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# Sai Dharmam

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



What does it mean to be an organ donor? It means that you could save up to 8 lives and impact up to 75 others with tissue donation. Thousands of people in Ontario are waiting for a life-saving organ transplant and many others, like burn victims, can benefit from tissue donation.

Am I able to become an organ donor? You can become a donor regardless of your age or health. Organs that you can donate include heart, kidneys, liver, lungs, pancreas, small intestines, eyes, bone, skin, and heart valves. Becoming an organ donor is a personal choice, but most world religions support its followers donating organs. Although some faiths may not directly comment about organ donation, they do speak about the importance of saving/enhancing the lives of others and respect

individual choice on the decision to donate. In Hinduism, the philosophy of *Yagna*, giving to others, supports the concept of giving the gift of life through organ donation. For Islam, the Qur'an says "whoever saves a life of one person it would be as if they saved the life of all mankind." (5:32). Many international Islamic institutions have issued legal opinions (fatwas) regarding organ donation. The Jewish feel strongly about organ donation as it is written, "Anyone who is able to save a life, but fails to do so, violates this mitzvah [commandment]." (Maimonides 1135-1204).

What does Bhagavan say about organ donation? Although Bhagavan hasn't directly mentioned organ donation, he has spoken about seva regarding the human body while addressing the

topic of blood donation. He says, "This body is not mine; it is an instrument granted to me by God. The blood is not created by me; it is a liquid created by God. Therefore you have to ask yourself a subtle question, 'To whom are you giving this blood?'" What does this mean? Bhagavan is telling us that we should not be attached to the body. Since every individual is God, donating our organs or blood (given to us by God) to others is the same as "donating" to God. How do I become a donor or learn more about the donation process? Visit [BeADonor.ca](http://BeADonor.ca). To register - it only takes 2 minutes! You need to be at least 16 years old, have your health card number. ✨

# Devotee Speaks



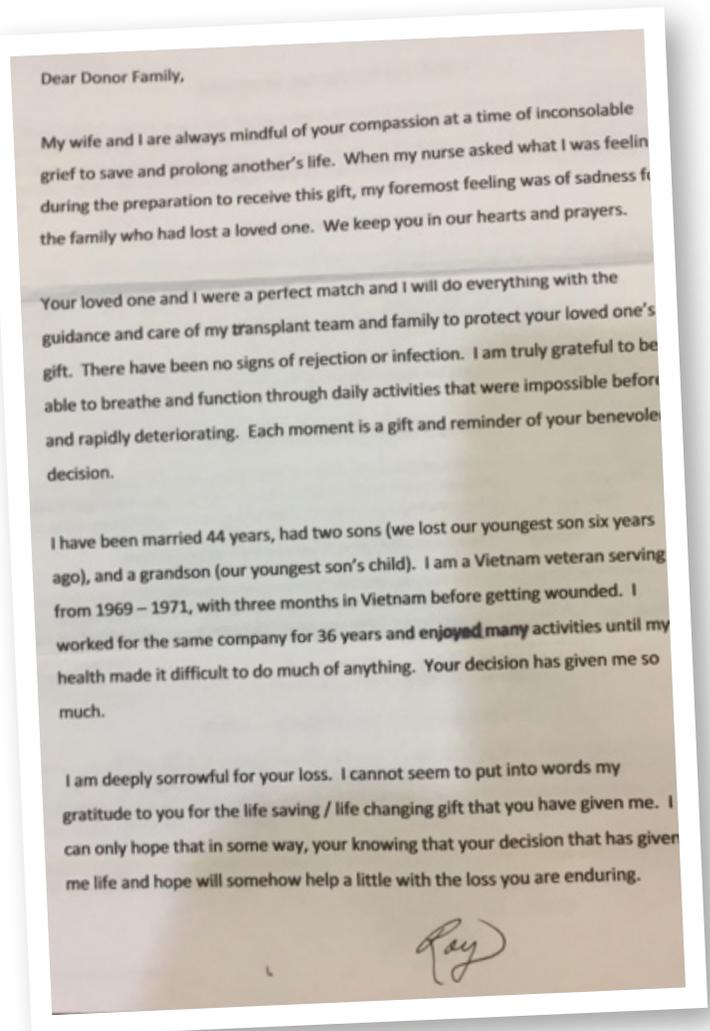
Being in the Sai-fold gives one a completely different perspective. It's different because it is usually two-sided. For instance, if one side of the coin is equanimity, the other is *service*. If one side of the coin is - "be a witness" - then the other side is surrender. If one side is non-attachment, the other side is doing your duty.

This principle applies to your physical body as well. Swami says not be attached – not to worldly objects nor your body. However, Swami also says to take care of your body as God resides in it. There is another reason to take care of your body – organ donation.

Here is an example of what it means. This life story is about my brother-in-law who was the first in my family to be called into the Sai fold by Swami. My brother-in-law devoted his whole life to Swami; and after his untimely death in 2015, we came to know he practically donated all his organs. We were speechless, there was not much to say after this note was sent to my sister-in-law from one his organ recipient:

Even in our saddest moments, there was light on the other side.

Jai Sai Ram.



# Father's Day



Bhagavan says, *Pitro Devo Bhava*, meaning revere your father as God. He says your parents are the source of your physical body and that fathers are the ones who help to nurture and mold the social and moral character of children. With this being said, it is important to worship and show love to your parents even before worshiping God.

On the third Sunday of every June, people around the world celebrate their fathers. Father's day started in 1910 as an initiative run by a daughter of a war veteran at a YMCA club in the state of Washington. Her father was a single dad and raised six children on his own. Since then, Father's Day grew into a celebration to honor all fathers, parental bonds, and the influence that fathers have on society.

On Sunday June 18th, children - show your love to your father, fathers - allow your children to love you and if physically your father is not with you, Swami says the love should remain the same. \*

# Stem Cell Donation



What is a stem cell? In a nutshell, it is a unique cell type that has the potential to become a more specialized cell. Embryonic stem cells (ESCs) are the most primitive type and are only found in the early stages of the developing baby: whereas a skin cell can only give rise to new skin cells. An ESC has the potential to become a skin, liver, or even a brain cell just to name a few. Similarly, adult stem cells can be found in several tissues but differ from ESCs in that they have a more defined growth pattern.

Recently, scientists have been able to alter and reverse the growth pattern of terminally differentiated cells (like skin cells) into an induced pluripotent (iPS) or “max potential” state. Due to their regenerative capacity, stem cells offer widespread potential in healthcare both in the clinical setting and in the laboratory. For example, cancer stem cells are used in drug screening and provide a model system for studying the development of cancer. Although the field is arguably at the front-line of basic science research, much remains unknown. What is known however, is its applicability in the context of organ donation. Organs are donated to replace damaged or dysfunctional tissue but in today’s society, the needs far outweigh the supply. Alternatively, stem cell donation provides the possibility of a renewable source of cells from which an adult-size organ may be developed. They may also be used in the replacement of injured tissue like those seen in diabetes, arthritis, and spinal cord injury. So how easy is it to become a stem cell donor? OneMatch Stem Cell and Marrow Network provides a very quick and simple online registration process. Currently, there is an increasing need for males and ethnically diverse individuals. ✳



# Blood Donation



“Donate Blood!” — this phrase has been repeatedly etched into our memory. We hear healthcare professionals, volunteers and those in need all seemingly shout these words at us with so much care. As a result, we cannot ignore the reality that these words have become a cliché and have perhaps, lost their crucial meaning. Just as

Swami says that mechanical repetition of the Lord’s name is time wasted, listening to people seemingly pester others for blood without understanding the importance of donation ourselves, is also time wasted. Therefore, let us start with what blood actually does in the body. Among the many complex functions blood serves in the body, let us focus in on one in particular.

Oxygen is food for every cell in our body. When we inhale oxygen rich air, it binds to a compound in our red blood cells called haemoglobin. Blood then travels to the heart and is then pumped to the rest of the body, which in turn soaks up the oxygen for survival. Moreover, as a waste by-product of this oxygen induced food mechanism (called cellular respiration), carbon dioxide is produced. Carbon dioxide is then picked up from the cells by red blood cells and is then expelled when we exhale. As one can see, blood plays the role of a pizza deliveryman who delivers the needed food (oxygen) to the cells and

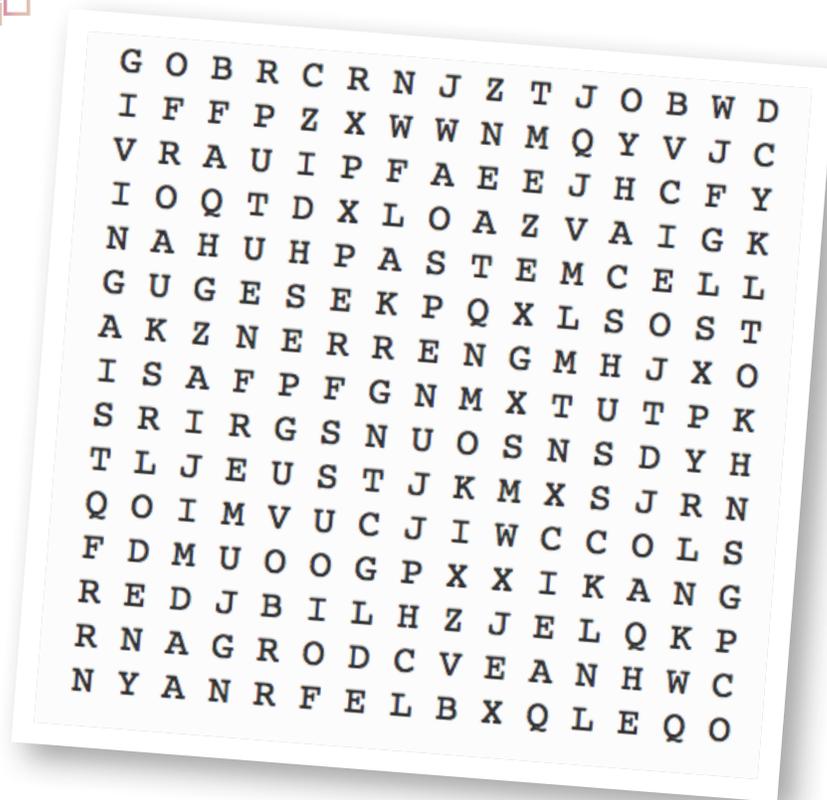
takes back the money to the pizza store. Without blood, our cells would starve. A cell devoid of oxygen is like a person being thrown into a locked room with no food for days. Those of us who have fasted before have a glimpse of the pain of starvation. The only difference is that we can bear fasting, our cells cannot. In due time, cells will die if no oxygen is presented to them. This may seem an extreme case scenario, but let me assure you, blood loss to the point of cell starvation is a common situation in the clinical setting. Hospitals and more specifically, patients, are in constant demand for blood in a low supply global situation.

Due to healthcare confidentiality laws, recipients of blood seldom meet their donors and vice versa. The following is a recipient’s success story in which the hospital arranged for the recipient to meet the donor. Hopefully, it will inspire you to donate at your nearest Canadian Blood Services centre.

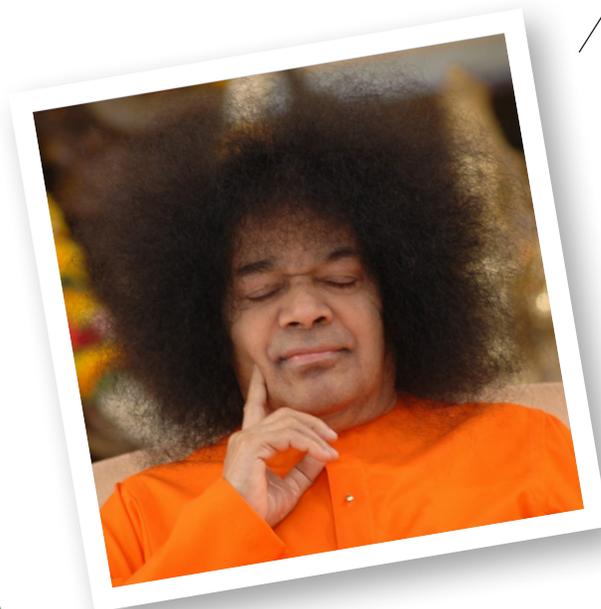
“Jennifer Caldron, is a young mother who nearly died from massive bleeding after giving birth to her premature son – a condition referred to as uterine *haemorrhaging* following a high-risk caesarean section. She lost five litres of blood (nearly her entire supply). Thanks to 24 units of blood donated by seven donors, her son now has the support of her mother for years to come. Upon meeting her donors, water poured from Jennifer’s eyes uncontrollably.”

Swami never asks for drops of milk to be poured on his idol. What pleases him is when we pour tears of joy from others onto his feet. Then and only then can we truly call ourselves devotees. ✳

# Games Corner



FATHER  
GIVING  
JUNE  
LIFE  
LOVE  
ORGAN  
STEMCELL  
SUMMER  
TRANSPLANT



## BHAJAN

Sai Hai Jeevan, Jeevan Sathya Sai  
Sai Mera Jeevan Sahaara  
Sai Hai Jeevan, Jeevan Sathya Sai  
Therey Bina Sai Sabh Hai Andhera  
Paara Karo Merey Jeevana Naiya  
Charana Lagalo Mujhey Sai Kanhaiya

Sai is the esence of life, life itself is Sai; Sai is the support and sustenance of my life; Without you, Sai, all is darkness; Guide the boat of my life across the ocean; Hold me at your feet, Sai Krishna.