

AntharDhwani

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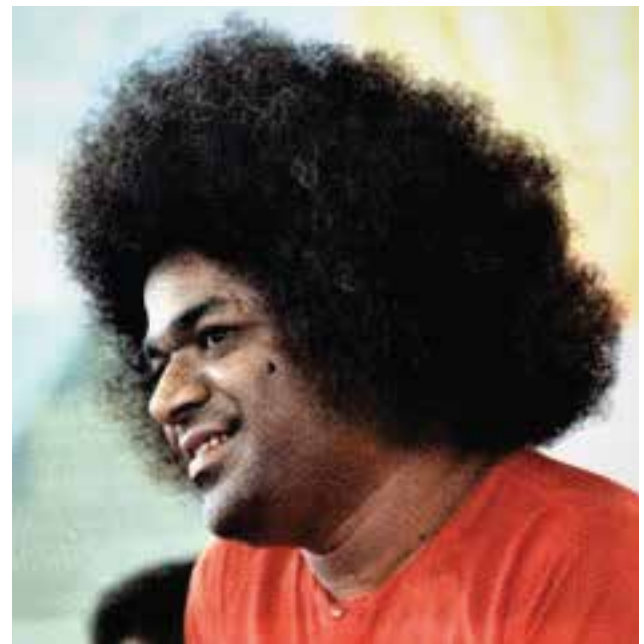
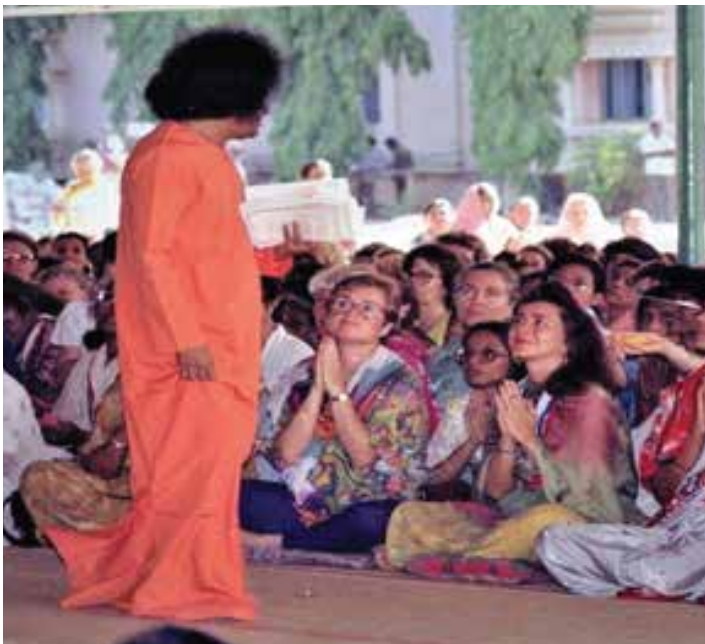
**Hope is the latent divine power in all human being,
it cannot be learnt or acquired from outside.
Hope is a spiritual experience,
it is based on Faith and Trust in the 'God of your choice'.**

HOPE

A sea of humanity comprising men, women and children from all parts of the globe, irrespective of caste, creed or social status with all eyes focused on a lone figure in an orange robe - Sathya Sai Baba. This was a scene enacted daily during darshan time at the huge Kulwant Hall in Prashanthi Nilayam.

No one was invited, no public announcements made. What then?

Delving deeper one could begin to resonate with the intense spiritual hunger within each person assembled in Kulwant Hall. All eyes were riveted on Baba, all hearts yearning to connect with Him. This daily scene for several decades bears ample testimony to the power of FAITH and HOPE in man's quest for well-being - physically, socially, mentally and spiritually.



Why should we never give up hope in ourselves?

"Devotion is very difficult to acquire. It is not easy to become a true devotee. A true devotee must fully surrender, and be in complete contentment, whatever may happen. Do not be discouraged, keep your Hope on, you have to win someday."

-Extract from Divine Discourse, Aug 18, 1964.

FAITH- is all about believing, you don't know how it will happen but you know it will happen. Hope is a feeling of trust in the unseen hand that guides us.

HOPE means that we must trust and wait for what is still unseen.

Life is not just expecting, hoping and wishing. When young Brishti suffering from a debilitating spinal disease and her mother came to our hospital, they came with a lot of hope or rather lots of hope. What was their expectation? To be free from her illness and hopefully go home healed. They felt Divine intervention was required and hence they journeyed to this Temple of Healing which became their home for more than a year. It's truly a remarkable story of implicit Faith in their God, Swami and this Temple of Healing, all of which nurtured their Hope and strengthened their prayers for Divine Grace.



Grace, Compassion and Munificence are truly boundless.

Photo titles: 1- The patient with Acceptance and Hope 2- A distraught mother 3-The SAI Counsellor nurturing Hope. 4- Keeping their spirits and Hope alive by the SAI Counsellors. 5- Mother praying to Swami to take them into His fold. 6- Mother and daughter ready to leave for home. 7- A happy and healthy Brishti back in her home with her family.



CASE STUDY 1: PATIENT STORIES ON HOPE



From Hopelessness to Hope, Divine Grace through Faith.

This is a story of patient Nanda Kishore, 66 years old hailing from Shahjahnpur district in Uttar Pradesh. Burdened with the responsibility of having to manage a household alone at the young age of twenty-one Nanda Kishore had remained fiercely independent. He believed he had to be the provider for the family.

Nanda Kishore loved to sing and listen to music, which relaxed him, but over the years he had let go of this passion due to his family responsibilities. His health suffered; stress, anger episodes, diabetes and high BP set in, necessitating medication - a stranglehold on his lifestyle. He could no longer take care of his family business, which he reluctantly handed over to his younger son. His frustration and stress increased which soon led to cardiac distress symptoms starting to surface.

In this condition he came to our hospital, full of Hope, as a patient with CAD, and as per protocol he was sent for SAI Counselling. This was where Swami's Grace brought about a miraculous change.

Accompanied by his eldest son Sanjay, Nanda Kishore came in a wheelchair. slouching, looking sad, dejected and worried. His son looked equally concerned. The counsellor asked why he was in a wheelchair, and was told he was feeling weak. The counsellor started by asking a few questions, and learnt that Nanda Kishore is a staunch devotee of Lord Balaji and used to pray to him daily. The counsellor's empathy encouraged them to unburden Nanda Kishore's travails of the past.

The counsellor then lovingly began to explain the importance of the mind -body connection. She also helped him understand how our negative thoughts influence our body, and how this can be a cause of ill health, including his heart condition, the fluctuation of his blood pressure and his anger episodes. She briefed him on anger management techniques. They understood the importance of thinking positively, and how to disregard small issues. At this point, their body language changed. They looked much more relaxed, and the counsellor introduced the BRMC breathing technique to them.

The counsellor noticed that Nanda Kishore was doing reverse breathing typical of patients when stressed. Seeing that he needed to relax, the counsellor continued with the BRMC and concentrated on relaxing his mind through mind cleansing by removing negative thoughts and reflecting on positive, meaningful and happy thoughts. She asked him to think of singing again. She prompted him to connect to his favorite deity, Balaji.

After the BRMC session the counsellor could see a sea of change in both their facial expressions. They had a slight smile on their faces, and they both looked relaxed. Sitting with their backs straight, their body language reflected more optimism and more peace with themselves. She noticed that Nanda Kishore looked less worried and there was the glimmer of hope in his eyes!

As they were about to leave the department, Nanda Kishore suddenly stood up from his wheelchair, and with a happy satisfied smile, he said *'Now I'm not afraid anymore. Bhagawan Balaji and Sai Baba are with me, and I have faith that I will become healthy again. I'll go walking now'*. He happily walked out of the Counselling Department, totally transformed, with Hope, Faith, Gratitude, Love and a new positive attitude. He was treated, healed and went home - a different and happy man. He resumed his singing!!

Swami's Grace had brought about this miraculous change through one of His chosen SAI counsellors.



CASE STUDY 2: PATIENT STORIES ON HOPE



Achieving Serenity through Faith and Hope

This is an unusual case of a Bengali couple, 42 years old Raju Adhikari and his wife 37 years old Sushmita, who came together to our hospital in December 2019 for the first time. Unusual because both were cardiac patients seeking treatment in Swami's hospital for their respective illnesses and were not accompanied by anyone else. They planned to interchange their roles as patient and caregiver!

They came together for the SAI Counselling session. The counsellor listened to the patient's story sensing they wanted to unburden their pent up fears and anxieties about various issues in their lives. Raju was the family's sole bread-winner supporting a wife, a young son and an aging mother. He loved music and relaxed with the family watching TV. They pray to their family Guru Anukool Thakur in whom they have complete faith. He used to work in a garment shop in the pre Covid days. It was a struggle to make both ends meet without a regular income.

His major concern was the health of his wife who has a rare congenital cardiac abnormality requiring surgery and had undergone an ASD closure previously. She was also under treatment for hypothyroidism. Naturally her medical expenses had to be borne from his meagre income. This became a major source of stress for him and he resorted to smoking for relief. Things went

from bad to worse and he soon developed high BP and had a heart attack in October 2019. He knew that both he and his wife needed heart surgery which was beyond their means. Life went on, their prayers to their Thakur sustaining them which ultimately led them to our hospital.

Empathy and the counsellor's soothing voice all helped the patient to unburden his disappointment, anxiety, fear and loss of hope. As the session proceeded he could unburden his worry regarding the monetary issues and his helplessness of being away from home for about a month leaving his son and mother alone.

The session helped him to relieve and re-establish his hope and self-confidence. A shift was perceived in them, acceptance of the situation and to live in the present moment. A positive mindset was achieved by the patient. The BRMC therapy session helped them to connect with their inner strength, the spiritual strength, and to relax completely by mind cleansing. The outcome of it was renewed hope and total surrender to their Guru and to Swami whom they adopted as their God after coming to the hospital.

Our doctors found that Raju Adhikari's heart condition did not warrant any immediate surgery. He was discharged, prescribed medication and advised lifestyle changes with respect to diet, physical activity, meditation and strictly told to quit smoking. His wife Sushmita was discharged and advised to follow the medication prescribed and wait to be called for surgery soon.

They returned home, life continues but both are in a very positive frame of mind. They put their faith in their Guru and Swami and are content. Raju Adhikari was unperturbed, accepting life as it came. With his positive attitude he earned money selling fish on a bicycle. Unfortunately, his aged mother passed away, they miss her presence and support. Life is still a struggle for this couple; they survive on sheer faith. It was heart rending to hear that sometimes when it appeared that they may not have money to buy their medicines, their intense prayers miraculously brought in the necessary money. They live on faith and hope.

In a letter to the counsellor Raju Adhikari said

"On 25/12/2019, we reached Baba's Hospital. I was in Awe by seeing the beautiful Ambience there, the gentle behaviour of the staff and the cleanliness of the place. Then we were taken in for counselling. There truly, what I experienced is "Unforgettable". We learnt how to get rid of the fear of the mind and how to keep the body in a relaxed state. And how by nature one can become humane in all aspects. I learnt the most important lesson of my Life, that no matter how hard one tries, nothing can happen, unless the time is right. The counselors in this department do 'mental treatment', so beautifully, which is unimaginable. They help in bringing in self-confidence, in each and every patient. I would like to specially mention the protocol, discipline and the commitment of the staff - right from the doctors to each and every one working there. Their loving behaviour towards me and many other patients like me has made me spellbound and has healed us."

Swami's Grace, Compassion and Munificence are truly boundless.



The Serenity Prayer

**God grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference.**

Jai Sai Ram.....

(Contributors: Nirmala Murthy, Radhika, Asha Latha, Manimeykalai, Counsellors. Counselling Department, SSSIHMS, Whitefield)

