a sound body; a sound body ensures a sound mind; the two are interdependent.

Sathya Sai Baba, October 16, 1974



"SAI SADAN" inaugurated on Swami's 74th Birthday celebrations. Commencement of Building works and "Bhoomi Puja" conducted.

#### 4th May 2000

Bhagawan blessed working drawings in Brindavan-Whitefield – Bengaluru

#### 23rd Nov 2001

Swamis' 76th Birthday celebrated in the new fully complete Centre's Buildings, with prayers to Beloved Bhagawan to visit Kenya and inaugurate His "Sundar Centre". Devotees have been and are praying to this day. Features of the new centre:

- Scaled replica of Sarva Dharma Stupa at Puttaparthi
- Prayer Hall
- Lingam materialized by Swami kept at the Altar
- Apartment for Swami
- ▶ Meditation Room
- ▶ Bhajan Practice Room
- Bal Vikas Room
- Medical/Dental Clinic
- Multipurpose Hall with Orchestra Pit
- ► Library & Book Store
- Kitchen
- Dining Area

#### 18th Dec 2001

Delegation of 21 Kenyan Devotees, which comprised of Samithi members and their families, the Building Construction Team, Architect, Structural Engineer, Quantity Surveyor, Joinery, and Mechanical subcontractors, congregated at Puttaparthi to humbly offer the centre's newly completed project at the "Divine Lotus Feet"

Beloved Swami in His Immense love and benediction graciously granted a private interview in the morning to the entire delegation. Swami was presented with an invitation by the group to visit Kenya and personally inaugurate "His" centre in Kenya along with "His" Sathya Sai School – Kisaju.

Bhagawan was elated and in His grace granted a Boon to the delegation. Bhagawan said, "World Tour Ka Programme ban raha hai teen countries, Tanzania, Kenya, Uganda – Swami will come."

In the afternoon the delegation was again called for the second Interview and again our gracious Lord reaffirmed.

"Jaisa meine Subha Bhola hai," – as I told in the morning – "I will come, I will come"

#### 2010

Dental unit was added to the existing Medical clinic.

#### 2015

Sri Sathya Sai Centre Nairobi, Kenya hosted the Pre-World Conference for Africa Zone 9A on Jun 27 & 28, 2015 with delegates from different parts of Africa in attendance. We were honoured by the presence of Mr. H J Dora from the Sathya Sai World Foundation who was the Chief Guest at this conference.

#### 2018

- New Extension of the Narayan Seva area to feed and accommodate 700 children at a time.
- Extension to the kitchen and pantry area.
- New modern extension of Sai Medical and Dental Clinic to be inaugurated by Dr.
  Narendranath Reddy, Chairman, Prasanthi Council, Sathya Sai International Organisation to commemorate Bhagawan's Golden Jubilee Celebrations of His Holy Visit to Africa in July 1968.





"Today the world is losing its ecological balance as man, out of utter selfishness, is robbing the mother Earth of her resources like coal, petroleum, iron, etc. As a result, we find earthquakes, floods and such other devastating natural calamities. Human life will find fulfilment only when ecological balance is maintained. Balance in human life and balance in Nature, both are equally important."



- Sathya Sai Speaks, 33:15

# Activities of Sri Sathya Sai Centre, Nairobi, Kenya

### **Devotional**

Sri Sathya Sai Centre Nairobi, Kenya holds bhajans every week on Thursday and Sunday evenings. Special bhajans are also held to commemorate Major Festivals of the various Religions. Special bhajans are also held during the nine prior Sundays to Baba's Birthday each year. Bhajan practice sessions are held at the centre on Sunday mornings to assist devotees in singing bhajans with the right melody and musical intonations.



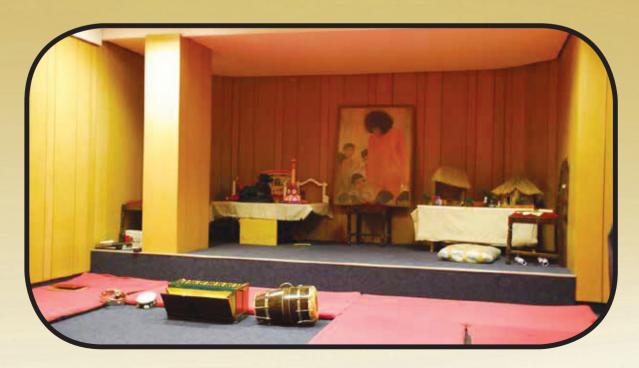


You have to realize that Nature is a manifestation of God. Hence, Nature should not be ignored. Nature is the effect and God is the cause."

- Sathya Sai Baba, 20 June 1996







BHAJAN PRACTICE ROOM AT SRI SATHYA SAI CENTRE, NAIROBI, KENYA



"The entire creation is the expression of the will power of God. Nature is a manifestation of the supreme divine. Man is born to manifest and reflect divinity. All constituents of nature reflect their inherent qualities."

– Sathya Sai Baba, 19 July 1997



# Service - Narayana Seva

# Service Wing

Sri Sathya Sai Centre Nairobi, Kenya conducts Narayana Seva every Sunday morning. Between 800 and 1200 children are fed every week with a healthy meal of rice, beans, bread, banana, chapathis, biscuits, milk, juice, as well as other foods that are brought by volunteers. From time to time, donors also provide the children with clothes, items of hygiene like toothbrushes, toothpaste, soap, as well as educational items such as notebooks, pencils, pens, etc.





"People ask, "Where is God?" The answer is provided by nature. Who is it that created the five elements, the five life-breaths, the five external sense organs, and the five organs of action, which are ceaselessly carrying out their prescribed roles? The seasons in their regular cycles are teaching a lesson to man. Therefore, nature is demonstrable proof of the existence of God.



- Sathya Sai Baba, 12 July 1988

#### Medical And Dental Clinic

#### **Service**

The medical and dental clinic at Sri Sathya Sai Centre Nairobi, Kenya is operational 6 days a week from Monday to Saturday, providing essential medical and dental services by qualified and experienced Kenyan doctors. Medicines are also provided as required. A pathological laboratory has also been setup to provide facilities to do pathology tests.







Below are some quotes from Baba on the importance of Narayan Seva.

Whatever service you render, do not feel that you are serving others, but you are serving God Himself. Even while serving food to your family or to a needy person, consider that God has come in that form and you are offering it to God Himself.

- Bhagawan Sri Sathya Sai Baba Divine Discourse, Mar 30, 1987.



"On account of the stupendous temperature in the core of the sun, enormous quantities of hydrogen, several million tons, get transformed into helium every second. By this process, which began with creation and will go on for aeons of time, a tremendous quantity of energy is radiated from the sun. If even a tiny fraction of the solar energy that reaches the surface of the Earth were to be put to use, intelligently and diligently, the needs of the human race would be met in adequate measure."



- Sathya Sai Baba, 3 April 1993

# Sathya Sai Education In Human Values

#### **Bal Vikas Classes**

The SSEHV (Bal Vikas) classes are recommended for all children between the ages of six and sixteen. Aside from being taught the Human Values, the children are also taught about all the major religions in the world, spirituality, bhajans and slokas and also how to deal with everyday life situations such as peer pressure etc. The classes are conducted every Saturday afternoon from 3:00 pm to 5:00 pm.



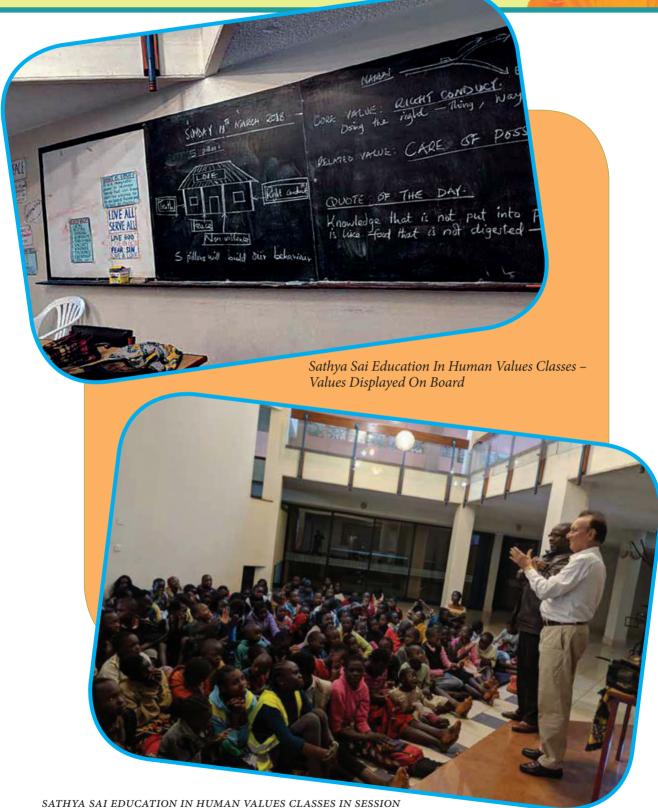
BAL VIKAS CLASSROOM AT SRI SATHYA SAI CENTRE, NAIROBI, KENYA



Any use of the elements, over and above legitimate bounds, is a sacrilege. So too, each element must be used under some limitations, not as and how you like. Treat the elements as a vesture of the Almighty.

- Divine Discourse, Mar 11, 1968.







When you see a mountain, waterfall or forest, you feel happy. All these proclaim the presence of the Divine. Thought For The Day,

15 March 2009



Sathya Sai International Organisation Kenya has been conducting Sathya Sai Education in Human Values Public Outreach Programme for the children at Sri Sathya Sai Centre Nairobi, Kenya every Sunday since 2014. A trained Sathya Sai Education in Human Values Teacher conducts these Sathya Sai Education in Human Values Classes to the children before they are served Food with Love and Compassion. The Sathya Sai Education in Human Values classes have made a very positive and effective impact on the children as is evident from The Articles Contributed by them for the Souvenir.

During Bhagawan's 90th Birthday we mobilized Our Trainers to Visit 90 Primary Schools to introduce The Sathya Sai Education in Human Values Concept. This was very well-received, and we were requested to continue with these classes as this had a very positive and effective impact on the Students and Teachers alike.

The aim of Sathya Sai Education in Human Values is to Serve as a simple educational tool to Develop positive values in young Children and Adults so that they learn how to live life and not just earn a good living.

"Education has two aspects; the first is related to external and worldly education, which is nothing but acquiring bookish knowledge. In the modern world, we find many well versed and highly qualified in this aspect. The second aspect known as Educare, is related to human values. The word Educare means to bring out that which is within. Human Values are latent in every human being; one cannot acquire them from outside. They have to be elicited from within. Educare means to bring out human values. To 'bring out' means to translate them into action."

- Bhagawan Sri Sathya Sai Baba Sathya Sai Speaks, Volume 33, pg. 251



# Sathya Sai School – Kisaju

The Sri Sathya Sai Centre Nairobi, Kenya established the Sathya Sai School Kisaju, which is a pioneering autonomous education project in Kenya. Sathya Sai School Kisaju was registered in the Republic of Kenya on Jan 8th, 2001. The objective of the school is to establish and operate learning institutions by providing an ideal value-based education system. Not only do the institutions follow the national curriculum, but also integrate the Human Values – Truth, Right Conduct, Peace, Love, and Non-Violence – in the education system in order to promote spiritual, moral, academic

and awareness in the pupil's developmental process. The school provides free education including free boarding and lodging facilities for destitute and marginalized children. The school is a Primary and Secondary School.

In addition, the pupils are taught to develop a positive perspective of life in relation with others for the national welfare of all. They should have a balanced view of various cultures, religions and customs prevailing in Kenya so that they become indoctrinated into the principles of 'Brotherhood of man' and 'Fatherhood of God'.



The five elements — ether, air, fire, water, and earth – are the vesture of God, as well as of man. Use them moderately and with wisdom, with fear and humility.

Sathya Sai Speaks, VI, 27, 125.



#### **Bookshop And Library**

The Centre maintains a bookshop for selling books on Sai literature. Contact Brother Dave (Caretaker for the Centre) to buy any books.

The Centre also maintains a library with a reading room for Sai Publications and Journals. Devotees are welcome to visit the library and use the reading room as well as borrow books to take home.

#### **Ladies Wing**

The ladies wing organizes the decoration and cleaning of the altar. The ladies wing meets every Thursday morning at 10:30 AM onwards to make garlands, clean the Centre and decorate the altar. They also assist in preparing food for Narayan Seva and other festivals.

#### **Youth Wing**

The youth wing consists of all devotees from the age of 17 to 32 and the youth act as a support and do seva whenever the opportunities arise. They are responsible for the creation and maintenance of the website. In the past, they have authored and published the Birthday souvenir booklets, conducted the youth conference for East Africa

in 2009 and organized various fund raisers for the poor.

The youth wing is responsible for all communications to be sent to Devotees by mail.

The youth wing assists all the other wings at all function in the various operations at all times. The youth wing is engaged in Outreach Programmes under the direction of the ssio Kenya.

# Sathya Sai School – Kisaju

By Mr. Kuldip Singh Bahra Chairman Board of Trustees, Sathya Sai Schools - Kisaju, Kenya

# Sai Divine Will and Legacy in Kenya



# Mysterious Are The Ways The Divine Works Through His Devotees

On 13th July 1989 Sai Baba told a group of Kenyan devotees during an interview that they should do all work in love and unity and that there will be a very beautiful centre in Kenya. The Lord's exact words were, and I quote "Kenya mein bahot sundar centre

banega".

On 12th July 1998 Sai Baba called a group of 5 teachers visiting His Ashram in India for a personal interview and gave them white trousers and shirts. It is during that interview whereby He gave a benediction "next year there will be a school in Kenya".

On 21st Nov 1998 Sai Baba gave His blessings for the schematic construction plans for both the School and the centre's building expansion

programme and said "Very good. Peace will reign supreme only when such noble things take place in this world. If you stand united these things can be achieved in a moment. I am always in you, with you, around you, above you and below you. I am not conformed to Prasanthi Nilayam and India alone. I am wherever you are. Your heart is my temple.



Whosoever worships the Supreme Lord should also worship Nature (Prakriti). He should love and adore Nature because Nature is not different from the Supreme Self. Nature is the effect and God is the Cause."

(Nature – a Mirror of the Divine, Mother Sathya Sai magazine, May 6, 2007, p. 36)



There will be no scarcity whatsoever. You will never fail on your endeavours. Work with total faith. Have total love. You are bound to achieve success. The whole world itself will be

transformed into Sathya Sai Organisation and Sathya Sai will be installed in the hearts of one and all Realize that seva is for the benefit of one's own self and not for others".

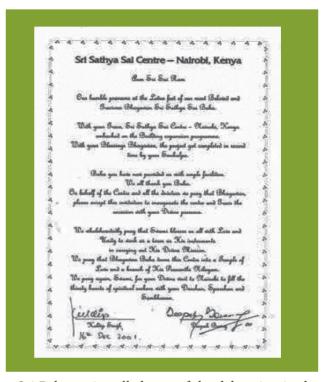
Later, on 4th May 2000, Sai Baba received and again blessed the working drawings for implementation. Immediately construction work started at the Centre and at the school it is on the same day that mineral water was struck at the school grounds while drilling a borehole well.

Upon the successful completion of Sathya Sai Centre and the Sathya Sai Primary School buildings, the building construction team congregated at Baba's Ashram on the 17th December 2001 to present the projects at the Divine Lotus feet. On 18th December 2001 Gracious Baba granted two interviews. During the morning interview He lovingly accepted the projects the delegation presented and thereafter He went through the photo albums show casing the progress of the projects from inception to completion.

On behalf of all the Sai devotees in Kenya we presented an invitation to our beloved Baba to personally visit Kenya and inaugurate the two projects. Sai Baba very lovingly accepted the invitation card and very patiently untwined then opened the card and read the contents. All the

delegations' eyes were glued on the Divine face.

After reading the invitation, Sai Baba's Divine words were as follows and I quote, "World tour ka programme ban raha hai, teen countries Tanzania, Kenya, Uganda Swami will come" and we all jumped up with joy singing Sai Ram.



Sai Baba again called part of the delegation in the afternoon to His interview room and reconfirmed again His proposed visit to Kenya and I quote, "Jaisa meine subha bhola hai, I will come, I will come"- (like I said in the morning, I will come, I will come). Sai Baba recognized the good work that devotees were carrying out in Kenya; He enquired about the operations relating to the school and later advised on various matters. He was so happy about the developments and out of His immense grace He bestowed on the entire delegation materialized rings, chains, watches and distributed Vibuthi Prasadam to all followed by a full photographic session.







"Our primary task is to purify the environment which is affected by pollution of air, water and food. Sathya Sai Speaks 26:4



# Primary and Secondary School



SATHYA SAI SCHOOL in Kisaju is a classic residential primary and secondary school – based on the Gurukul system where the teacher and the students aboard on the campus and is well managed by Sathya Sai Education Trust - Kenya.





*In order to protect Nature, man has to practice a ceiling on desires. He should not trigger the negative aspect of Nature.* 

Sathya Sai Baba, Jan. 21, 1993



The school is located in a semi –arid area 75km from Nairobi city, a deprived part of our beloved country where value based 'free' education was inaccessible serving the nomadic Maasai and neighbouring communities.

Since inception (2001) the school has played a pivotal role through SSEHV in uplifting local communities and reforming the indigenous education system. The school follows the mainstream government curriculum but in addition suffuse the culture seamlessly with human values of truth, right conduct, peace, love and non-violence.

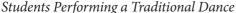
In addition, the students are taught to develop a positive perspective of life in relation welfare of all. They should have a balanced view of the various cultures, religions, and customs prevailing in Kenya so that they become indoctrinated into the principles of 'Brotherhood of Man' and 'Fatherhood of God.'

#### Relationship Between Values In Traditional Africa And SSEHV

The traditional values in Africa and the Sathya Sai Education in Human Values (SSEHV) are related. The elaborate codes of conduct in African traditional society uphold the basic human values that aim at attaining perfection. The SSEHV too aims for perfection. Thus, the trans-survival values and codes of conduct in the African culture can, by being analysed, synthesized and systematized, are assimilated into human values through the education system.









Students Serving Villagers



Man should realise that there should be no excessive indulgence in any desire, whether it be food or other necessities."

Sathya Sai Speaks, 30:24



#### SATHYA SAI SCHOOL OF KISAJU SPREADS HOPE PROGRAMME IN KENYA



The HOPE programme emphasizes the following important concepts to students. Parents are representatives of God in a child's life, functioning as primary caregivers. Caring for their parents is the child's duty. Students should recognize that parents are responsible for their existence in the world and

it is the children's duty to love and respect their parents.

Students at Sathya Sai School practice the HOPE programme which provides an inspiring method of fostering and strengthening the love and respect of the school children for their parents.

The School has earned a stellar reputation in the community for emphasizing human values and character development of its students.

The message of HOPE and SSEHV has continued to spread, and as of now, the Sathya Sai School of Kisaju has trained over 300 teachers from various schools.

The HOPE programme is truly providing hope to the communities in Nairobi, Kenya by teaching and propagating the human values inspired by Sathya Sai Baba.

Students honour their teachers (Guru's) and pay homage to revered school founder,

the universal teacher Sathya Sai Baba.

Sathya Sai Education in Human Values is a lifelong transformational process whereby the entire school fraternity endeavours to internalize and practice these values taught.





God will not ask you, when and where did you do service? He will ask, "With what motive did you do it? What was the intention that prompted you?" You may weigh the seva and boast of its quantity. But, God seeks quality, the quality of the heart, the purity of the mind, the holiness of the motive.

Baba 1981

Sri Sathya Sai Baba 19th November 1981

#### Community Outreach Programme

To inculcate attributes of selfless service in our students on the need to reach out and serve the less fortunate, the school has a community outreach programme that emphasis on the importance of selfless service, as taught by the Founder of the school, beloved Sri Sathya Sai Baba.

During this occasion students host senior citizens from the surrounding community whereby hampers containing Packaged Rice, Sugar, Assorted Lentils, Maize meal flour, Salt and home-grown vegetables from the school farm are presented to them.





Each student is allocated a Narayana each, they are encouraged to regularly contact/visit the elder and nurture a loving bond by inculcating the attribute of selfless service and live up to the school motto "Love All Serve All". Some deserving disabled people who have difficulty in walking are presented with wheelchairs.





God's grace will flow when Seva is done without any expectation of reward or recognition. Whenever Ahamkaram (ego) and Abhimanam (attachment) raise their heads while performing Seva, they should be eliminated altogether.

Sri Sathya Sai Baba 25th January 1985







A Teacher Using a Smart Board

In our pursuit that our primary school graduates continue to receive quality Secondary level education and as a token of our humble offering to our revered founder beloved

BABA, on His 90th Birthday celebration, construction of the secondary school commenced on 29th Nov 2015 and the project was completed and inaugurated on 20th Jan 2018.

The Secondary school provides a holistic and an ideal learning environment which is aligned with the Kenyan Curriculum framework. The teaching of values facilitates the achievement of the curriculum reforms' vision with respect to developing ethical citizens through integral education that emphasis on simultaneous and harmonious development of body, mind and soul.

It is these efforts that saw the Government of Kenya approach Sathya Sai School through the Ministry of Education to offer SSEHV training to over 300 teachers from government schools, and the training continues.

#### Serve The Planet Exhibition – Go Green

Sathya Sai School has a permanent 'Serve the Planet' Exhibition which is about understanding Man's relationship and responsibility towards Nature as a pathway to realizing one's own divinity. The school

fraternity observes a wide range of environmental friendly practices aimed at conserving the environment. These practices include:

Harvesting Rain Water – Underground and overhead storage tanks are used to store rain water for school use.

The school recycles waste water through a Sewage Treatment Plant (STP) which after treatment is used for watering the gardens.



Modern Labs



Do not believe that you can by means of Seva re-form or re-shape the world. You may or you may not. That does not matter. The real value of Seva, its most visible result, is that it reforms you, reshapes you. Do Seva as a Saadhana; then you will be humble and happy.

> Sri Sathya Sai Baba 29th March 1967



Use of Clean Energy – Solar heaters are used to tap Sun's energy for providing hot water in washrooms. Instead of using electricity, cooking gas (LPG), energy saving Stoves – JIKOS are used for cooking.

The entire school uses L.E.D energy saving lighting concept.



Serve the Planet Exhibition

#### Organic Farming - Through several compost pits organic residue is transformed into manure which is used in the school farm. Cow dung manure is also used as a fertilizer. Neem tree (Azadirachta indica) extracts from the school landscaped compound are used as pesticides in the school farm. In addition, it is also used to treat minor ailments, skin infections and also as a mosquito repellent.



The entire school fraternity practices 'Ceiling on Desires', through reducing food wastage, conserving water and reducing plastic waste and recycling grey and black water.

#### **Environment**

Students actively engage in environment conservation activities. Raise tree seedlings, exotic plants, scented plants and various types of Fauna and Flora at the farm which are later planted within the school's landscaping.



### **Connecting With Nature**



Human Values Garden



True education is that which fosters pure feelings. To have virtues is the true meaning of learning. Only when man cultivates the feeling of love, can there be equality. Good conduct is the hallmark of a true human being.

Sri Sathya Sai Baba 26th September 2000



There are many reasons why we should be connecting our students to nature outside every day. Spending time with nature helps them realize that they are interconnected and interdependent with nature.

It also improves recall and memory, problem solving, and creativity. Children who spend more time outside are physically healthier and less stressed.

Sathya Sai School has an extensive farm from which

students learn and practice farming skills and sustains the school's kitchen requirements. Group activities such as farming introduce children early to group dynamics, endowing them with interpersonal skills, leadership qualities, critical and creative thinking, decision making, problem solving and both collaborative and cooperative team work.

# **Future Farmers In The Making**



Sathya Sai School is a model school in Kenya, from which it is hoped that other schools will emulate as an example. This school that forms part of BABA's legacy has contributed to serve our beloved country for the last 18 + years, by providing "Free" primary and secondary

value-based education and moulded numerous students with good character. We are indeed indebted to our founder Sri Sathya Sai Baba – the universal teacher for providing this world with the "Education in Human Values" programme







Excessive talking must also be avoided. Too much talk diminishes memory and dulls intelligence. Therefore, do not talk much. Others may try to drag you into pointless conversation but deftly dodge them. You cannot always oblige but you can always speak obligingly! Talk only when you must, speak sweetly when you do, be ever courteous, and never fail to respect your parents.

Sri Sathya Sai Baba 15th May 2000



## Photos Of Sathya Sai Primary School - Kisaju

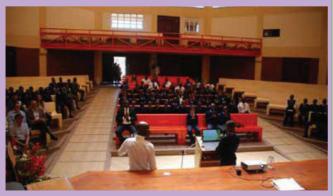


SECONDARY SCHOOL

STUDENTS PLAYGROUND



PRIMARY SCHOOL



AUDITORIUM



PARKING AREA WITH BABA'S MESSAGES



If a question is put, what is education? People say, it is the acquisition of knowledge. But it is not merely acquisition of knowledge; it must be in action. What is the end of education? Character is the end of education. What is the essence of education? Concentration is the essence of education. What is the aim of education? The aim of education is not only cultivating human qualities, but attaining divinity. Education is meant for life, not for a living. If education is meant for a living, don't we find birds and beasts, having no education whatsoever, doing the same? So, education should be for life. First of all, one should understand this truth.



Sri Sathya Sai Baba 26th September 2000

# Photos Of Sathya Sai Secondary School - Kisaju





School Entrance

Primary School, Walk way



Recently Procured School Bus





Love is God, live in love. This door of heart cannot be opened with any other key. To get this key of love, you have to have unity. Hate none. You should be averse to none. Place love in your heart. Share it freely with others.

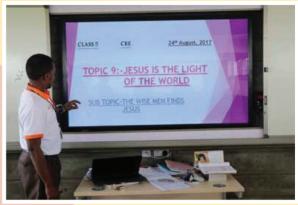
Sri Sathya Sai Baba 26th September 2000







Auditorium with Seating for 300



Smart Boards in all classrooms

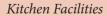


Dining Hall



Swami's Quotes



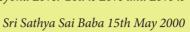




Science Laboratories



The body is the temple, and God is the Indweller. If this body is a temple, so is that body and every other body. All bodies are temples, and the same God resides in every one of them. Therefore, does it make any sense to say that you like so and so and do not like so and so? The same God is present in all. Hence, regard the entire universe as one big family and love all without exception. If you hate anyone, it amounts to hating your own self. So, hurt never and help ever. There is no God beyond Love. God is Love and Love is God; live in Love.







Baba's Quotes



Human Values and Sub Values



Human Values and Sub Values





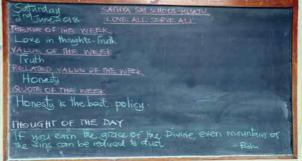
Sai Farm with Drip Irrigation Manned by Students



Green Houses at the Sai Farm



Red Chillies in Bloom - Sai Farm



Daily Notice Board



Realise that truth is the human life principle. From Truth emanates righteousness. The first child of righteousness is peace. The second child is love – so they say. But the greatest of all is love. Once you acquire this power of love, all other powers follow.

Sri Sathya Sai Baba 26th September 2000



#### SATHYA SAI SCHOOL-UTHIRU

A Project of Sathya Sai School (Uthiru) Trust By Mr. Nimesh Shah, Chairman Board of Trustees

### THE END OF EDUCATION IS CHARACTER

The Sathya Sai School, situated 17 kms from the city centre of Nairobi, is set up in a semi-rural area of Uthiru town in Kikuyu Constituency in Central Province in Kenya.

Bhagawan Sri Sathya Sai Baba one of the most revered spiritual masters in the world today is quietly transforming the world by re-establishing the eternal values of Truth (Sathya), Right Conduct (Dharma), Peace (Shanti), Love (Prema) and Nonviolence (Ahimsa) in everyday living.

In line with his teachings the Sathya Sai School-Uthiru has been pivotal and has been established to see the plight of the less fortunate, particularly children benefit from his education mission in Kenya.

But how are we to decide what will have a lasting impact and what will at best be a temporary relief for those in dire need?

The Sathya Sai School - Uthiru was set up with just such a purpose to provide a day school curriculum with a vision for the benefit and aim to serve the underprivileged, destitute and community children in the vicinity of Kikuyu, which would facilitate a value based sustainable education program. The School is open to all students regardless of socio-economic status, ethnic origin or religion.



#### **Background of the sss-Uthiru school**

Sai Spirit of Love Children's Home Trust founded in 1997 a project of Dwarka Maayi Bhajan group first initiated to run an orphans home for the benefit of the underprivileged children in society until in 2000 the Trust acquired, through voluntary donations, a quarter acre plot in Uthiru in a semi-rural setting and started constructing a permanent building to replace the informal school in temporary accommodation used until then. This permanent building now houses the Sathya Sai School.



The main objective of the Sathya Sai Organisation is to help humanity recognize its inherent divinity. ... So, your duty is to emphasise the One, to experience the One in all you do and speak. Do not give any importance to differences of religion, sect, status, or color. Have the feeling of One-ness permeate all your acts. Only those who do so have a place in this Organisation; the rest can withdraw.



January 6, 1975

#### Mr. Dinesh Shikotra

President: Sri Sathya Sai Centre Mombasa, Kenya.

## Activities of Sri Sathya Sai Centre, Mombasa, Kenya.

Our loving & humble Pranams at the Lotus feet of our Lord Bhagawan Sri Sathya Sai Baba.

As per the teachings of our beloved Bhagawan Sri Sathya Sai Baba, the Managing committee of Sri Sathya Sai Centre Mombasa once again embarked upon various Sevas for the period April 2017 – March 2018.

Beside other Sevas, SAI VISION has been our Signature Seva and we pledge annually at His Lotus Feet, 108 cataract surgeries which we try and accomplish before Swami's Birthday. This is done in collaboration with

Lions Medical Centre who have the required medical personnel and paraphernalia to reach out to the rural aged population.

We successfully completed 6 Sai Vision camps with total 1,421 patients screened of which 134 were detected with Cataract and 1 with Retina damage. All were brought to Mombasa and operated at the Lions Eye Centre. The total cost was sponsored by our Centre. This included cost of surgery, postoperative care and logistics to bring the patient from remote villages and drop them back.

	Date 2017	Venue	Total Screened	Cataracts Operated	Distance from Mombasa
1	14th May 2017	Mabati Medical Clinic	297	14	33 kms
2	11th Jun 2017	Moi County Referral Hospital – Voi	272	18	156 kms
3	27th Aug 2017	Mwarakaya Primary School	140	20	48 kms
4	10th Sept 2017	Chumani Primary School – Kilifi County	156	24	78 kms
5	18th Feb 2018	Vipingo Central Primary School	198	13	32 kms
6	29th April 2018	Moi County Referral Hospital – Voi	358	46	156 kms
			1,421	135	

ACHIEVEMENT: Sathya Sai International Leadership Prog for Young Adults - 3 Graduates from Sri Sathya Sai Centre Mombasa.

Our Sai Centre had 3 graduates, Bro Vishal Shikotra, Bro Amit Solanki and Bro Harshil Gohil, and with guidance from DZYAC Sis Ektaa, they perused 6 online modules and balance 3 were completed at Prasanthi Nilayam. Their graduation ceremony was on Nov 24th,

2017 and received the honours from Bro Ratnakar and Bro Dr Narendranath Reddy. This achievement was a motivational factor for our young adults and we already see the positive change in them and have taken up active positions of Seva coordinator in our Managing Committee.



Choose men and women who have unshaken faith in this present Avatar, with this Name and Form. The leaders of these units lead because they have the vision and the yearning, not because they have the votes or the purse. The bliss they derive is the only reward they are after.

January 13, 1970



### Other Seva projects were as follows

1) 5th August 2017 – Blood donation appeal by Kenya Blood Bank. The appeal was prior to Kenya Elections and was to be used for emergencies on victims of Election Violence. Myself opened the donation and followed by several friends. This was an external appeal thus do not have total count of blood pints donated.

2) 19th Nov 2017 – Ladies Day Seva at Mtwapa New Light Children's Home. This home is 19kms from Mombasa. This is an All Boys orphanage and they look after abandoned /orphaned 'Albino' boys.

We went with cooked food and served to all Children. Also donated ration, sanitary, detergents, vegetables, plastic stuff, utensils and stationery. Total expense K.sh 59,104/- (USD 585).

3) 24th Nov 2017 – X Mas Seva at Mahali pa Usalama Children's Home located in the vicinity of Mombasa. This is a rescue home for sexually abused children and currently houses 27 minors.

We decorated their prayer hall with buntings to give the Christmas feel to the less fortunate Children. Joined in singing Christmas carols and then served them cooked party food and juice. We also donated to the home, cereals & grain ration, stationery, washing soap and bananas.

4) 25th March 2018 – Serve the Planet Seva, Mombasa, Kenya

As part of the Serve the Planet; Protect the Planet initiative, Shri Sathya Sai Centre of Mombasa embarked on a tree planting seva. With the assistance of the Kenya Forestry, a school with sufficient land was identified for the tree planting.

The day began with prayers and a briefing and with the help of 9 Young Adults, 18 devotees and the school children, 1000 trees were planted. Flowering trees were planted for the beautification of the school. Fruit trees were planted for the benefit of the school children and big trees were planted for shade and greenery. Along with planting of the trees, a borehole was made at the school to ensure timely watering of the plants and overall sustainability of the project. The project created unity amongst the Sai Centre Devotees, school children and the staff. Post the Seva, bread and soft drinks were served to all the school children.

### Kilifi Seva To Help 1300 Families Displaced By The Sabaki Floods May 27, 2018

We first heard of the floods in the local media. Due to the heavy rains, the rivers Galana and Sabaki broke its banks and flooded the homesteads which were in level with the rivers. Suddenly the families became homeless in seconds, after losing everything.

Many areas of Kilifi County had been affected by floods and the victims were in urgent need of basic necessities for their day-to-day existence. This was an sos and the Kenya Defence Forces immediately moved with helicopters to rescue trapped families and distribute food.

Distress call to help the flood disaster victims was received on 17th May 2018 thru Bro Dhiren Shah who is one of the pioneers of Sri Sathya Sai Centre Mombasa. We immediately took this call as one more opportunity given by Swami to help the less fortunate of our society.

By Swami's grace, Sri Sathya Sai Centre Mombasa quickly reacted to this appeal and assessed the basic needs. We urgently requested assistance from Friends and Devotees to come together and participate in this needy and urgent humanitarian relief efforts by donating in kind, cash and personal participation.

The needs of these 1,300 families dispersed over 8 locations, included blankets, plates, spoons, mugs, maize meal, sugar, clothing, water jerry cans, salt, etc

We formed a Seva Team and selected the conveners who had past experience in Mega Sevas, i.e. Bro Dhiren Shah (past president), Bro Hitesh Kara (past president) and Bro Amit Solanki (current Seva Coordinator).

The collection point for all materials was Shri Rajput Dhobi Samaj (srds). Two days prior to the Seva date, all devotees and friends met at srds to repack materials into 1,300 family packs.

A day prior to the Flood Relief Service, we loaded 5 trucks ( $4 \times 10$  tonne and  $1 \times 7$  tonne). The truck owner donated 5,000 pieces each of bread and juice. Truck loading was planned as per number of families /village wise.

The Flood Relief Service was scheduled and we left home at 4:30 am and met at Oshwal Centre. Here we waited for all members who were to participate in the Flood Relief Service. We had prayers to invoke Baba's Grace and then released the trucks and we left in private cars for Watamu, which is 60 km from Mombasa.



"The core of the spiritual discipline of selfless service is to see everyone as yourself and yourself in everyone."

November 14, 1975



Reached Watamu at 7 am. Since the roads were not easily passable, we left our private cars at a petrol station and hired four land cruisers and left on different routes to allocated villages.

We distributed 'family packs' to 1,300 households. The roads were washed out and challenging. On reaching the camp sites and seeing the sufferings, moved our hearts. The situation was bad and the families solely relied on donations in kind.

We had a truck which got stuck in a shallow river and had to wait for more than 3 hours before another truck came to the rescue. All missions are challenging, but the satisfaction one gets on accomplishing them is great by the Divine Grace of Bhagawan.

The bread and juice quantities were never ending, and we continued distribution to road side villages and children. We returned to Watamu at around 6:30 pm and then headed for Mombasa and reached home at

9:30 pm, i.e. we were on the road for 17 hrs.

There were some other urgently needed items and children's medicines which were delivered to the villages by another donor which were thankfully received. Funds received from Sri Sathya Sai World Foundation have not been fully utilized and we will use the balance for other Service Activities, including Sai Vision, etc. All contributions in cash and kind were delivered in its entirety to the very needy of the society.

All Sai Service Activities are conducted by following Swami's ethos of "Hands that Help are Holier than Lips that Pray" and to Love All, Serve All.

We thank one and all for their unconditional love and support for our Sathya Sai Centre Mombasa by joining hands with us in this relief effort in the aftermath of the "Sabaki Flooding".

May Swami continue to shower His choicest blessings on all.











The members of our Organisation must be ready and eager to help students, the sick, and the poor. Feel that this is work that pleases Me ... Spend your days and years in activities that help those in dire need, and thus make this human existence of yours worthwhile and fruitful.

November 23, 1974



# EXCERPTS FROM PAST CHAIRMAN'S EXPERIENCES SRI SATHYA SAI CENTRE NAIROBI, KENYA

#### Mr. Deepak Bowry Chairman 2003 - 2007

To serve The Sai Organisation as an Office Bearer for Over 20 years has been very Momentous and Blissful.

By Bhagawan's Grace, being involved as one of His Instruments in the construction of Sri Sathya Sai Centre Nairobi, Kenya and Sathya Sai School – Kisaju from their inception to completion for me was indeed Bhagawan's Blessing to Serve in His Mission. Bhagawan showed His Presence and Love at all stages of the construction, resulting in two superb edifices – unmatched in beauty and splendour.

As Chairman, I had the privilege of serving the Newly Constructed Sri Sathya Sai Centre Nairobi, Kenya and Sathya Sai School – Kisaju as one of their Founder Trustees. We had so many challenges and tribulations and Bhagawan showered His Grace and guided us correctly in our governance of both edifices. It is difficult to explain but this was felt very strongly. The bliss and satisfaction of serving is unimaginable and difficult to pen.

The intensity of my service in His Divine Mission is because of His Love, Grace, and Blessings and I am ever so grateful to Bhagawan for having given me this opportunity to serve in Sai's Mission.

Loving Sai Rams,

humility. I am forever grateful to Swami for gifting us the Sai Organisation and lovingly nurturing us along our respective spiritual journeys.

Sai Ram

#### Mr. Ramesh Kotian Chairman 2012 - 2015

Baba's Call to Serve in His Sai Centre as Service Coordinator was totally unexpected as I had no knowledge then of the Sai Service Activities being carried out by the Sri Sathya Sai Centre Nairobi, Kenya.

However, by His Divine Grace, I along with my wife were guided by Bhagawan to undertake the responsibilities of conducting Narayan Seva on Sundays.

My involvement in the Sri Sathya Sai School – Kisaju, the Flagship Service Project of Sri Sathya Sai Centre Nairobi, Kenya was indeed very rewarding and blissful. To experience the building of the new Secondary School project indeed was very blissful.

To be part of the Pre-World Conference and the SSEHV Outreach Programme was a learning process which further made my involvement in the Sai Organisation as an Office Bearer for which I am ever so grateful to Bhagawan.

Sai Ram

#### Mr. Hardip Sura Chairman 2008 - 2011

I had the privilege of serving as Chairman of the Sri Sathya Sai Centre Nairobi for a period of four years.

Being a small part of Sai's organisation is indeed a blessing and even more to be an office bearer. One of Swami's prime objectives for formation of the Sri Sathya Sai Organisation in the first place, is to provide a platform for aspirants to serve his mission and in so doing propel oneself forward in one's individual spiritual quest. Responsibilities as an office bearer in Sai organisations are twofold: discharging one's responsibilities in respective role to the best of one's ability and being a role model in serving with love and

#### Mr. Venkatraman Chairman 2016 - 2017

I realized it was due to my Purva Janma Punya (possible good deeds of previous births) that Swami took me into His fold to secure that boon further during this life by serving in His Mission.

During my tenure as Chairman from 2016 to 2018, I was very fortunate to participate in all the sevas taking me to the poorest of the poor living in the remotest of remote villages, spread over the length and breadth of Kenya.

What did these sevas teach me in essence? A memorable experience for life.



Let me tell you that nothing is impossible of achievement if an organised society is set on achieving it. Even liberation from material entanglement can be won through serving and promoting the progress of society. Through the sense of unity, the willingness to sacrifice, and the softness of compassion, all objects can be gained. So, the Sai Organisation must move forward with hearty enthusiasm in the field of service to society.



November 19, 1981

To me, the love to serve the needy seemed to have so much power in it that it broke all barriers, linguistic problems in communication, and other physical discomforts coming in the way.

I learnt the essence of team work in completing tasks diligently with no superiority complex and considered no given assignment is inferior to my education and other attainments. Even while serving I felt the sense of humility, looking at the need of the helpless people facing the danger of death by malaria coupled with famine conditions affecting them.

Famine and flooding - though very undesirable

events when strike with heart rending sufferings to people, they in themselves provided opportunities to me to express humanness. I was blessed by Swami to serve in substantial famine relief sevas distributing food and clothing during 2014, 2016, and in 2017 covering 6500 households in remote villages in Machakos district, Taita Taveta district, and in Kilifi district. The heart rending experience of being with the poor, sharing their sorrow, deepened my faith that serving the poor with compassion is the purest form of devotion to Swami.

Sai Ram

# Sathya Sai Service Activities in Africa

#### Service Activities of Botswana

Four Study Circles were conducted round the year wherein 3 were led by Youth. The topics discussed were 'Serve The Planet By Limiting Use of Plastics and Putting Ceiling on Desires'; 'The Role of Youth In Sai Organisation'; 'Serve The Planet with Conservation of Water' and 'Offering of 8 Flowers to God'

A total of 47 Service Deliveries were made during the year to various communities in and around Gaborone. On 3 Sundays of a month activities were performed

at Old Naledi, Tuberculosis Centre, Cancer Hospital and Save our Soul Children's Village. Special care is taken to conduct specialised Service Activities on special occasions such as Swami's Aradhana Day, Swami's Birthday, Christmas, Maha Shivratri. Along with distribution of food and water, special utility items and medicines are also distributed.

Two Blood donation Camps were organised in which a total of 112 Pints were collected. Regular Balvikas classes were conducted in which 8 Gurus mentored 113 children.











Service is a lifetime program; it knows no rest or respite. This body has been given to you so that you may devote its strength and skills to the service of brother-man. Serve humanity until you see God in all people; then, what you do will be elevated to worship.

June 1, 1975



### Service Activities of Ghana

A special blood donation camp was organised by the Youth Wing at Tema General Hospital on. A total of 40 Pints were collected and donated to the hospital.

Over 100 members and devotees including Young Adults undertook a vibrant Beach Cleaning Exercise at 5 different beaches in order to conserve the environment. Along with removal of plastics empty bottles, other toxic and bio non-degradable materials were removed from the beaches while using tools such as shovels, rakes, pick axe, wheelbarrows, disposable bins and brooms. Proper care was taken by participants to wear

their respective protective gear to conduct the activity safely. The fishermen and their children who were present on the beaches were happily served with food and water.

A special 2 day workshop was conducted by Dr. Lalini Reddy and Brother Pat Reddy on 'Train The Trainer' at the Sathya Sai School Tafo in the Eastern Region of Ghana. In all 24 participants undertook the training in Sathya Sai Education in Human Values. The participants expressed their gratitude to the trainers for immense value addition in their skills.





#### Service Activities of Mauritius

#### **Blood Donation**

The sssio Mauritius carried out 53 blood drives and collected more than 4993 pints of 'liquid love' during the reporting period. Blood donation is one of the most important activity in the calendar of the ssio Mauritius which is recognised by the Ministry of Health as the largest organisation in blood collection in Mauritius.





The core of the spiritual discipline of selfless service is to see everyone as yourself and yourself in everyone.

November 14, 1975



# Humanitarian Relief

Mauritius was badly hit by an intense tropical cyclone Berguitta in January 2018 with widespread damaging winds and heavy rains resulting in a devastating floods, clogged drains and water accumulation on the roads. Many residents mostly coming from underprivileged families had to take refuge in shelters. Volunteers of the Sathya Sai International Organisation Mauritius gathered and provided humanitarian and disaster reliefs to around 400 afflicted residents by serving cooked meals, providing water bottles and a carefully chosen list of essentials at three cyclone refugee centres on 18th & 19th January 2018.







### Visit To Hospitals

ssio volunteers visit more than 800 patients of the following public hospitals monthly:

- ► Souillac Hospital 120 Patients
- ► Flacq Hospital 225 Patients
- ► Candos Hospital 105 Patients
- ► Pamplemousses Hospital 350 Patients

Adult diapers and water bottles are distributed to the patients. Any specific individual requirements of patients such as clothing, milk, medication is also taken of.



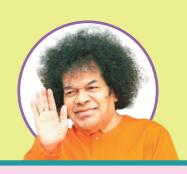






You are not doing service to others, you are doing service to yourselves, to the God in you, the God who is equally present in others.

November 21, 1981



# Disability Day

Disability day was celebrated in all eight regions of Mauritius on 15thOctober 2017. Food, refreshments and gift packs were distributed to physically challenged persons. Devotees spent quality time with all guests and cultural programmes were organised.









# Service Activity At Bhukkapatnam

The Mauritian delegation who went to the Divine Abode, the very Prasanthi Nilayam in November 2017, organised service activities at two schools in Bukkapatnam. Items such as school bags, slippers, steel plates and glasses, water bottles as well as snacks were distributed to students. Slates, soaps, large mats, buckets, dustbins, uniforms, marker pens, a punching machine, cello tapes and glue tubes were also offered to help meet the school needs. Pastries and soft drinks were served to the children. The Mauritian delegation also visited a secondary school where T-shirts were distributed to the school's Hockey Team. A trophy was also offered to the team who had recently won a regional tournament.



God will not ask you when and where you did service; he will ask what your motives and intentions were.

November 19, 1981



# Service Activities of Morocco

community service project at the Tamazouzt School, in Tamazouzt, a rural area outside of Marrakech. This project helps 344 children ages 6-12. In September 2017 construction of a well was completed, which provides water for sanitation, hygiene and plantations to the surrounding area of the school. School building has been renovated including its roofs, windows and curtains allowing the children to have a safer environment.

In May 2018 SSEHV Education Training was conducted. This was conducted in both Arabic and French for around 12 teachers. Throughout the year a follow up took place with the teachers to evaluate the program and support their needs.

In May 2018 collaboration was made with a volunteer landscaper to plan an Education Garden – to reinforce the Go Green and Save The Planet concept. The Children helped to plant 75 trees and will to promote a herbs and produce garden. Irrigation system has been set up to supply water to the trees.











The attitudes of mutual help and selfless service develop the "humanness" of people and help unfold the Divinity latent in them.

November 19, 1981



# Service Activities of Nigeria

With the recent alignment of School to Sathya Sai International Organisation under the aegis of Zone 9A Chair (Africa) and the ensuing change in Trusteeship, Brother Ramesh Hathiramani reassured the School Administration and Management Team of renewed vigour, vitality and zeal towards making it a sacred haven for imparting education to it's pupils in line with ssio's centrally laid down principles and guidelines.

ssio being an ardent crusader of the Children's education and betterment cause, remains grateful to the School Management Team for their invaluable contribution while enlightening children's path towards a better future. Zone Chair emphasized the globally accepted principle of – 'Bright Future with Good Education'. Current Pupil Strength at School is 189 who are lovingly taught by 12 Regular Teachers and 10 Support Staff.

With Beloved Bhagawan's Divine Grace, Sathya Sai School Lagos celebrated its Annual Human Values Day, wherein the theme was 'Health is Wealth'. The school imparts formal education based on the Principles of



Human Values. The school is based in Oroke Village of Lagos, Nigeria. We are deeply grateful to Baba for giving us this opportunity to spread His divine teachings and message.



# Baba says; 'Education is for life and not merely for eking out a livelihood'.

The senior ssio leaders were present for the day and shared their inspiring thoughts. The programme also saw the Nursery and Junior Primary students sing the 'Good Values Song', A skit by the title 'You are what you eat' was performed by Senior Primary Students. An Inspirational talk on health was given by Ms. Nithya Huller (Nutritionist), who spoke of the importance of nutrition and how it is available in the environment we live in and how local knowledge can help in keeping the children healthy and nurture them into future leaders of the country. Basic six (6) children performed an 'Igbo Cultural Dance' which was followed by a loving speech by Chair Zone 9A, Africa on the significance of Human Values. During the day's proceedings the school Band presented an outstanding musical performance, showing potential for promoting the arts, increasing youth participation, and integrating communities through music.



Do not serve for the sake of reward; serve because you are urged by Love. [1969.5.19] Service is its own reward. [1976.8.28] Do not worry about the result. Help as much as you can, as efficiently as you can, as silently as you can, and as lovingly as you can; leave the rest to God, who gave you a chance to serve.



*November* 6, 1987













# Activities – Orphanage and Community

Ssio Headquarters Ajah, Nigeria is home to many activities on a weekly basis. Narayan Seva is one such activity which takes place at the headquarters on every Sunday from 12:00 noon. A total number of 200 - 225 'Differently-Abled', Elderly Men and Women along with Children gather at Ajah Home for the weekly service.

We are grateful to our beloved Bhagawan Sri Sathya Sai Baba for blessing us with the opportunity to offer us an opportunity to be a part of his Seva activities and pray to Him to support us to sustain the programme and extend the service projects to many more rural communities as He most lovingly directed.

# Grama Seva

By the grace of our beloved Bhagawan, Grama Seva is carried out on the last



Sunday of every month at Sangotedo Community in the Etiosa Local Government Area of Lagos State.

Distribution of raw food items, packed in 'Take Away Bags' are distributed to the needy who have been identified by the community leaders to benefit from this service.

The community is about 45 minutes drive from \$\$10 Headquarters. Approximately, 200 - 250 elders and 300 children are served with the packed items. Volunteers, devotees, children from Ajah and those who are desirous to serve are lovingly welcome to take part in the activities.



Sai Spiritual Education is the primary basis for the great movement to restore righteousness (dharma) in the world... The ideal is to raise a generation of boys and girls who have a clean and clear conscience. The actual syllabus is not as important as the creation of an atmosphere wherein noble habits and ideals can grow and fructify.



June 6, 1979



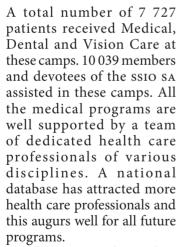




# Service Activities of South Africa

#### **Health Mission**

Sathya Sai International Organisation South Africa has hosted 98 Sathya Sai Medical Camps and 9 Wellness Camps throughout South Africa in the past year. These camps were held in Estcourt, Kenville, Ambo, Malagazi, Khayalitsha, Kinross, Kempton Park, Springs, Chatsworth, Umhlanga, Palm Ridge and Tongaat.



In addition, to the Sathya Medical Clinics the Sathya Sai International Organisation South Africa hosted 184 Blood clinics which was attended by 10 038 people; of which a total of 8 118 pints of blood donations (liquid love) were bled. SSIO SA is acknowledged by the South Africa National Blood Transfusion Services as a leading single largest donor of liquid love in South Africa.









Your organisations must endeavour to promote faith in God. If that base is absent...all become meaningless automatic ritual, done under social compulsion. Inner transformation, which is the fruit, can be acquired only when these are done with faith.

April 21, 1967







#### Education

The South African Institute of Sathya Sai Education (SAISSE) has continued to entrench itself as a preferred education and training service provider in the South African public-school sector. This is due to the commitment of a dedicated SAISSE team of education professionals who are accredited Sathya Sai Education in Human Values practitioners including the diploma course. SAISSE has now also lovingly provided support to the countries in Zone 9A (Africa).



The South African and Kenyan Departments of Education acknowledged the Sathya Sai Education in Human Values program and have invited SAISSE to train its principals and teachers. There has been a call from many African countries for a resurgence of the Sathya Sai Education program in its schools and the community to which SAISSE is responding

with resounding success. SAISSE has offered Sathya Sai Education in Human Values training to 623 adults including Sai School teachers, public school teachers and community workers in South Africa and six other African countries as follows:

Kenya 237, Ghana 28, Gabon 125, Mauritius 80, Uganda 45, Morocco 22, South Africa 86.

In South Africa the demand for Sathya Sai Education in Human Values Youth Leadership and Team-building



Workshops reached 11 different public schools where 324 youth ranging from 13 to 16 years enjoyed many exciting and interactive workshops. The demand for Sathya Sai Education in Human Values program is ever increasing.



The organisations must be such that members find them congenial places to deepen their Saadhana, to cultivate their virtues and to overcome their ego, by contact with workers who are free from the least trace of that deadly poison. If this is achieved, their success is certain.

April 21, 1967







Sathya Sai International Organisation South Africa is proud that its 3 Sathya Sai Schools (Newcastle, Chatsworth, Lenasia South) together with the Sathya Sai School - Kisaju, Kenya, were the first batch of Sathya Sai Schools to be awarded full accreditation by the Sathya Sai International Organisation in 2017

#### Young Adult Programs

Sathya Sai International Organisation South Africa has a growing database of Young Adults across the 13 Sathya Regions in the country. In response to the severe winter season, the Young Adults handmade weather proof sleeping bags in Western Cape and KwaZulu



Natal. A dedicated team of 20 youth got together to cut blankets out of a roll of polar fleece for the children at the Edendale Hospital in Pietermaritzburg, Midlands Kwa-Zulu Natal. 80 blankets were given to the mothers of babies at the Kangaroo Mother Centre (skin to skin bonding) NICU, Post Natal Ward and the Maternity Ward.



Young Adults joined the adults from the Cape Town Region at the Rylands Sai Centre to make sanitary packs for distribution to the youth in the informal settlements of Khayelitsha as a part of a Public Outreach initiative. Items that were packed included toothbrushes, toothpaste, soaps and a 3-month supply of sanitary pads.

The Young Adults are integrating themselves across the different Wings and Forums in the Sathya Sai International Organisation South Africa. At the recent National Officer induction ceremony in January 2018, a number of Young Adults have been appointed to leadership positions.



Establish unity among yourselves first; do not seek faults in others or excellences in your own selves. The Fatherhood of God and the Brotherhood of Man---have full faith in this and fill every act of yours with that reverence and love.

April 21, 1967







### Awards And Honours

There are 3 Sathya Sai Schools in SA, with a total number of 544 Learners, which have received full accreditation from the Sathya Sai International Organization Education Committee in 2017.

The Sathya Sai School Newcastle and the Sathya Sai School of Lenasia South were visited by UMALUSI, the South Africa Schools Accreditation Board, and were both awarded Full Accreditation in 2017.

The Chatsworth Sathya Sai School attained a 100% Matric pass rate, 80% of learners obtained university entrance passes. One learner was one of the top 5 learners in the Kwa -Zulu Natal Province, another attained the 5th highest aggregate in the Province.

**Country Highlights** 

In January 2018, the 3 Sathya Sai Schools in South Africa was graciously honoured, being the first batch of the Sathya Sai Schools to receive international accreditation by the Sathya Sai Education Committee. The South Africa Institute of Sathya Sai Education (SAISSE) responded to the earnest requests from the various countries in Africa (Zone 9A) to conduct accredited SSEHV training programs for public School teachers and the community at large. SSEHV is now in much demand and the program is gaining momentum.



On 30 April 2017, the sso of South Africa hosted a mammoth public outreach program attended by about 8 000 Sathya Sai followers. Our esteemed Chairman of the Prashanthi Council, Dr Narendranth Reddy, was accompanied by Dr Leonardo Gutter and Dr William Harvey, who together inspired the congregation with the teachings and divine messages of Swami. The



Wherever you are, whatever work you do, do it as an act of worship, an act of dedication, an act for the glorification of God who is the inspirer, the witness, the Master.

April 21, 1967



function was graced by international speakers and musicians. The Deputy Minister of Health delivered the keynote address.

The National Seva team rallied to the urgent national water crisis in the Western Cape due to a long period of drought. A total of almost 90,000 x 5 litres of bottled water were collected for distribution. Together with the ongoing prayer for rain by the devotees, some relief has

been provided to the community.

South Africa ranks amongst the leaders in blood donation.

The National Ladies Forum are well structured providing a range of projects: Mother and Child program, Skills Training (Arts and Crafts), Educare program, Parenting, LIGHT program (Public Outreach), Wellness clinics, Ladies Fellowship training





### Service Activities of Tanzania

The centre in Tanzania is very active with regular bhajans, sse classes and celebration of major festivals. Narayan Seva is performed regularly by offering food to the needy. The ssio, Tanzania has also been helping to perform heart surgery for the needy, including many children, in collaboration with the local national hospital, resulting in approximately 150 operations to date. Also, some patients were sent to India for free heart surgeries.

ssio members constructed toilets for 1,000 children in

a school called Kigilagila Primary school. In addition, drinking water was supplied to the same school with the help of a bore well and water tank. For about three decades, many service activities were done through the adoption of the Uhuru Mchanganyiko Primary School. Necessary and basic items for blind and physically challenged children is provided, including food from breakfast to dinner, maintenance of the dormitory, medical aid and supply of teaching aids from time to time.







For the protection of the virtuous, for the destruction of evil-doers and for establishing righteousness on a firm footing, I incarnate from age to age. Whenever disharmony (asanthi) overwhelms the world, the Lord will incarnate in human form to establish the modes of earning peace (prasanthi) and to reeducate the human community in the paths of peace.



November 23, 1968

### Service Activities In Uganda

The Sathya Sai Centre in Kampala, Uganda undertakes various Seva Activities on a continuous basis. The Kampala Centre has 60 Adult Members and 14 Children. A Blood Donation camp was organised in which 32 pints of blood was collected through active participation from volunteers from various walks of life.

Narayan Seva is conducted 3 times in a month wherein more than 500 children are served. Additionally, other utility items ate distributed to the poor and needy which comprises of distribution of Mattresses, plant saplings with assistance in plantation, school stationery and special sponsorship of deserving orphans.





Donated mattress to Maternity ward Mulago (KCCA) Hospital



Regular prayers twice a day will give strength and courage which can withstand illness. The grace of God will confermental peace and so good rest and sleep for the mind.

Sathya Sai Baba, October 12, 1969



## Donation of Seed links of fruit trees to local community in Mukono district







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



Sathya Sai Baba, February 7, 1993

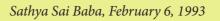
Supply of scholastic/other materials to students from Missionaries of Poor orphanage (Different Occasions)







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











Most illnesses can be cured by simple living, simple exercises, and by intelligent control of the tongue.

Sathya Sai Baba, September 30, 1981









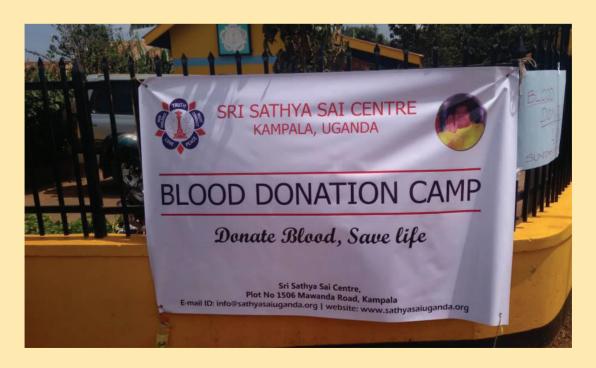
As the food, so the mind; as the mind, so the thoughts; as the thoughts, so the act. Food is an important factor which determines the alertness and sloth, the worry and calm, the brightness and dullness. Moderate food is the best medicine to avoid bodily illness.



Sathya Sai Bab, September 21, 1979

Blood Donation camp held at Sai Centre Kampala Uganda

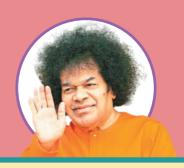






To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential.

Sathya Sai Baba, August 28, 1976



### Education in Human Values Meeting







A sound mind ensures a sound body; a sound body ensures a sound mind; the two are interdependent.

Sathya Sai Baba, October 16, 1974



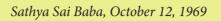
## Narayan Seva (Different Occasions)







Eat at regular intervals according to an established timetable. Move about and fill the day with activity so that it is well digested. Develop biting hunger before sitting down for a meal.









Regular prayers twice a day will give strength and courage which can withstand illness. The grace of God will confer mental peace and so good rest and sleep for the mind.

Sathya Sai Baba, October 12, 1969





# Experiences of Sai Devotees

## Testimony of my experience with our Lord Sai

By Amritlal N. Shah age 91 years

Swami's visit to East Africa the one and only maiden visit outside India was the true yearning of an ardent devotee Srimati Madhuben Patel, wife of Dr. C.G. Patel, whose constant prayer that Swami visits her during her regular visits to Puttaparthi and the interactions she had with Swami regularly.

During Swami's visit, the Indian community was vastly spread over East Africa and all worked hand in hand seeing where they could be of service. As the secretary of the Sai Samithi in Nairobi, I took up the responsibilities to prepare for Bhagawan's visit to Kampala, Uganda via Nairobi, Kenya.

My first task was to visit the Airport authority to seek permission for Swami's arrival and seek special priority for our Lord and his small group of core devotees invited to join him during this maiden visit. The officer in charge laughed and informed me that even Heads of State have to pass through passport control and it was not possible. I persisted that God in human form is coming to give his love and blessings but left disappointedly.

After two days the officer called me and informed me that our request was granted and approved and all the staff at the airport have been notified. I was happy knowing that his change of mind was the leela of our Lord. The Air India flight landed at around 12:00 am and hundreds of devotees went to receive the Lord, singing bhajans in an orderly fashion.

Dr. C.G. Patel personally came to receive Swami in a beautiful decorated car. Bhagawan came out to see the devotees singing bhajans. He blessed and interacted with them and then started his journey to Kampala.

When photographs of Sathya Sai Baba blessing people at the airport appeared in the newspaper the next morning, The Nation newspaper got many calls to find out when Sai Baba would transit through Nairobi on his return trip. An African colleague in the newsroom looked at his photo showing his dark complexion and Afro hairstyle and commented, "He is one of us!" Lots of other African Kenyans had the same response.

Swami and his enfourage arrived late in the early hours and as promised to Srimati Madhuben, Swami told her "See, I gave you the date I will visit you and your prayers have not gone in vain."

This was Baba's first voyage beyond the confines of India ... he was going to the infant republics of a continent that was just emerging into the dawn. He was to confer courage and consolation, to knit hearts and quicken the circulation of love!

Outside Dr. Patel's bungalow, 2000 people continued the bhajans, singing with unabated ardour in the hope that

Baba would give them His coveted blessings and surely Baba did not disappoint them.

Alighting from the car, He walked slowly amidst them, delighting their hearts. Their restraint and reverence was indeed exemplary.

Never had Kampala yearned so excruciatingly for daybreak as on that night! For the city knew that Baba had arrived and would be granting darshan when the sun rose. Baba came out early next morning; he stood facing the unprecedented massive gathering. He moved, lithe and lovely, along the passage between the barricaded blocks of people, showering upon everyone his supreme compassion ... he went up to the lines of



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

Sathya Sai Baba, February 7, 1993



standing Africans on the margins of the assembly; He held many by the hand and brought them himself into the shade amongst the others so that they may sit in comfort, listening to the community singing bhajans.

Besides his regular darshans, Dr. C.G. Patel arranged various site seeing visits to Murchison falls, Game drives in the Serengeti and also visiting devotee's homes who

had requested the Lord to bless their homes.

A group of devotees from Kenya also took advantage to travel to Uganda and seek the divine blessings and I, accompanied by my wife and my youngest son were part of the delegation that witnessed this unforgettable moment.

On our arrival in Kampala, we headed straight to Dr. C.G.'s residence where we witnessed thousands of devotees and locals seated in the shades waiting for Bhagawan's darshans.

As there was no chance for us to enter due to the huge crowds already seated inside, we stood outside with hundreds of other people. To my wife's good fortune, Bhagawan glidingly walked outside and headed straight towards my wife and my son.

He came to my wife and said "My child you have come", and offered Padnamaskar and had some interactions. Then he manifested another ring to replace the one he had manifested for her earlier as the picture had faded. He then placed the ring in her hand.

Another incident to note were two young youth in Kampala who were sevadals in charge of the residence where Swami stayed.

They were fortunate that one fine evening Swami decided to come out at 11:00 pm and approached this youth.

Swami interacted and wanted to know what they were studying and understanding they had completed secondary elementary school he told them – "Why don't you join My college in Brindavan?" The school was formally inaugurated shortly thereafter. These two boys got admission as part of the first batch of students at Brindavan campus. The two youth who now reside

in the UK, narrated this story when they came to visit Brother Victor Kanu in Ndola, Zambia. On their return they stopped over for a day in Nairobi and we had the good fortune to interact with them.

Swami and his entourage then returned from Kampala to Nairobi. In Nairobi he resided at the residence of Dr. C.G. Patel's sister and brother-in-law near Museum

Hill, now called Muthithi Road. To our good fortune, we stayed in the same house 3 years later.

During His stay there, he allowed devotees to have his darshan and interactions. He also visited the Aberdares in Nanyuki and other sight-seeing visits were arranged.

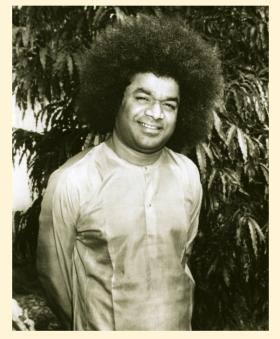
Finally, on the evening of 3rd July1968, he came at 7:00 pm to Visa Oshwal Mahajanvadi where thousands of Asians and locals had gathered to witness the Lord's arrival. He gave a Discourse to a mammoth crowd of 5000 people who came to witness His coming and partake his darshan.

When He arrived, He was very happy to see the decor and preparations the devotees had arranged for His arrival. The ladies worked day and night for many days to beautify the atmosphere and place.

Such was the magnificent preparations of garlands, that Swami admired the decor and stood at the podium where he addressed the vast gathering. He told the devotees that "Today, I am standing in Brindavan", and gave his discourse.

As part of the decorations, I had approached Sai Flora a local florist to assist us with flowers, but he refused. Just a day later, he changed his mind and delivered loads of flower pots with flowers without any hesitation on cost and without informing us how all the plans fell in place.

Also, Swami stood to give his Discourse at the exact place where the Jain temple was constructed. Where he stood and delivered his Discourse is exactly where the Lord Mahavir Idol has been placed.





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



Sathya Sai Baba, 2003



### Experience With Lord Bhagawan Sri Sathya Sai Baba

**By Nathumal Sajnani,**Trustee of Sri Sathya Sai Organisation, Tanzania

I had been visiting Baba since 1978, which was then my first trip with my family. Since then I had been a regular visitor to his ashram.

However, my visit in early 2000 with my wife Mohini to Puttaparthi was a totally different one. This time I was going to see BABA as a distraught individual as I was going through a tough business situation and was threatened with bankruptcy.

In my earlier career, in the sixties I was a general trader and as Tanzania liberalized its economy, I became an importer of sundry items.

In 1997, I had an opportunity to enter into partnership with friends & family to buy a nationalized shoe company which was then being privatized.

Since the Industry was a sick, closed unit, we as partners had to inject and borrow a lot of capital to put the industry back on its feet. Just when things were looking up, our partners decided to leave the business and sell their shares to us. Laden with the burden of paying for their shares and with market situation turning for the worse, we were unable to service our loans and in early 2000 the banks had given us an ultimatum to clear their loans of \$3 Million or they would attach all our assets to recover this money.

A few years into the business my partner opted to vacate his position leaving my family as sole owner. In early 2000 our shoe manufacturing facility / business was threatened with bankruptcy. Banks that availed credit to our shoe manufacturing facility, to the amount of \$3 Million USD, threatened to auction our factory to recover the outstanding loan.

Without hesitation we packed our bags to meet with Sri Satya Sai Baba at Prasanthi, convinced that only GOD could save my business and my family from financial disaster.

BABA being Omniscient, Omnipresent, received us with loving and tender reception.

In the interview room, I fell to his feet and cried "Baba, we will be on the streets. Our business is heading to collapse and possible sale due to bankruptcy. We owe money to banks, our creditors, and unless settled we will lose everything!"

BABA responded, "Do not worry. Have faith in GOD and surrender to him!"

BABA raised his hand in the air and exclaimed / repeated the words BORA, BORA, BORA, three times; BORA is the name of the industry we purchased.

We left the interview room with a mixed feeling of relief and scepticism because on the one hand we had seen BABA and that alone had given me courage, but on the other hand his words did not give me any concrete solutions to my problems. However, I was certain that only BABA

can protect and save us from our problems and he alone will find the solution for me. We then departed to Mumbai

After a few days our son Rajesh in Dar-es-Salaam informed us, Mr. Pishu Utamchandani had called from Hongkong and he wanted to communicate with me.

Mr. Pishu called Mumbai and as I spoke to him, I narrated the entire story of my business and the financial situation I was currently in!



If the doctor is full of love and compassion, God works through him. Doctors therefore have to endeavor to become the receptacles of divine power during the healing process.

Sathya Sai Baba, 1980



Mr. Pishu Uttamchandani was shocked to hear my story. Being a very close friend, he was very concerned and wondered why I had entered into manufacturing of which I had little knowledge. Even he acknowledged that the amount owed to the bank was very big. Mr Pishu being an investor, I told him the potential of the country Tanzania and the shoe industry, but since he had never invested in Africa he was least interested.

However, a few days later Mr. Pishu called again and for some reason not knowing himself why, he enquired more about the investment required and within a week agreed to invest in the company and clear all the issues which were threatening the company with closure.

to face in life but the only person who can help us is GOD. The only thing we need is real faith and belief that GOD alone can help us in the most difficult situations.

So, as BABA's words which till today still ring in my ears, I would want all of you to remember to always have faith in GOD and don't let this faith weaken as the situation became harder to face; in fact your faith should grew stronger as GOD will always find solutions to all your problems.

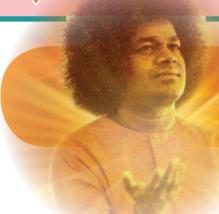




Doctors should infuse courage in the patients and speak soothingly, radiating compassion and love. While you are examining the patient, you should have smiling faces and talk to the patients sweetly.

Sathya Sai Baba, February 6, 1993





### Reflections And Personal Experiences

**By Mr. Nathumal Sajnani** (Age: 86 years) Dar-es-Salam, Tanzania

Whatever knowledge one tries to gain about the miraculous ways of the Unique Sri Sathya Sai Baba, it is not enough. I have always tried to gain knowledge by listening about his miracles and kept my mind forever occupied in the contemplation of Baba's mysterious and miraculous ways!

Today I would like to share one of my experiences amongst many. In 2004/2005 I had gone to Mumbai to get myself examined medically as I was experiencing a few symptoms of indigestion, nausea and some pain. My medical examination revealed presence of stones in the gall bladder

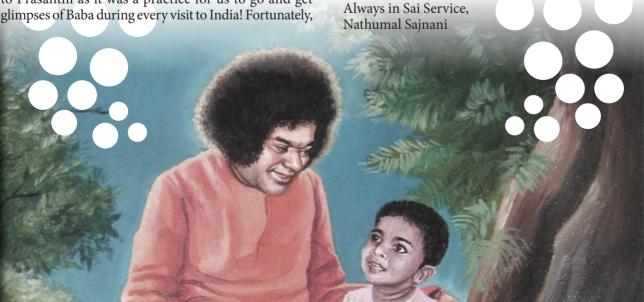
and I was advised to undergo surgery soon after. Well, hearing this, I prayed to Swami saying, "You are my Father and you are my Mother; you are omnipresent; please take care of me."

A day after my medical examination, I proceeded to Prasanthi as it was a practice for us to go and get glimpses of Baba during every visit to India! Fortunately, I got an interview with Baba; on seeing God in front of me, I also got an opportunity to do Padnamaskar. Baba stroked his hand

on my head and said, "You have stones in the gall bladder and doctors have advised you to undergo surgery?" He went on to say that there was no need for the surgery and assured me that he would take care of me and my family!

I felt elated and cured, listening to Baba's kind words, and I returned to Mumbai. After a few days I went to get another opinion and to my surprise I was told that I didn't have any gall stones at all. I was so overwhelmed hearing this piece of good news, that tears started flowing from my eyes, uncontrollably!

At this moment, I can only say to fellow beings to establish a connection between Baba and You. He will hear your prayers loud and clear! Om Sai Ram!





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

Sathya Sai Baba, August 28, 1976





# Amazing Grace in Africa

### A Sai Devotee's Narration of Bhagawan's Holy Visit to Uganda

by Mr. Jay Ravji Jethwa, Victoria, Australia

The Light Shines in Africa

It was indeed a most fortuitous period for the "Dark Continent", Africa. For Bhagawan, in His infinite mercy, had decided to set foot on the very soil that is regarded as the cradle of civilisation, and where humankind's ancestry can be traced. This event took place in July 1968, when Bhagawan spent a few memorable days in Uganda, a country where I was born and raised. Uganda, a very beautiful and picturesque place once described by Winston Churchill as the 'Pearl of Africa', is a country which is the source of the River Nile flowing out of Lake Victoria (the second largest fresh water lake in the world) which sustains many millions of people in countries ranging from Uganda all the way up to Egypt, where it empties itself in the Mediterranean Sea. It is indeed the lifeblood of most of Africa. The Creator was now putting the final lustre on this pearl by physically going there.

Bhagawan has not yet stated the reason for this Divine visit to Uganda. However, there are many conjectures. Did He go because of the love for His devotees living there? Did He go there to warn His devotees of the dangers they were to face in the coming years at the hands of the ruling military junta? Did He go there to plant as yet some unknown seed in Africa, which will blossom at some time in the future? The answer to these questions may be all of the above and more.

Africa, as a general rule, has been beset by many and varied problems, ranging from natural disasters such as drought and famine, to problems, associated with racial and ethnic disharmony. It appears that some of the latter problems worsened as most individual countries in the Continent gained independence from their colonial masters in the 1960s.

It was against this backdrop of strife and discontent that Bhagawan visited the Continent of Africa. It was the first and only time He had left India for an overseas visit. It is interesting to note that not long before His Divine visit to Uganda, Pope Paul vI became the first ever Pontiff to set foot on the African soil by also visiting Uganda.

#### A Childhood Blighted by Asthma

I was a very sickly 13-year-old boy in 1968. I had a very severe form of asthma since I was born. My father had sought expert medical advice from as far away as the United Kingdom, all to no avail.

One day in June 1968, Kampala, the capital city of Uganda, was abuzz with the news that "Bhagawan" was coming to town and that His name was Sai Baba. I had neither heard this name nor seen what He looked like. My Father, Ravji Kara, and my mother Urmilaben, had made arrangements to take myself and stay for the duration of His visit.

Thousands Flock for Bhagawan 's Darshan

When we arrived at Dr. Patel's home at about 4 pm thousands of people of all races and colours had already gathered there. His car was to arrive at Dr. Patel's home at 6 pm, but the motorcade was delayed en route from Nairobi in Kenya, where His plane had landed from Bombay.

It was not until 1.30 a.m. that the motorcade finally arrived. Bhajans had been going on all evening at the makeshift hall that had been erected by Dr. Patel at his residence where all the people were patiently waiting for their first encounter with Bhagawan . I was indeed very fortunate that the car Bhagawan was traveling in stopped right in front of me. As He alighted, I took my



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

Sathya Sai Bab, September 21, 1979



first ever glimpse of Him. And what a wonderful sight it was. He looked majestic in the golden robe He was wearing. I remember thinking that He looked quite unusual for an Indian.

Bhagawan had an immediate impact on my being. Just one look at Him made me feel completely confident that He was to "cure" my illness. My very young mind was also convinced that Bhagawan has come to Africa just for me! I knew I would never be the same again.

My illness had been so severe that I cannot ever recall having slept at night times. I remember my mother having to wake up at least a dozen times a night to give me medication for my difficult breathing.

A few days after His arrival in Kampala, on 7 July to be precise, without my parent's knowledge, I decided not to attend school that day, visiting Bhagawan instead to obtain His Darshan. When I arrived at Dr. Patel's home, there were already thousands waiting in the streets for precisely the same reason. I joined the crowds and waited patiently for Him.

#### Called to Grace

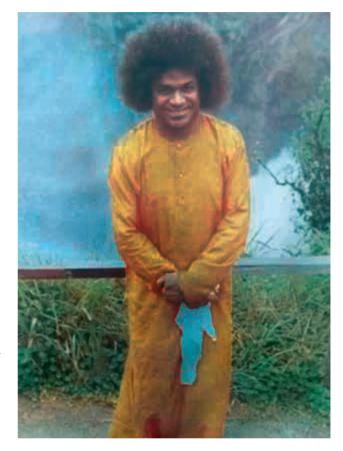
It wasn't long before He came out to the delight of all gathered there. I saw Him materialising vibhuti for some people, and also witnessed Bhagawan creating a watch for an African policeman standing at his post at the gates of Dr. Patel's home. He then approached me where I was sitting and summoned me to get up and go to Him. This I did immediately. What follows is a personal account of the "miracle" I experienced all those years ago.

As I approached Him, He asked me, "How is your asthma?" I remember being very surprised at His knowledge of my illness. Before I could utter any words in response, He said, "Go" pointing towards the gates of Dr. Patel's home. He then walked right past me. Hesitatingly, I started walking towards the gates. There was a policeman at the gates (incidentally, the same policeman who had earlier received the materialised watch) who opened the gates for me. I entered the

compound, and was asked by the sevadal to sit there until Bhagawan called me into the interview room.

### The Healing Touch

It appeared that I waited for an eternity for Him to beckon me in. Whilst I was waiting, my young mind was going through all sorts of questions like: "What if something happens to me while I am inside?" "What is this large fuzzy-haired man going to do to me?" "What am I going to tell Him when I am inside?", "Am I going



to be cured of my illness?" As all these thoughts were racing in

my head, Bhagawan came out of the small door leading into the interview room and waved me go inside. Still quite nervous, I approached Him and He took me inside holding my hand.

The interview room was approximately 6m x 6m in size. As He greeted me in, He started telling me of my asthma, at the same time, 'acting' very similarly to when I was having one of my asthma attacks. He then invited me to enter another very small room that led out of the larger interview room. This room was barely big enough for the two of us. I entered this room first, and Bhagawan 'squeezed' in after me. We stood facing each other, barely six inches apart. I must admit that my heartbeat was now racing, and He must have sensed this, as He tried to relax me by saying some pleasantries.

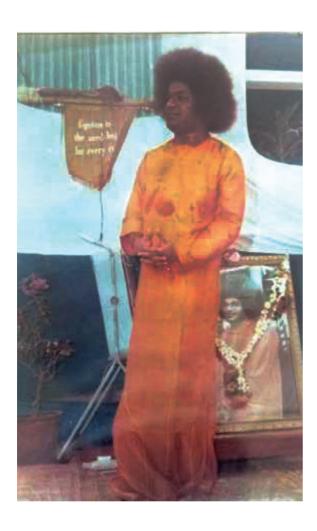
As I looked up to His face, he opened His right-hand palm and instructed me to "look, look, look" at it. I did what He asked, and after about 10 seconds, He said



Most illnesses can be cured by simple living, simple exercises, and by intelligent control of the tongue.

Sathya Sai Baba, September 30, 1981





"touch, touch, touch." The palm was beautifully soft and dry. As I looked up to Him again, He asked me to keep looking at His palm. Within a few seconds, I witnessed droplets of liquid forming on His palm, completely filling it up.

He asked me to remove my shirt, which I did immediately. He then rubbed the materialised liquid on my chest until all of it was absorbed into the skin.

I was asked to put my shirt back on. We both then proceeded to very gently squeeze out of the small room. As I looked into His eyes, I experienced the feeling of love that I don't believe I had ever experienced before. It was a most wonderful moment of my short life.

He then gave me a few packets of vibhuti, said many

other things that I cannot now recall, and patted me on the back and said: "Go - no more asthma." These few magical words have always kept ringing in my ears since then. He led me out of the interview room, letting me undertake padnamaskaram. "Mum, no more asthma!"

I remember running home after the interview (my home was merely 15-minute walk from where Bhagawan was staying). I greeted my mum with biggest smile shouting: "Mum, I have just had an interview with Sai Baba and He said that I will never suffer from asthma again. Mum, I will never wake you up in the middle of the night to administer the medication again, and I will never have to see another doctor again." I was truly ecstatic.

It has been 34 years almost to the day as I sit here in Sai Kulwant Hall in Prasanthi Nilayam, writing this short account! – My direct experience of Bhagawan's spontaneous expression of Divine Love. My asthma has deserted me completely. My wife Julie and I, and the rest of my whole family who all now reside in the United Kingdom, have been visiting Bhagawan in

Prasanthi Nilayam for many years now and we all constantly experience His Love and Divine Miracles in our daily lives.

### "My methodology is love" - Swami

Professor N. Kasturi, in his book 'The Light of Love', giving a short account of Bhagawan's visit to Africa, said that at a question and answers session held in Kampala at the gathering of the Rotarians, Lions, lawyers, and doctors, Bhagawan was asked what the purpose was of His performing miracles, and whether it was good for people to know that the laws of nature can be broken. He replied that He does not perform miracles. What we call miracles, He said, are just spontaneous evidences of His Divinity.

He said that He has not acquired the power to perform these so-called miracles, nor does He exhibit them for demonstrating His Divinity. The expression of His love is a nidarsana or evidences of His Divine Power which induces one to take to the Godward path. He went on to say that "I do not set about to 'perform' what you call 'miracles'; It is My way of doing things, My way of expressing My love and grace."



"Many natural catastrophes are entirely due to man's behaviour. Earthquakes, volcanic eruptions, wars, floods, and famines and other calamities are the result of grave disorders in nature. These disorders are traceable to man's conduct. Man has not recognised the integral relationship between humanity and the world of nature."

- Sathya Sai Baba, 22 November 1992





## Swami's bodyguard in Nairobi

By Mr. M. Gohil

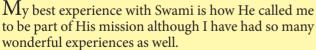
"I was Swami's sevak with Nairobi Seva Dal that was assigned to receive Baba at the then Embakasi Airport (now Jomo Kenyatta International Airport). It was a DC 10 aircraft from which He alighted with a smile on His face. He was wearing a simple yellow satin robe. The dignitaries received Him, and I was in my uniform to follow Him. He passed through so many people who were seated on the grass. I was told that he normally gave vibhuti and also miraculously produced watches and other items from thin air. I did not believe

it. But then I saw Him sprinkling vibhuti in the extended hands of people seated on the ground. Some of them were handicapped. I thought He may have a container under his armpits. I was disillusioned, for by the time the convoy reached Visa Oshwal Hall at Ngara, He must have had dished out over 100 kilos of that vibhuti. The mammoth crowd, then about 60,000, had followed him for many days while He was in Kenya. All were in awe and respect for this Divine God.

Sai Ram,

### How Swami Called Me

### By Bismark Adjei, Ghana



When I completed tertiary education in 2013, I was supposed to serve "National Service" the nation for one year. Waited for the postings with a prayer of obtaining one of the best companies here and also not far from my abode. Postings indeed came, and my Prayer seemed to be answered. I was posted to my dream company but on the day of submitting letter, I was declined. Company said they don't have space for me. I felt really sad, my mum who also really wanted me to work with that company went to see many top people on my behalf,



Was over a month and I was still home with no company to do my service whiles all my friends have had good places and are already earning stipends. Mum kept pushing, meeting top people to help the son, secondly, I had a new posting. I was posted to Telecommunication company which also made me happy since I have a background of that. Hurriedly went to the company and the security man refused me access to even go see the HR department and submit my letter from the government. He also said there's no chance and that many people who came was refused. Went home again sad, mum seem to have lost hope and started





"Nature is the best preacher. Life is the best teacher. Fill yourself with awe and reverence at the handiwork of God, the manifestation of His power and glory that is called the world. This is enough instruction and enough inspiration for you."

- Sathya Sai Baba, 14 January 1973



regretting for not giving me the chance to further my education abroad when the chance came.

After two months being home, was called by the National Service Secretariat to come for another posting. This time around it was an Indian company which was really far from home. Went there to see the HR, who quickly signed my letter and asked me to start work immediately. Was surprised since I didn't expect that.HR then directed me to go meet my boss who is in charge of the Electrical/Electronics department.

When I entered his office, I saw a picture of this decent white man carrying an Afro hair hanging on the wall at his back, all my thought at that moment

was why and how possible a white man could carry such hair like an African. The manager saw how I was continuously gazing at this great image and asked me if I know Him, replied no but he didn't ask further questions. He confirmed my letter too and took me to the maintenance workshop for introduction. I felt really welcomed, after called mum to tell her the good news. Mum wasn't really happy because she was worried about her illness and who is going to assist her whenever she's going for a doctor's appointment and even my transportation in and out to work each and every day.

On the following morning at work, the work scheduled for the day came, I was attached to the engineers to go work at the Indian Temple, we were supposed to go replace few defected air conditioners and Ceiling fans. I was marvelled at what I saw when we got to the temple, this time

around it was a bigger picture of this gentle man with a genuine smile on and a Afro hair like an African again and other few deities. There I realized and thought He probably isn't an ordinary man. The priest of the temple saw me and my wondering mood I think, so he came to me and after realizing my enthusiasm, he told me to come the temple each and every Thursdays to learn more. I would rush to the temple for Bhajans every Thursdays after work which made my boss like me after getting to know I have been attending Bhajans and all seva activities.

Mum illness became worst, Doctors couldn't diagnose the problem, we moved from one hospital to the other. I

would carry her on my back to climb the hospital stairs and later realize my back wet due to her cry and pain, Being the first child came with so many responsibilities. Had to skip work and cater for Mum but she got weaker and grew leaner every new day.

One morning, I had a call from the first company I was posted to, they said there was a mistake and that I should kindly bring back my letter for confirmation. Mum was happy with that, but I wasn't because I have already made new friends and built a really

good relationship with my boss where there was a full assurance he would employ me right after my service.

Mum's illness never got better,

she was losing it, in order to be around her, it will be better if I go back to the first company since it's not really far from home and reaching Mum at home would be very easier. The Indian company was supposed to give me a released letter to permit me go work with the first company, but my boss from the Indian company refused, he didn't want me to go till Mum came there to plead with him to kindly release me due to her illness. He quickly singed the released letter for me and I moved to the first company and started working but I never stopped going for Bhajans till date.

Mum was giving up, she could hardly talk, nor walk, eat, or drink, I went to meet her dead on a Wednesday evening after work, she departed with great joy within as if she knew I was in good hands. Swami took over from my mum, He took care of me and my siblings. He granted me the golden opportunity to get to know Him by sending me to the Indian Company and after granting my heart desires by sending me back to my dream company. Although I was the last service personnel to begin service in November instead of August, I was the very first person the company gave an appointment letter right after the service.

Few weeks before mum departed, her last words to me was "I'm happy with the man you have become" All thanks to Swami for who I've become or who I'm becoming.

Jai Sai Ram



"Nature is your school, your laboratory, the gateway to liberation, and the panorama of God's majesty. Seek to know the lessons it is ready to teach."

- Sathya Sai Baba, 4 October 1970





## Experiences Of Past Bal Vikas Children

- Nairobi, Kenya

### My Bal Vikas Experiences

by Bhakti Chohan

Koti Koti Pranams at the lotus feet of Shri Satya Sai Baba. My name is Bhakti Chohan and I am 15. I attend Bal Vikas classes every Saturday afternoon. Bal Vikas has honestly struck magical chord in my heart as it has exposed me towards my spiritual self.

A year ago, when my parents presented the idea of attending Bal Vikas classes, I was not thrilled. The idea of sitting in a room with strangers was exciting yet scary. In the end, I decided to join along with my 2 siblings.

Over the past one year, I've made many friends and learned so many virtues and understood the meaning of life. I have been able to pray for my wellbeing but also pray for everyone, including people I may not like. Baba's teaching "Love all, Serve all" made a lot of difference because I was starting to understand it's meaning.

Ms. Sandhya (my Bal Vikas guru) taught us one important thing which is now embedded in my heart "To err is human, to forgive is divine" according to my understanding, it tells me that when

I make a mistake I should be able to accept it and also be able to accept and understand someone else's mistake. Following this virtue has been an enormous part of my life for the past year.

My guru also taught me "Anger and Intolerance are the biggest enemies to correct understanding." Recently I have been able to give people a chance to explain themselves before drawing conclusions. Recently my guru told a saying of Baba "For water and current necessities,

you pay taxes. But how do we pay God for all the resources he provides us through nature?" She told us

we can pay through prayers. I was amazed. I started paying more attention to praying and made sure I thanked Swami for everything he gives us, even we are not thinking about him.

As Bal Vikas students, we get to express and show everyone everything we learn in the classes during Baba's Birthday Celebrations, we get a day to display all our teachings and shlokas and mantras we learnt.

I vividly remember this one story, it talked about an emperor looking for a child who would inherit his wealth and fortune. He held a competition and gave all the children boiled seeds. He told them to plant these and the child with the best results will win. All the children switched the seeds and came back with healthy, green plants, but one boy came back with an empty pot. All the children laughed at him and told him to return as he had no chance.

When the emperor saw the other plants he was disappointed, but when his eyes landed on this boy he smiled and crowned him the prince immediately.

This story taught me one major lesson. Being different and speaking truth is not easy. You may be ridiculed because not everyone will agree with you but if you stand your ground and be honest you may just be the best in the eyes of Swami. One teaching I've received since I was younger is that I should ask Baba to guide me towards the right path. I should ask Baba to hold my hand and be by my side in everything I do.

May He bless us with success in our quest for truth, and may we be worthy instruments in spreading Baba's message of love. May Baba bless us all.

Sairam.



"Nature is the mother, the feminine principle, the illusory energy. She is the great teacher. If you do not learn the lessons well nature punishes you, boxes you in the ear, hits you on the head. She is a stern, merciless, instructress; but if you learn well, she will proudly lead you to the presence of the supreme person."

– Sathya Sai Baba, May 1963





## My Bal Vikas Experiences

### by Gaurav Karey

Om Sri Sai Ram

Gurur Brahma, Gurur Vishnu, Gurur Devo Mahesh Varaha, Guru Shakshat Para Brahma, Tasmai Shri Guruve Namaha.

My humble salutation to my Guru and Bhagawan Sri Sai Baba.

It's my privilege to share my experiences and views about Bal Vikas classes. I waited for a whole week till Saturday for my Bal Vikas class after midday. I cherish those good old Bal Vikas days and will always remain one of my fondest memories. I loved being with a small group of friends. We exchanged our weekly stories, did fun activities together like colouring, stories about God, chanting shlokas and acted in a lot of plays. They were very enjoyable days with my beloved Guru Sujatha aunty and Ms. Prema.

To explain the word "Bal Vikas" as told to me by one of my Gurus. Ensuring a child to blossom well with high values religious knowledge and in the process to develop the child's character.

I learnt that this is a very important aspect of my character and will always be a part of me forever, "Love all, Serve all" and "Treat all him with love and compassion". I loved Sunday morning aarti at Sai Centre, Waiyaki way. After that we use to do Nagar Sankirthan and serve food for the needy and poor children around the vicinity. I realized how blessed I was compared to the less fortunate around me.

The colourful festival "Holi: was fun. We celebrated their festive without parents and other children and their parents in the Sai Centre premises with a lot of colour and water balloons. All the things I was taught in Bal Vikas has and been helping me all through. I am so grateful to my Gurus and my parents to encourage me in this devotional journey.

I would encourage and would share the knowledge I gained to other children in the future. May Bhagawan

Sai Baba give me the strength and right spirit to overcome all hurdles in everyone's life and in my life with ease and without suffering.

I hereby dedicate all achievements my God, my Gurus and my parents. Lokah Samastha Sukhino Bhavantu.





"All the five elements have been created by the will of the Supreme. They must be used with reverential care and vigilant discrimination. Reckless use of any of them will only rebound on you with tremendous harm."

- Sathya Sai Baba, 23 November 1968



## My Bal Vikas Experiences

### by Harshitha Canchi Udayraj

My understanding of what it meant to be "good" came before I started Bal Vikas- except it was pretty far off from what I later came to learn. I was under the impression that if you do good things, God will do good things for you too. But it took me a plethora of wise anecdotes masked as stories about animals in moral dilemmas during my lessons, for me to figure out that "goodness" was so much more than that. Goodness, like devotion, doesn't have an 'off' switch - it's more like a 24/7 job and you probably shouldn't expect to get paid.

Bal Vikas, having given me opportunities in cultural programs and monthly bhajans from a young age, has helped me open up and develop stage conf idence - an integral skill I still use today, as an adult. Being involved

in these activities also allowed me to interact with interesting people who share similar interests with me. People who are now my friends.

Additionally, Bal Vikas has given me a sense of belonging in a community I now call my own - a feeling hard to achieve as an Indian who has made Africa their home.

Spending time in Sai centre as a Bal Vikas student has given me a glimpse of my own personal Utopia: to be surrounded by kind, honest people who see the best in others and, like how Baba says, love and serve all. I hope for others to have a similar experience with Bal Vikas as I have.

Sai Ram.

# **Experiences of The Students of Sathya Sai School - Kisaju**



Felix Mutua Standard Seven (Year 7) 8th May 2017

I came to this school in the year 2015. At first, I did not feel accepted for I thought I was being bullied, but as months passed by and I saw what they were trying to bring out, love, for they were all trying to teach me how school life was. It was truly affectionate.

At first when I was lead to the classroom block, all I saw were smiles everywhere. I thought they were laughing for I was a funny looking guy always afraid of strangers. I was wrong, for they were only happy to see a new school mate.

That same affectionate love pulled my thoughts back at home where I was the leader of mischief, always looking for trouble; but all that was the past. I looked at a great future in front of me. All I could see was a great future.



I was even surprised when a boy entered the class with a small loaf of bread and shared it with all thirty-four pupils. Only later to learn that it was given to him as a present by his subject teacher. I was amazed at how the pupils conducted themselves without being controlled.

The teachers in the school saw that my marks were high but believed that I could score higher. They gave me comfort, joy and encouragement. Nowadays I score incredibly high marks. The school had all facilities a pupil needs. Thanks to the directors for the great school. I was a very bad child, that my parents complained, but now I am a changed child and always doing good. For the aid that I got from the pupils, teachers, directors and most so my parents, I inherit the values in me, that is LOVE, PEACE, TRUTH, RIGHT-CONDUCT and NON-VIOLENCE.



"Nature is the mother, the feminine principle, the illusory energy. She is the great teacher. If you do not learn the lessons well nature punishes you, boxes you in the ear, hits you on the head. She is a stern, merciless, instructress; but if you learn well, she will proudly lead you to the presence of the supreme person."

- Sathya Sai Baba, May 1963





### My Life Experience

### Elisha Mwaura

Form One (Year 9)10th May 2017

Sai Ram? My life changing moment begun when I joined this marvellous school, Sathya Sai. My life was not a pleasing one. My teachers used to talk of my bad actions.

I never respected them, along with my fellow pupils. In class my work was not presentable, assignment given by my teachers I couldn't finish. I was used to using offensive words to my fellow pupils, even at times I used to beat them up.

Emotional feelings made me feel as if my parents took me to a bad school. But thanks to the human value which are: LOVE, PEACE, TRUTH, RIGHTCONDUCT and NON-VIOLENCE. I was able to settle and be a good gent.

Now I can stand and shout out to my top most voice that now I am a transformed boy. My parents gave me advice and I took keen note of them. Then later I became a good God-fearing boy. My loving and caring teachers taught me the importance of the basic units in life, they taught me how to love and care for my fellow pupils in school and back at home.

Now my teachers are proud of me; how I control my things and take care of the school property. I am wishing that I may continue to learn in this school and get to know more about the inherent human values and God.

Sai Ram!

### A Wonderful Change!

### **Jackson Kabii**

Standard Eight (Year 8) 8th May 2017

Embodiments of Sathya, Sairam! I am a Sathya Sai gent with a lot of gratitude to God, my parents, Teachers and directors. Through their endless hard-work, non-shivering faith and their belief in me, they made me what I am today; a male full of generosity, values, love and service for all. I really admire and wish

that my friends and relatives could have an opportunity to join this wonderful school. If this can happen, this merciless world will be peaceful as most wish. Aaah! "Peace can only be attained from within", says Bhagawan Sri Sathya Sai Baba.

My experience is Great and was awesome! I was brought up in a caring family. Both academically and character-wise, they made sure that they would bring the best out of me. They achieved that goal of making me the 'best'. Unfortunately, I was taken to a public school whereby I met pupils who had awful character. Stealing, bulling, truancy and abusing each other wad like part and parcel of them. To add salt to the wound, teachers were also ill-mannered thus making children also follow their footsteps. "Students of today are teachers of tomorrow." Says Swami.



I was not quite affected, but my morals were affected negatively. Immediately my parents took note of my attitude and negative change of behaviour, they decided on making a direct transfer to another school. Of course! It was this school that was rightfully chosen for me.

I first loathed the school and regretted my arrival here. I was at sixes and sevens, unknowing of what to do. Mmmh! Wonderful teachers that I found here; loving, caring, trusting and encouraging. It was not like my previous school whereby teachers were chocked with detest for us. Through the efforts of my teachers and parents, I got adapted to the school's routine. The five basic human values became part and are part of me by the help of educare. By practicing selfless service, blessings have showered on my life. Aaah! That is when I acknowledge Baba's teaching. "The more you give, the more you receive."

May God bless our directors, teachers and parents for developing a positive attitude in me. As I conclude, I will remind you the saying of swami that, "Service to man is service to God."

Sairam!



"All the five elements have been created by the will of the Supreme. They must be used with reverential care and vigilant discrimination. Reckless use of any of them will only rebound on you with tremendous harm."

- Sathya Sai Baba, 23 November 1968





# My Experiences at Sathya Sai School – Kisaju

### **Otieno Austine Oduor**

Alumni, Sathya Sai School Kisaju

My life at Alliance High School has indeed undergone immense transformation in all spheres. This would not have been possible had it not been for the available support from Alpharama Ltd. Being a beneficiary of this company, it has been satisfying and most transformational of my academic lifestyle. The Company under the management of Mr P.V.S Rao has gone a long way in ensuring my upkeep in school is assured. They have been consistently ensuring that all basic necessities and due requirements are paid in time

Moreover, their concern for my academic progress and contribution to the same has just been aweinspiring. This has given me the inner psyche to work myself out and delivering promises to meet their standards.

Alliance High School is considered the ultimate high School destiny for most primary school students. My dream having been fulfilled, prompted me to highlight some aspect that make this school have its enviable respect for so long. The serene environment is away from the hustles

and bustles of City life providing an ideal condition for students learning. Moreover, the school is endowed with infrastructural facilities ranging from ultra-modern dormitories, spacious classrooms and up to date sport facilities that make it stand out.

The school has made me an all-round student. Just to elicit some important aspect of curriculum; the learning system is mostly student centred. Unlike most schools' in our country, a practical approach is developed for all elements of learning, limiting theory work in this school. Much learning is outdoor enhancing polishing of personal and corporate skills. In the long run interaction with other students cultivate values such as unity and diversity. The low teacher-student ratios promote nurturing of individual capabilities through coaching. There is extreme exposition to challenging aspects of

life enhancing personal development. This active practical academic lifestyle makes the school to produce quality results.

All work and no play, makes Jack a dull boy, the school offers a variety of sports games. Activities pertaining to sports and games are highly valued. Apart from producing the top brass academic champions, the school provides a forum where students showcase their talents and abilities through sports and games. This has benefited me immensely. Apart from health benefits, it has given me a chance to cultivate my prowess in football ensuring that am all round. The quality sports facilities complemented by highly qualified professional in games provides an environment that promotes development of individual talents.

Perhaps what makes the school standout is the moral principles and strict routines that forms its pillars. These are qualities that the society is in high demand of. The programme is flexible and requires each student to be dynamic-oriented when making personal choices and time tables. The harvested benefit from this lifestyle go along way into shaping iconic gentlemen in the society. The school instils the important of self-confidence, the thirst to achieve more and

unleash individual potential in unimaginable dimensions, to stretch our imaginations beyond limit.

The evidence of this school's uniqueness is everywhere. The school has continually produced top-notch leader professionals, people who make the world move. A key aspect, key denominator of these people is integrity. Alliance High School indeed charts a path. This is a path laden with vast opportunities to exploit. It provides a link to future generation possibilities. I believe that this school is and will still remain the ideal school. I hope to achieve my best potential in this haven of nurture.



"Foster love, live in love, spread love. That is the spiritual exercise which will yield the highest dividends."

> --- Sri Sathya Sai Baba, 4th July 1968, Nairobi, Kenya



### Experiences of Sathya Sai Education in Human Values Students - Public Outreach Programme

By Hildah Winslate

Core Values Love Peace Truth Right Conduct Non-Violence

I understand the values by being holy and always pray to God to help his people. Why am I saying that? Because I have learnt so many core values which I didn't know before. The values have changed my characters. I can live with other people in a state of quietness and harmony or absence of war or violence.

I practice the values by taking care of other people's property. I do visit the elderly in their homes and help them by fetching firewood for them, washing their clothes, fetching water and so on. After doing all the work, they always appreciate it, and God will bless the work of our hands. I do also share my food with other children.

The values have changed in my life by practicing the values in the right way at the right time and place. By continuing with course of action regardless of discouragement, opposition or previous failures. A true human being is one who has the noble qualities of adherence to truth.

### By Yovnne Adhiambo

Every Sunday we come to Sathya Sai Centre to learn the five main human values. They are:

Love Peace Truth Right Conduct Non-Violence

How do I understand the values?

Love - Is a profound feeling of trust, care, and mercy towards

Peace - Having harmony in one's life and others too.

Truth - A state of being honest.

Right Conduct - Doing the right thing, at the right time, in the right way, and at the right place. Non-Violence - Absence of war and violence.

How do I practice the values?

Love by

- Sharing

- Caring for the sick in the hospital Helping the needy in times of trouble. Forgiving our enemies

Peace by avoiding conflict and fighting in the

Truth by always being sincere and not telling lies.

Right Conduct by doing the right thing at school, at home, and everywhere I go as well.

Non-Violence by not fighting or disturbing others.

How have the values changed my life?

In reality the values have really changed me. Now I have good manners. I started changing my bad attitude towards others. I really thank the teachers teaching me the human values and letting me understand the values and bringing them out by practicing

them.





There is only one religion, the religion of Love; There is only one caste, the caste of Humanity; There is only one language, the language of the Heart; There is only one God, He is Omnipresent.

Poem

- Bhagawan Sri Sathya Sai Baba 4th of July in 1968 in Nairobi, Kenya

## Sai Ram

Sai Ram! Sai Ram! Om Sri Satya Sai Ram! You are the world in Human form You came as a man Oh! The formless form You lived here among us You died here among us Yet vou are eternal Baba in a vacuum form You are the connector with divine charm.

Sai Ram! Sai Ram! Om Sri Satya Sai Ram! Your small built carried immense might You taught the world moral values right You took birth on this earth You spread love on this earth Swami you became the Godliness around And spread love and joy in blessed surrounds.

Sai Ram! Sai Ram! Om Sri Satya Sai Ram! To describe you my words go fail All adjectives hereby appear to be pale Your saffron robe and petite feet The Afro hair and the sturdy gait The smile and head swaying during Bhajan time All the fond memories of you hey Ishwara Divine

Sai Ram! Sai Ram! Om Sri Satya Sai Ram! You healed many desperate hurting hearts Your vibhuti became a balm on painful parts You are the Satya Narayana You are the Sai Parmeshwara You are One that in millions I seek Without you my life is nothing but bleak.

Sai Ram! Sai Ram! Om Sri Satya Sai Ram! You are the partner of my spiritual needs You are the Oneness of my soul's needs Dejected from world I may live Separated from you I may not live One mere glimpse of you my Beloved Master Fills my heart with bliss filled seeds.

