

AntharDhwani

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EDITORIAL

In this first issue of AntharDhwani for the year 2023, Swami's Message of 'Faith is Truth, Truth is God, Faith is God, Love is God, Live in Love', is very relevant to all of humanity in today's world of stress and anxieties, brought about by changing lifestyles. Love alone can control the Mind, and ensure Peace.

He further exhorts us to look for Peace and Happiness within and not without.

'Help Ever, Hurt Never' and its companion quotation 'Love All, Serve All', which is prominently displayed in our hospital, are highlighted on page 3 of this issue to show us Swami's emphasis on man's innate qualities of Sathya, Dharma, Santhi, Prema and Ahimsa. Practicing these in our daily lives ensures protection against all adversities.

The patient stories included in this issue bear ample testimony to the intrinsic spiritual strength in these patients who come to our hospital from different locations, with diverse backgrounds and a plethora of health issues. It amply demonstrates that Swami's unique model of care of addressing the body, mind and spirit can ensure patients' Well-Being when they come to this Temple of Healing.

Jai Sai Ram

The Editorial Team

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"Difficulties will come and go like waves. But your Faith should be steady like the waters of the ocean"
- Sathya Sai Baba.



Anthar Dhwani

Never Forget your Divine Origin

There is no power greater than the power of love.

Every human follows certain principles of Dharma. From where has this Dharma come? It comes from sacred feelings. Sacred feelings originate from faith. Where there is faith, there is Dharma. Faith is truth. Truth is God. Faith is God. Love is God. Live in Love.

When we have truth, faith and love, we can achieve anything in this world. You may be confronted with any number of difficulties and hardships, but none of these should be able to perturb you. Your faith and love should remain steady. Difficulties will come and go like waves. But your faith should be steady like the water of the ocean. Your thoughts are like clouds which come and go. They are not permanent. You should hold your faith firmly. When you develop love more and more, there is nothing in this world you cannot achieve. You can achieve anything and everything. You can transform earth into sky and sky into earth.

From Bhagawan's Divine Discourse Understand The Meaning Of Akhanda Bhajan, in Bhajan Mandir, Sai Kulwant Hall, Prasanthi Nilayam on 13th November 2007.

Peace and Happiness are Within you

Even when the body becomes weak, it is the supreme power of the Self that makes you function. It is the Supreme Self that gives you strength and vitality. Therefore, you should always contemplate on God. There is no difference between this name of God and that. Contemplate on any name. We prepare many sweets with sugar. Taste any of them, you will experience only sweetness. Similarly, everything is God. We should not have any doubts about God. One doubt leads to many doubts. Doubts will ultimately ruin your life. If you want to live like a human being, you should get rid of all doubts. You should have faith in yourself. Once you have faith, then nobody can harm you; we need not be afraid of anything.

From Bhagawan's Christmas Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 25th December 2008.

Om Sri Sai Ram

DIRECTOR'S MESSAGE - Dr D C Sundaresh



The current Health care delivery system of the country is in a state of flux. It is well known that the government managed health care delivery system contributes only about 40 % of the needs of the country. The other 60% is met by the private sector. In this scenario the Sathya Sai health care delivery model established by Bhagwan Sri Sathya Sai Baba has stood the test of time for over 6 decades now. the hallmark of this model being providing health care of the highest standard completely free of cost. In addition, this model provides for the spiritual angle of healing by offering care with Love.

The team of counselors led by Smt Gita Umesh & Sri Umesh Rao have made a tremendous impact on the patients, by helping them cope up with the stress of life-threatening illness & procedures. The methods adopted for this involve various forms of prayer, breathing exercises & by just talking to the patients & their relatives to vent their INNER feelings. This is the "Anthar Dhwani" which comes out from the heart of the patients & relieves them of the stress.

Considering the voluntary nature of work the counselling team has grown, thanks to the motivating force of the leaders. This is a one of a kind service offered in the SSSIHMS , Whitefield which adds a dimension of spirituality to the Health care delivery at the hospital. May this tribe increase.

Jai Sai Ram



*"The secret of perfect health lies in keeping the mind always cheerful -
never worried, never hurried, never borne down by any fear, thought or anxiety."*

- Sri Sathya Sai Baba



Help Ever, Hurt Never

"Help Ever, Hurt Never. It is enough if you adhere to this principle. Help Ever. Help your fellowmen. Do not harm even those who hate you. Hurt Never. You owe your existence to society. Your welfare lies in the welfare of your fellowmen. Whatever help you can do, you should do. You should proceed on the path of truth. When you proceed on the path of Sathya, that itself will lead you to Dharma. When Santhi combines with Sathya and Dharma, you will have the experience of Prema. When you have Love in you, then you will have no enemies. You cause harm to others only when you lack Love. Therefore, you should cultivate Love. To experience Love, you must first attain the state of Peace.

Sathya, Dharma, Santhi, Prema and Ahimsa are the qualities of a human being.

From Bhagavan's Sankranti Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 14th January 2009

CASE STUDY 1 : A COURAGEOUS YOUNG BOY

Shanmugapriyan a nine and half years old boy, was admitted in our hospital as a Neuro patient. He has had a growth in his spinal cord, a tumor, since birth. He was normal otherwise, a smart boy going to school, and was studying in 4th std. He has a younger brother. His father is a taxi driver and also has a small tea shop in Neyveli, Tamil Nadu. The father's mother also stayed with them. Their family deity was Murugan whom they worshipped regularly and reached out to in times of distress, and their Guru was the Pontiff of the Kanchi Math.

The Counsellor met the mother, who had accompanied the patient as the caregiver, when she visited the shrine in our department of Counselling on the day of Priyan's discharge. Seeing her worried face the Counsellor told the distraught mother to come for a counselling session which could help her. She readily agreed.



During the counselling session she shed copious tears while unburdening herself narrating the pain and suffering she had been suffering for the past several years. She told the Counsellor that it has been a long nine years of struggle for the child and the family. He goes to school and is studying in 4th standard, but unable to hold a pencil to write as he felt pain in his back. All throughout his young life he has been in pain. Walking was always very painful as he limped on his left side and fell down several times a day due to a lack of balance. The Counsellor was perplexed and asked the mother how he coped with school work. His teachers and classmates, who cared a lot for him, shared their notes with him and his mother helped with it at home. His overprotective teachers didn't allow him to play with other children, since they didn't want him falling and getting hurt. So, the child was sad and would cry that he was not able to do things like other children.

The Counsellor asked the mother how did they learn about Swami's hospital and came here. The mother explained that a doctor known to them in their town, aware of the child's constant bodily pain and movement disabilities, realised the young boy needed to visit a speciality hospital with modern diagnostic and surgical facilities, and also affordable. He had heard of our hospital and guided them to come here for treatment.



She responded very well when the Counsellor led her through the BRMC therapy, and she had tears of gratitude flowing. She still had a worried look and the Counsellor asked what was bothering her. She had the fear that though the surgery had been performed successfully and they were being discharged, she was apprehensive about the future health condition of her son, whether he will walk straight without pain. As a mother she has seen her child suffer all these years. A lot of reassurance helped her to calm down. She felt very reassured after the BRMC therapy, and full of gratitude and praise for Swami. The mother readily accepted Swami's photo and vibuthi prasada that the Counsellor offered; she felt that it would be good for the patient to meet with the Counsellor.

At the bedside, in the Neuro ward, the Counsellor met a bubbly young boy Priyan. He showed her how he could walk and his mother had to warn him to be careful. Then he sat on his chair and the Counsellor asked him about his favorite teacher, his best friends, etc. He showed the Counsellor the spot on the side of his foot where he used to get sharp, unbearable pain due to which he fell down, but now there was no pain. Then the Counsellor told him to close his eyes and led him through the BRMC therapy. When the Counsellor was holding Swami's

photo above his chest Priyan was very relaxed and calm, enveloped by His Divine Energy. When Priyan opened his eyes he saw Swami's picture in the Counsellor's hand, he reached out, took it and held it dearly to his heart. The healing was complete for both the patient and the caregiver - his loving mother. She had tears of gratitude for Swami's Grace and Blessings, and praise for the hospital.

Priyan has told his mother that he wants to become a doctor and work in this hospital.

Jai Sai Ram.....

Contributor - Sai Counsellor Subha Srinivasan, Department of Counselling, SSSIHMS, Whitefield

CASE STUDY 2 : THE STORY OF PATIENT JAYANTA KAR AND HIS FAMILY EARNING GOD'S GRACE THROUGH FAITH, PRAYER & TOTAL SURRENDER

Forty-eight years old Patient Jayanta Kar hails from East Midnapur, West Bengal. He lives with his wife and two daughters, one daughter studying in 12th grade and one studying in 9th grade. He has a small shop in the local market where he sells spices and condiments. Their family deity is Krishna to Whom they reach out in times of distress. He does not smoke or drink, was a non-vegetarian. He did not have any family history of heart disease, no BP or diabetes. He enjoyed listening to music, chatting with friends and being socially active.

In the month of January 2022, he suffered from severe chest pain and breathlessness. He was admitted to a local hospital where a PTCA was done. However even after the procedure his chest pains continued and his hands and legs became swollen. He was admitted to another hospital and discharged with Medical management advising him to go to a cardiologist.

The family was in a quandary not knowing where to seek proper medical care for Jayanta Kar who was the sole breadwinner for the family. The parents were keen on educating their two daughters plus marriage expenses to be planned and now the unforeseen medical expenses, all increased their anxiety and stress virtually to unbearable levels. But their faith in Krishna remained unshaken and they prayed more intensely for His Grace and Protection. Their God, Krishna responded by directing them to our Hospital through some neighbours who were concerned seeing their plight, and who knew about the Sathya Sai Hospital in Bangalore providing quality medical care free of cost.

Jayanta Kar and his wife thus came to our hospital very much relieved and with hope. He came with chest pain and swelling in his limbs and was admitted to SSSIHMS in this condition on 8th March 2022. He was diagnosed as having a Ventricular septal rupture requiring a major surgery. However, the swelling in his limbs had to be controlled before surgery could be taken up. The surgery was done successfully on 30th March 2022 and being a complicated surgery required the patient being kept in ICU for post-operative care and finally discharged on 13th April 2022 and allowed to return home on 16th April 2022 after sutures were removed. The patient was asked to return on 16th July 2022 for a checkup and everything being okay he could gradually resume his normal activities.

The Counsellor played a vital role in allaying their anxieties during the waiting period prior to surgery and during the post-operative care period in the ICU, and also the previous hospital experiences still lingering in their minds. The Counsellor being able to speak in their own language created good bonding especially with the wife. The Counsellor highlighting the Hospital was indeed a Temple of Healing with the Divine Energy of Krishna Bhagawan and Sai Baba pervading the whole place was very reassuring to them as also that quality medical care being provided totally free. They should continue praying to Krishna Bhagawan and Sai Baba... The Counsellor sensing that both patient and caregiver were ready to receive the BRMC therapy, slowly taught it to them. Both benefited immensely and began practicing BRMC regularly. The wife started coming regularly to Swami's shrine in the Counselling Department to pray which apparently gave her a lot of peace of mind. The Counsellor also called their daughters, speaking with a lot of love and asking them to be courageous as they were very worried about their father. The Counsellor went through the Discharge Summary with the patient and his wife emphasizing in Bengali how important it was that the patient follows the discharge advice, the medication and the guidelines given by the physiotherapist and the dietician.

Before leaving for home, they spoke to the Counsellor. They were full of Gratitude for Swami and all the medical staff of SSSIHMS. They left very happily. They are in touch with the Counsellor who has bonded well with them. The patient is recuperating well, resuming his normal work going for walks regularly. Truly another wonderful case of Swami's Love and Grace.



Jai Sai Ram.....

Contributor - Sai Counsellor Sukanya Chattopadhyay, Department of Counselling, SSSIHMS, Whitefield

CASE STUDY 3 : THE STORY OF MOHUA - A YOUNG NEURO PATIENT'S FAITH, UNDAUNTING COURAGE, AND POSITIVITY

Pt Mohua Nandi, a 21 years old young adult hails from West Midnapur District, West Bengal. She has been visiting the hospital for treatment of Spinal Arachnoid cyst since 2016 and two procedures have been done in 2017 and 2019 respectively. She was admitted again on 10th April 2021 for Recurrent Spinal Arachnoid cyst with Misplacement of the Thecoperitoneal shunt and urine Retention.

Arachnoid cysts are non-cancerous Cerebrospinal fluid filled sacs that are located between the spinal cord or the Brain and the Arachnoid membrane (One of the 3 membranes that cover the brain and spinal cord). Thecoperitoneal Shunt is a technique or procedure for draining the excess Cerebrospinal Fluid. Most spinal arachnoid cysts are asymptomatic and are discovered incidentally. Clinical symptoms, if present, may include pain, weakness, numbness, and/or bladder/bowel incontinence.

In 2021 when the patient was admitted for surgery her mother the caregiver was highly stressed and needed counselling, which was possible only through Tele-Counselling. The Sai Counsellor immediately realised her anxiety and agitated state of mind. Speaking in the mother's tongue Bengali, a big relief to the mother, the Counsellor in a soothing voice asked her to relax and led her gently through the BRMC therapy which helped her to connect to her God of Choice Shiva and she felt peaceful. The Counsellor reassured her that this hospital was a Temple of Healing suffused in Divine Energy with the best of medical care. She should pray continuously to her God Shiva for His Grace and Protection and this would certainly benefit the patient during the surgery. Much to the relief of the mother the operation was successful and the patient discharged.

The Counsellor connected with Patient Mohua only after she had reached their home. Being a bright, affable and intelligent person, she was comfortable chatting with the Counsellor about her family background. Mohua's family is a close-knit family consisting of her parents and a younger brother. Her father is a daily wage painter, and the mother would stitch clothes to augment their income, their dream was to educate their children. But since the time of Mohua's illness the mother has stayed home taking care of her. Her brother is studying in ITI (Industrial Training Institute). Both Mohua and her brother are bright students. Mohua now is in her second year BA (Arts stream).

Mohua was happy to share her history of the illness. Mohua was born with one of her legs short. A specialist doctor in Midnapur advised them and she was fitted with special shoes. Eventually the length of the leg got corrected by the shoes and she was fine. Mohua was a very brilliant and active girl. She used to cycle to school and do her normal chores. At the age of 15, her lower limbs developed a tingling sensation and she experienced numbness and soon was unable to walk. They consulted many doctors in Midnapur and one of the Neuro Specialists advised them to get an MRI done which helped in the diagnosis of the illness. By this time a year had gone by. The situation at home was tense. Mohua's Mother was in tears, her father also was very sad as their dear daughter had been diagnosed with this illness. Mohua too was perplexed due to this sudden turn of events in her life. They as a family ardently prayed to Lord Shiva, their "Sole Refuge".

Fortunately, through their neighbour, they got to know about Swami's Hospital in Whitefield Bangalore, which provided treatment for Neuro illnesses free of cost. They visited Swami's Hospital for the first time in 2016. In the year 2017, the arachnoid cyst was removed and again in the year 2019 Thecoperitoneal Shunt procedure was done.

What is remarkable about Mohua is her positive attitude and "Zeal for Life", which drives her love for studies and at no point in her life has she let go of her studies, being deeply touched by her parents' sacrifices and struggles to educate their children. When she fell ill in 2019, she expressed her feelings through Poetry. She realised she is a poet - poetry just flows from within... Her poetry ranges from nature to patriotic poems, Gratitude to Parents, and her spiritual connects to her Ishta Devatha Lord Shiva and Sai Baba. Her self-confidence stems from her ever-loving and supportive parents, younger brother, and her teachers.

It was really touching when she said that, prior to the final operation in 2021 she studied in a lying down position due to her condition, was not able to sit for more than five minutes and her mother had to carry her to the bathroom. But fortunately, she was able to walk and lie down in a comfortable position.

Now after the 2021 successful treatment, her daily routine starts with early morning walks with her mother followed by breakfast. She prays twice daily to her Beloved Lord Shiva and Baba. She has bonded very well with the Counsellor and calls her frequently or sends WhatsApp messages. Her deep gratitude to her parents, resonate with Swami's teachings in this context, which Mohua feels innately as expressed in the following poem of hers translated from the original written by her in Bengali sent to the Counsellor.



Baba-Maa (My father and mother)

*My Mother's Love and Affection;
My Father's Love;
They have so Many Dreams for us!
And they have Many Aspirations!
We have God Like Parents
Our Koti Koti Pranams at Thy Feet!
For Our Parents We are their Life!
We are their Love, we are Their Pride!
When we are with you, we are Peaceful;
In your Laughter,
We experience Joy and Sweetness!
You are The Sky; you are The Breath!
You are The Light for We Children.
I sincerely Pray to God for Your Well Being!*

~ Mohua Nandi ~

During her recent review at the Hospital, Doctors have said, all her reports are normal and for her physical condition-the Urinary sac comes down, Doctors have given appropriate guidance and told her not to worry. This has brought great relief to her and her family. The Doctor's too advised her that she needs to come to the Hospital, only if she has discomfort. Mohua and Her Family are extremely Grateful to the Doctor's, Staff and Sisters of Swami's Hospital for their Loving Care, Dedication and Treatment.

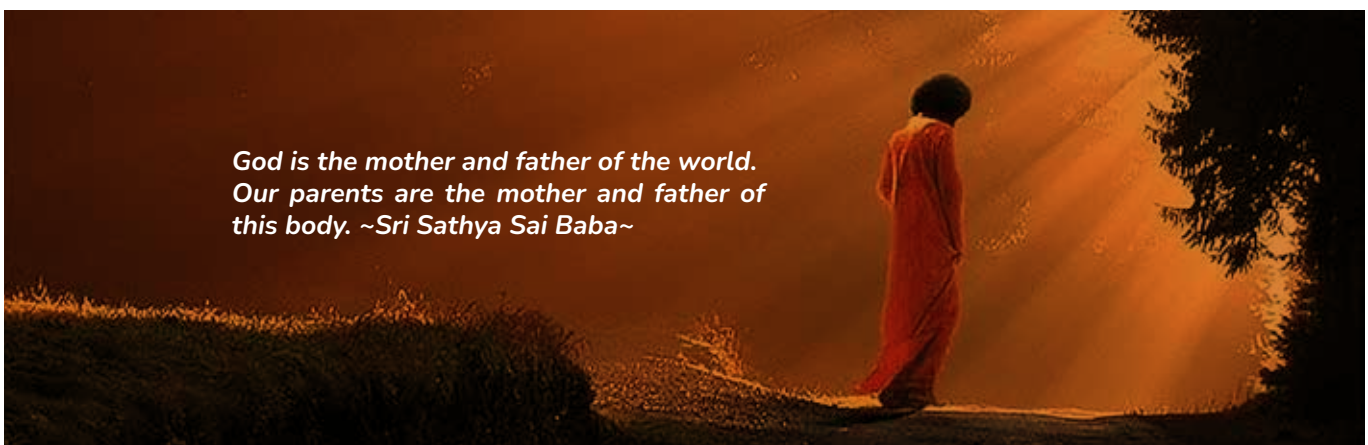
Her experience in the Hospital has helped her to adapt a disciplined Lifestyle and Sai Counseling and Support has brought in positive attitude, Self-confidence, Love and Gratitude to God and Parents. The Body Relaxation and Mind Cleansing (BRMC) therapy has helped her immensely. Mohua is leading a very normal life. She is able to help her Mother in the daily chores. Recently she has got a part time job in a nearby ashram to take tuitions for Children from KG to Vth Grade and has been provided a chair to sit comfortably. Since a week, with her Mother's encouragement, she has started riding her cycle again. She is appearing for her end semester exams and has great plans for the future after graduation.

She is truly an amazing person coming from such a humble background. Swami has brought her to this Temple of Healing and healed not only her but the entire family. She is truly an Inspiration to her classmates and the community.

No wonder they call her "योद्धा" (Warrior)

Jai Sai Ram.....

Contributor - Sai Counsellor Sharada Gopinath, Department of Counselling, SSSIHMS, Whitefield.



*God is the mother and father of the world.
Our parents are the mother and father of
this body. ~Sri Sathya Sai Baba~*

CASE STUDY 4 : “WITH PRAYER TO GOD, YOU CAN ACHIEVE ANYTHING IN LIFE” - SATHYA SAI BABA

Patient Siwanti Devi and her husband Ram Chandra Sahu live in Jharkhand in a small village. They own a farm which both he and his wife have toiled to convert it from a bare patch of land to a fertile yielding land - their livelihood now. They were married in 1985 and his wife was a strong woman with a positive attitude towards life who even now works alongside him on the land. Their family consisted of three sons, one who is working in Hyderabad as a driver, another in a hotel in Delhi and the third lives with them and works in the fields. He is married and has two children, all living in the same house. They are a close-knit family, content with what they have and having strong spiritual roots. Their family deity is Bajrang Bali, Hanuman, to whom they offered prayers daily; Siwanti Devi along with her daughter-in-law would regularly visit the local temple and sometimes with the whole family.

About four years back a fit and healthy Siwanti Devi had problems, starting with numbness in her right leg, gradually the numbness crept upwards to her right hand, right ears and eventually to the right side of the head, and her speech was affected too. The family was totally shocked at this sudden calamity and they visited several specialist doctors and hospitals in the adjoining cities in West Bengal and Ranchi, their State capital. But to their utter disappointment they learnt that Siwanti Devi needed major high risk brain surgery and the cost was prohibitive and not affordable. Medical treatment over there was not possible.



Completely dejected they returned home and sought refuge in Hanuman, praying intensely for His Grace and Succour. Their prayers did not go in vain. While in a hospital at Ranchi, they met another patient who told them that she had undergone a surgery at Sathya Sai Baba's Hospital in Bangalore and was very happy as the surgery was successful and provided free of cost. The family were relieved and became hopeful when they got to know about Swami's hospital.

They came here during the 1st week of December 2022. Checkups were done and patient Siwanti was admitted on the 27th of December. After the illness was diagnosed as Cavernoma requiring a brain surgery, the caregiver's consent was required to proceed further. The doctors as per protocol informed the caregiver, Ram Chandra Sahu, that the operation was a high-risk one, with possibility of losing her and even if the operation was successful her recovery would be poor when she was taken home. The caregiver told the doctors that this was a tough decision for him to make by himself and he would have to consult the family; the doctors agreed. He consulted with his family and they all decided to take her back home without any treatment as the thought of the possibility of losing her weighed too heavily in their minds. Upon being informed accordingly by the caregiver the patient Siwanti Devi was discharged on 29th December 2022 and permitted to return home.

The SAI Counsellor was able to have only one Counselling session with the caregiver in the hospital when he came to the Shrine room in the Counselling Department on the day of discharge. The Counsellor met the caregiver and after allowing him adequate time to pray to his God, Hanuman, she taught him the BRMC therapy. He benefitted very much and looked very relaxed.

Patient Siwanthi Devi - A courageous woman with a positive attitude



A couple with steadfast Faith in their God - Hanuman

The Counsellor then took him to the Counselling area for a Counselling session. In her characteristic way she was able to strike a good rapport with the caregiver who finding her to be caring and trustworthy unburdened the complete history of the illness, the trauma and suffering endured by the patient and the family. She listened actively and gathered the information as narrated above. The Counsellor sensed that though he appeared calm and composed outwardly he was troubled by the decision taken of not opting for the surgery which he apparently must have also sensed in his wife knowing her nature of being fearless and very positive with a strong Will borne out of her immense faith in Hanuman. He became very emotional, comforting himself that this was also God's Will.

The caregiver was very happy with our Hospital and the Counselling provided. He thanked the Counsellor and having built a good rapport with the Counsellor, he told her that he would keep her posted with the condition of his wife. Patient Siwanti Devi.

The Counsellor connected with caregiver Ram Chandra Sahu a fortnight later after he had reached his home town. He sounded very happy and was crying almost immediately saying 'Madam Hum chance lena chahtey hai'. The family had changed its mind and they wanted to have the operation done in our hospital to fulfill Sawanti Devi's wishes of opting for the surgery and continue looking after her whatever be the outcome. Although Siwanti Devi was blessed to have a sound sleep at night, do all her personal work independently, talk to her family affectionately, play with her grandchildren lovingly, she still had headaches and was suffering silently. Ram Chandra Sahu loves seeing her around the house but feels extremely sad to see her condition too.

The Counsellor told him that they should call the Helpline number provided by the hospital and they would guide them. Meanwhile she asked them to continue praying to God and doing the BRMC regularly.

Mysterious indeed are the ways of the Lord. **As Swami has said 'Love My Uncertainty'.**

Jai Sai Ram.....

Contributor - Sai Counsellor Saroo Annaiah, Department of Counselling, SSSIHMS, Whitefield.



*"For the mansion of life,
Self-confidence is the foundation,
Self-satisfaction the wall,
Self-sacrifice the roof,
Self-Realisation is the life." ~ Sri Sathya Sai Baba ~*



FREEDOM : WHAT DOES THE TERM FREEDOM CONNOTE?

In one sense freedom is recognizing and overcoming a negative state of mind when faced with adversities. Negative and positive emotions play an important role in our lives. Human suffering and a vulnerable state of mind can often act as a catalyst and lead us towards tapping into our inherent spiritual resources such as courage, peace, love, joy, gratitude, forgiveness etc.

The patient stories narrated below highlight the efficacy of SAI Counselling based on Swami's teachings combined with the Person-Centred Counselling founded by Carl Rogers. SAI Counselling includes the vital spiritual dimension to provide total healing complemented by the underlying current of Love.



CASE STUDY 5 : LETTING-GO OF THE PAST & LIVING IN THE PRESENT WITH GRATITUDE

Thirty nine year old Chitra Dalal lives with her son Proneet in Baksara, Howrah District, West Bengal. She was referred for counselling on 18-10-22 after evaluation at the Neuro-Surgery outpatient department of our hospital. The OPD Discharge Summary by the doctor highlighted her symptoms and physical complaints - panic attacks, frozen right shoulder, obesity and back pain.

The first session with Chitra was via tele counselling. The Counsellor's gentle and loving tone and unhurried approach struck a chord in the patient, establishing quickly a feeling of trust in the patient. A trust emanating from the sacred environment of Swami's Temple of Healing to which she had come seeking solace; a trust deep enough for her to unburden to the Counsellor without inhibitions of her painful past. She seemed to have stifled her pain and suffering over the past two decades and during the session her unexpressed negative feelings exploded like a volcanic eruption or a dam bursting. She broke down crying uncontrollably over the recent loss of her mother on April 19th 2022, feeling guilty about being the cause. The counsellor remained a silent active listener maintaining her loving presence throughout. She played a composition of calming meditative flute music to help her calm down. This moment of cleansing the spirit with Divine music did initiate the healing process and transformation in Chitra.

She broke the silence and addressing the Counsellor as Maa she requested for a second session to meet the Counsellor in person. The timing was perfect to explore her strengths instead of focusing on her pain and suffering. The Counsellor enquired about her family, her parents, siblings and extended family. She had the support of her father and sister and belonged to a close-knit family. She was a gifted professional singer and a music teacher. It was obvious that her love for her son and love for music gave meaning to her life and fuelled her undaunted spirit providing her with the will power to move forward and face life with courage.

Listening to her enthusiastic voice articulating her passion for music and teaching I realized a part of her was well anchored in spirituality and Swami's following words resonated within me

"Destiny is what one meets in life, how you meet it is determined by your will power"

Two days later we met at the hospital Counselling Department. She arrived early with her son Proneet and joined the counselling team in our morning prayers. She offered a beautiful hymn in her melodious voice. Proneet was requested to wait in the peaceful atmosphere of the shrine while Chitra attended her second counselling session. She confided that her main concern was her voice as she was having apprehensions of losing control of the pitch and tone of her voice, so very essential for as a singer and music teacher. She consulted multiple specialists in West Bengal and her tests reports proved normal. Listening to her symptoms a doctor mentioned the possibility of her having developed nodules or polyps in her vocal fold. She panicked and spent sleepless nights worrying about this. A friend who was concerned about seeing her suffering, and who knew about the Sathya Sai Hospital and the quality medical care being provided free of cost suggested she visit SSSIHMS for a second opinion. She thus landed at SSSIHMS, Whitefield.

Being a single parent and the sole breadwinner, she was concerned about her son and his future. Proneet was in his final year at college and she wondered how they would sustain their financial needs if her voice was affected. Her consultation reports with ENT doctors were clear and hence the Neuro-Surgery OPD finding it to be a psychosomatic case referred the patient to the Counselling Department for SAI Counselling.



The Counselling therapy for Patient Chitra focussed on helping her cleanse her mind of fear, anxiety, guilt and shame. Prayers and the practice of BRMC helped her focus on self-compassion, forgiveness and self-love. There was a perceivable shift and she was in a relaxed state while practicing the BRMC combined with positive affirmation. She seemed to have discovered a pathway towards freedom from her phobias. She responded well to the healing affirmations and there was a visible transformation in her countenance when she forgave herself and embraced her inner self with compassion.

In this calm state of mind, she came face to face with the hidden unspoken pain and disturbance that had developed in her relationship with her son Proneet. Like waves rising from the ocean, fresh emotions emerged from her subconscious mind and Chitra chose to unburden these deeper concerns.

She spoke to the Counsellor about her son and how she had managed to provide him with a good education. Now as a young adult his social circle had expanded and he spent more time with his friends and she felt left out of his circle. She felt they were drifting apart and this change and shift in their relationship at home was difficult for her to accept and she feared of losing her son.

At this stage the Counsellor invited Proneet to join the session. The joint session in a healing and safe space provided mother and son for the first time an opportunity to discuss their feelings freely with each other. The BRMC therapy of body relaxation followed by mind cleansing and by prayers to their God of their choice strengthened their faith in themselves, their faith in God and their faith in each other. There was better understanding between them when Proneet was also given the space and freedom to share his concerns. Their deep love for each other helped them overcome their differences.

Proneet was sensitised to the connect between body and mind and how the mind can be a source for wellness or illness. An intense session of listening to her inner voice, unburdening to the counsellor and openly discussing her son helped her understand the importance of granting freedom to her son and “letting go” of the past and worry regarding the future and living in the present moment filled with gratitude.

Proneet reassuring his mother Chitra of his unconditional love for her was the final balm that reassured and healed her, bringing about a closure to this case in this hallowed Temple of Healing.



*“There are only two lasting bequests we can hope to give our children.
One of these is roots, the other wings.”
~ Johann Wolfgang von Goethe ~*

Jai Sai Ram.....

Contributor - Sai Counsellor Gita Umesh, HOD, Department of Counselling, SSSIHMS, Whitefield.

CASE STUDY 6 : SAI COUNSELLOR GITA UMESH : CAREGIVER SHIKKA'S TRANSITION FROM FEAR TO COURAGE



1 Reconnecting on DOD with her God, Krishna



2 Seeking blessings for her husband on DOD



3 Offering their Gratitude to Swami



4 Offering their prayers of Gratitude



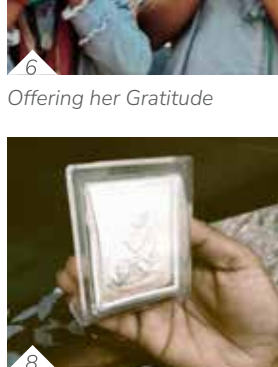
5 Clearing space. Prayers and silent contemplation



6 Offering her Gratitude



7 Fear and Worry before Surgery



8 Connecting to her God

This case highlights the efficacy of SAI Counselling provided to a caregiver, Shikka Das, wife of 38-year-old Patient Ujjal Sarkar who suffered from progressive weakness and tightness of all four limbs and urinary urgency and incontinence.

In the year 2021 Ujjal, a hard-working farmer was thrown off his bicycle when hit by a heavy vehicle, while returning home from work. Being a strong and healthy person, he managed his pain well and continued his normal activities. Initially he had no symptoms from the fall and the following year he was married to Shikka Das. The couple and Ujjal's widowed mother lead a peaceful and happy life in their village Mohana in Dakshin Dinajpur District, West Bengal. Unfortunately, six months after marriage, Ujjal experienced progressive discomfort, weakness and tightness of all four limbs. He was the only earning member and as a farmer he needed to be physically active and fit. Local doctors could not provide the care he needed.

The young wife Shikka was desperate to find the right cure for her husband's illness. An acquaintance of the family who had been treated at Sri Sathya Sai Hospital in Bangalore and happy with the treatment there, guided them and shared the details of SSSIHMS at Whitefield, Bangalore. The couple mustered up the courage and with faith in God set forth from their little village to Bangalore hoping for a cure. On reaching our Hospital, Ujjal was admitted on 29-12-2022 for neurosurgery.

After admission Shikka was torn between fear and hope when she heard her husband's condition involved a high-risk surgery. She wished to return home without his treatment out of fear though a part of her hoped for a cure. She lost courage and confidence the day before surgery and panicked at the idea of having to sign the consent form before surgery out of fear of the unknown. She was sent to the shrine in the Counselling Department where the Counsellor met her. The SAI Counsellor's loving presence and soothing voice during the Counselling session helped her overcome fear.

The BRMC therapy, the relaxation response combined with prayers to her chosen deity helped her regain her faith, courage, confidence and composure. She left the Counselling department in a calm and peaceful state of mind with faith in the protection of a higher power and signed the consent form providing an opportunity for her husband to be treated at the hospital. A spinal injury had been diagnosed and the neurosurgeons performed a C4-6 cervical laminectomy with C4 -7 posterior fixation on 30-12-2022. His spasticity and lower limb power improved post-operatively.

On the Day of discharge the happy couple visited the department and together offered a prayer of gratitude to Swami and the medical staff for being cured and healed at the Temple of Healing.

It was a courageous Leap of Faith for the brave young wife, Shikka Das.

Jai Sai Ram.....

Contributor - Sai Counsellor Gita Umesh, HOD, Department of Counselling, SSSIHMS, Whitefield.

SAI SANKALPA AND GRACE



"COUNSELING THE SAI WAY"

Umesh Rao and Gita Umesh, SSSIHM, Wfd.

2010 Mayo Spiritual Care Research Conference

Spirituality and Health Across the Life Span: Investigation and Application

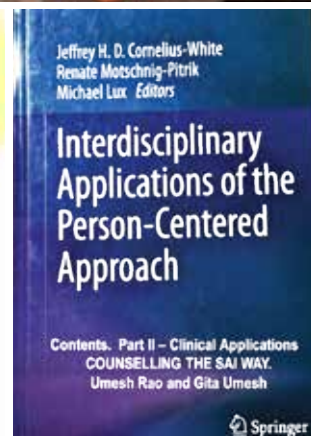
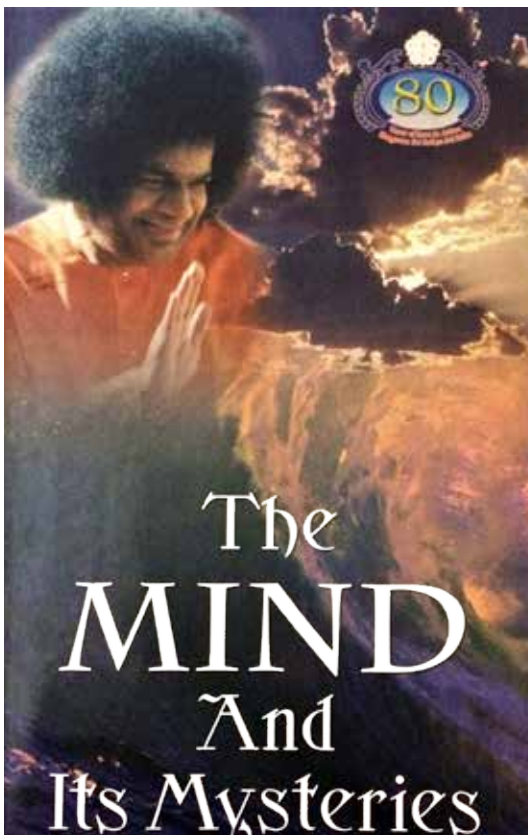


5 November 2010



2010 MAYO SPIRITUAL CARE RESEARCH CONFERENCE- Comments about the presentation from the session participants.

- Was very nice to have the depth of a different culture than we usually get and found their work very inspiring.
- Loved hearing about how spirituality is incorporated into patients' hospitalization.
- Extremely interesting. Truly, if the mind is at ease, the body can be.
- My favorite session. I also believe that the holistic approach to healing is far more effective than just the medical aspect. This seminar was especially helpful and enlightening.
- Good Material. It was interesting to learn about their SAI counseling.
- We can learn much from what they are doing at their hospital in India.
- Thank you! At last, the mind, body and spirit approach I believe in. I loved the comment they made, "Let's open our minds". PS I love Sai Baba!
- Very interesting philosophy, we need to do more health care like that!
- They were amazing, as is this facility and the teachings of Sai Baba.
- Great example of a refreshingly different model of spiritual care.



Layout design- Sailatha Bopanna Aiyappa

" 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, and He is omnipresent."
- Sathya Sai Baba.

