



GKS MAGAZINE

September
2025

Sai Ram, dear friends,

September brings, among other things, an interview, wisdom from Osho & Devi Amma, and a warm initiative for the homeless.

Wishing you a beautiful start!

Love,
Kannaiah & Carla



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MONTHLY CALENDAR SEPTEMBER



- **Monday, September 1**

🕉️ Rudrābhiśekam – 07:30 PM

- **Monday, September 8**

🕉️ Rudrābhiśekam – 07:30 PM

- **Sunday, September 14**

🎵 Bhajans – 10:30 AM

🍲 Following: shared lunch

Bring something tasty to share

- **Monday, September 15**

🕉️ Rudrābhiśekam – 07:30 PM

- **Sunday, September 21 - International Day of Peace**

☮️ A day to touch peace within yourself and in the world

- **Monday, September 22**

🕉️ Rudrābhiśekam – 07:30 PM

- **Monday, September 29**

🕉️ Rudrābhiśekam – 19:30 PM



Getting to Know: formerly Lars Bleeker - GKS Netherlands

You may remember him from Monday evenings... Almost two years have passed since he left — literally and figuratively on a journey. He began in India, continued to Vietnam, but felt like a mere tourist. Only in Thailand, through a chance conversation with Xanne, did he find what he had been searching for: a true sense of home.

We recently spoke with Lars, who now has a new name, lives as a monk, and feels completely at home among the palm trees, silence, and 227 monastic precepts.

Interviewer: *What does your new name mean?*

Lars: *Cattāmalo — a Pali name meaning something like “one who has abandoned impurity” or “pure through letting go.” It reflects the path of renunciation, detachment from worldly desires, and striving for inner purity. It’s not just a name; it’s a guidepost.*

Interviewer: *And how did you end up there?*

Lars: *Totally by chance. I was talking to Xanne on Instagram; she was going to Thailand for a retreat, and I happened to be there too. That’s how I arrived, first with her. After a few weeks, she went back, and I decided to continue on my own.*

Interviewer: *Then came the big idea?*

Lars: *Exactly. I realized I needed to become a monk. So I did the ordination ceremony.*



Interviewer: *What does that involve?*

Lars: *It's a transition from lay life to monastic life. There are rituals, chants, and you receive precepts — 227 rules to live by.*

Interviewer: *And this wasn't planned, right?*

Lars: *Not at all. But I've learned to go with the flow. You have to jump into the deep sometimes.*

Interviewer: *And now, almost two years later?*

Lars: *Yes. My focus is meditation and studying ancient texts like Pali. The practice must come from within; there's no strict regimen.*

Interviewer: *What about the morning alms rounds?*

Lars: *That's when monks collect food from people. A beautiful ritual.*

Interviewer: *And what about your past struggles with addiction?*

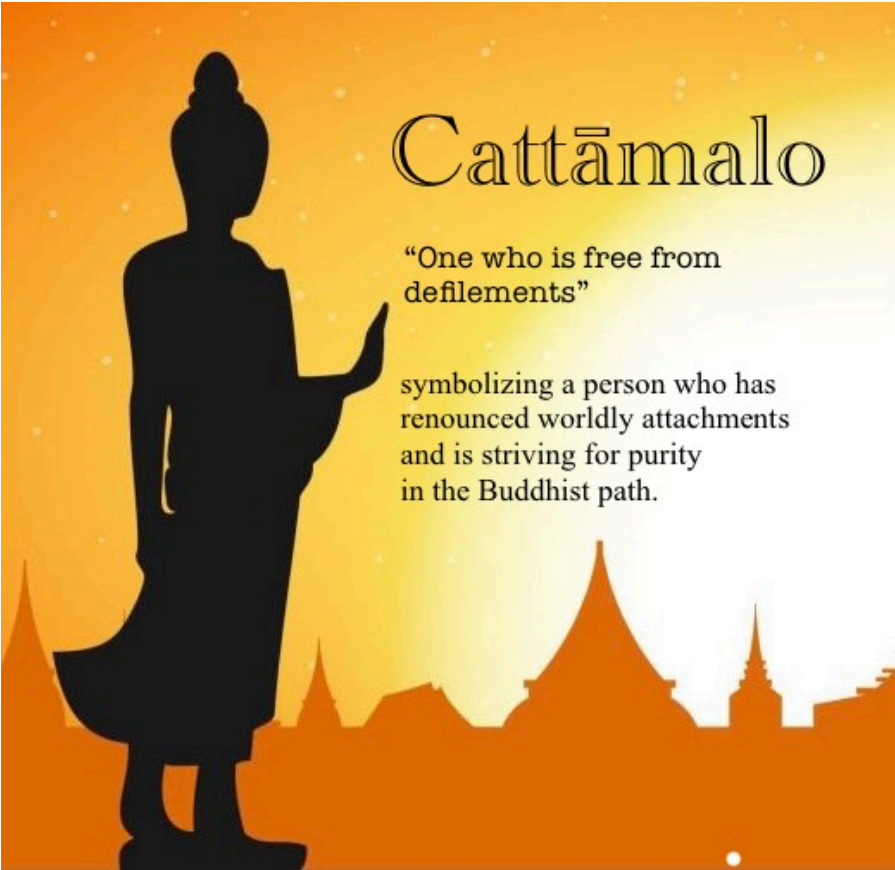
Lars: *Addiction was deep in my DNA. I chose to quit completely. Meditation, yoga, and connecting with others now give me the peace I once sought in substances.*

Interviewer: *How about men and women?*

Lars: *They are strictly separated at this monastery. It's not hard for me; it helps me focus deeper in meditation.*

Interviewer: *How do you see the future?*

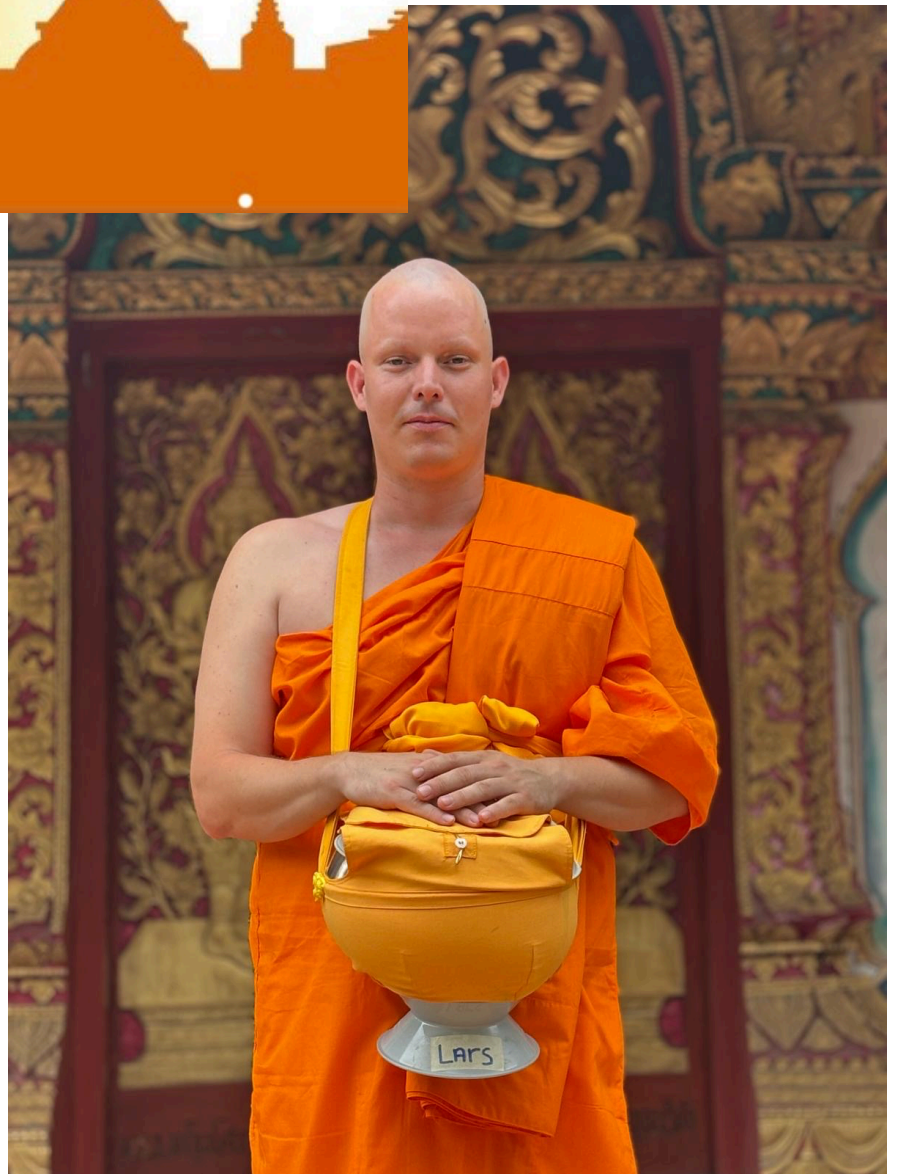
Lars: *I live day by day, in the present, trusting the path and the support around me.*



Cattāmalo

“One who is free from defilements”

symbolizing a person who has renounced worldly attachments and is striving for purity in the Buddhist path.







Would You Still Want Something? - Inspired By Mohanji

In a world that constantly calls, shakes, and scrolls, our inner self often overheats. So many images, sounds, opinions — all at once. Not only does our nervous system get tired, our mind rarely has time to digest.

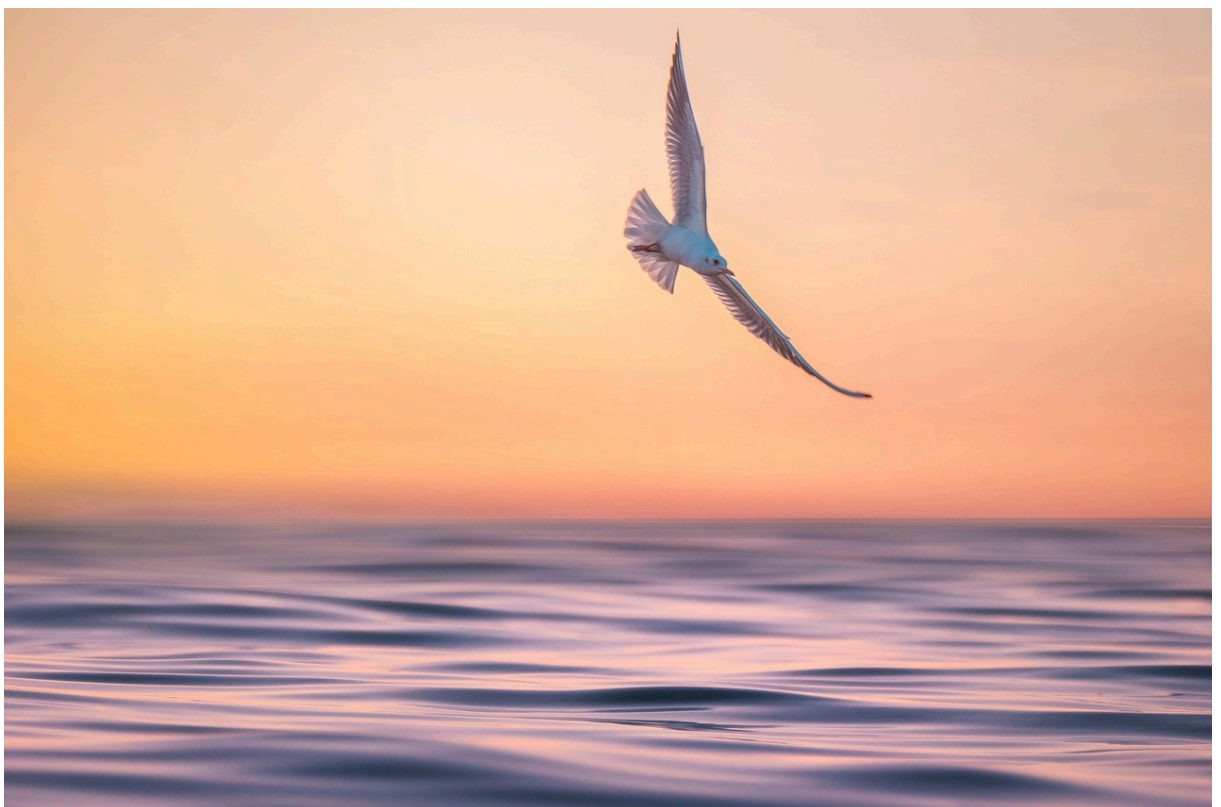
Yet there is a way back. A silent path. Not by fleeing into emptiness, but by choosing what is authentic, what nourishes you, what strengthens you from within.

It can be simple: a walk without screens, a task done with love, a silence you don't fill. Something that brings you closer to your center, to what you truly have to do.

Purpose emerges. Not a grand life goal, but direction. And with direction, comes calm.

As Mohanji says: *“Go within. Dig until you reach silence. That is where I am.”*

Imagine today is your last day. What would you let go of? What would you do? True freedom comes from surrender, from letting go of attachments and desires, from living in the world without spinning with it.





From the Heart of the Devotee - The True Devotee

Sometimes the deepest prayer is not in words, but in deeds.

A Story of Meenakshi:

Every Day she visits the temple, reciting Sri Sathya Sai Baba's name with devotion.

Across the street lived an old, weak man struggling to fetch water and cook.

Meenakshi thought: *"My duty is to pray. Baba will care for him."*

One day, a Sai devotee visited the village and spoke about Baba appearing in visions, emphasizing service. Meenakshi realized her prayers could take the form of action.

She brought water and food to the man. That night, she dreamed of Baba smiling:

"Today your prayer reached me - through your hands."

"Hands that serve are holier than lips that pray."



Messages from Devi Amma - Trust Your Heart

Devi Amma, spiritual guide and beloved “Mother” for many, continues to share blessings and wisdom with a gentle, natural grace. The following excerpts come from a recent interview, recorded by a devotee who visited her in Bengaluru.

What consistently stands out is the simplicity and softness with which Amma speaks. She frequently reminds us that Masters do not focus on the *monkey mind* — as she says with a smile — but on the heart. The mind makes noise, but the heart knows the way.

Here are some selected passages from the conversation:

On praying to God and feeling inadequate:

"Appa" (Gurudev) once said after a pūjā that everyone silently carried the same questions: 'Am I good enough? Am I living according to dharma? Does God love me? I love God, but... is it mutual?'

We perform so many pūjās, rituals, and fasts — yet doubts remain. Appa said: *We (the Masters) do not see the thoughts of people; we see the heart. Where love and trust exist, we are there.*

The mind belongs to the earthly life and naturally makes noise — that is its nature. Don't worry about it. Focus on your heart. Trust. We hear your prayers. *We are always with you.*

On connection with the Master:

"I once asked Appa: 'You have millions of devotees — do you hear my prayer?' He smiled: 'If you think I have millions of devotees, your inner peace will shatter. But when you pray, it's just you and me. No one in between. I am in your heart, outside you, inside you. I listen. The connection is direct, through love. Pure.'"

On following the inner Master:

"The outer guru leads you to the inner guru. One day, the physical form will disappear — that is inevitable. And then? Learn to listen inwardly now. If you have a question, sit with a photo of your Master. Close your eyes and feel. If the answer comes with calm, peace, and silence, it is the voice of your inner Master. If it brings unrest, do not follow that. The inner guru is always with you. Trust him, trust yourself. That is the same."

**On illness and identification:**

"When the body is sick, you are not sick. Let me repeat: you are not sick. Only the body carries something, processes something, and it may pass through you — as long as you don't cling to it. People say: 'I feel sick, I am so tired, I can't do this.' But that is not who you are. You are consciousness. Consciousness does not become ill. What you perceive is temporary discomfort, a movement in the body, nothing more. But when you identify with it, it becomes your problem. Then you say: 'I am sick.' And that is the beginning of suffering."

On love and world events:

"After the recent plane crash, the universal message was clear: live in love. Do not envy, do not judge, do not constantly correct others. Love yourself, love each other. That is all that truly matters. Whatever happens, do not lose faith. God is within you. Be gentle with yourself, bless yourself."

On not having a physical guru:

"Many people — especially women — do not have a living guru, but feel drawn to Ramana Maharshi or Arunachala. That is perfectly fine. If you have no one, take God as your guru. He is everywhere. Let go of all doubt. Whatever happens, God loves you. Period. Life may be difficult, ups and downs may come, but God never leaves your side."

In conclusion:

"My new book will be released soon. In it, I share many of my own experiences — difficulties, doubts, and how I was guided and comforted through them. We are all in the same boat. Read it, recognize yourself, and know: in your life, guidance is always present. Do not lose trust."

<https://gurulight.com/product/autobiography-of-a-siddha>

"My love and blessings to you all. You are in my heart. Always."





International Day of peace - September 21

The Peace Wall at the UN still stands proudly. Unfortunately, the real wall — the mental wall of distrust and weapons — has yet to be torn down. Peace begins the moment you decide to lay down your arms... including those in your mind.

A visitor captured this moment at the Peace Day Wall at the United Nations in New York. The colorful artwork serves as a silent mirror of our quiet hope: that peace starts within, yet does not end there.



Caption: A visitor photographing the Peace Day Wall: art as silent protest and quiet hope.



One Foot in the Clouds... / God is in the Coffee Room

I had forgotten: the coffee room needed cleaning.

Not just any chore, but something that always calls for attention at the temple. After Monday gatherings, there's always dust, coffee stains, or surfaces that need wiping — not for show, but because the space deserves care.

Ten minutes later, I found myself working with my hands in motion. Not in a lotus posture, but with a broom and cloth.

And you know what? God was there. Between the coffee stains and dust. In the rhythmic sweeping. In the sudden calm in my mind. Like a whisper: *"You are exactly where you need to be."*

What if enlightenment isn't a levitating moment, but a coffee room suddenly sparkling clean? What if silence isn't sought, but happens — while emptying a trash bin? Sometimes, the path to the higher is strewn with crumbs and coffee stains.

😊An-Passant





Spiritual Toiling

Stuck in meetings, deadlines, endless emails? Good news: according to Matt Gottesman, you are becoming enlightened. Work is your spiritual practice. Even when it feels like karmic repayment.

- Work is not separate from your spiritual path — it *is* your path.
- Every creative act is a leap of faith.
- Deep concentration is meditation in motion.
- Helping others fulfills your soul's purpose.
- Every decision requires inner trust.
- Attention to small details becomes devotion.
- Solving problems may answer someone's prayer.
- True innovation comes from inspiration within.
- Building a company is building faith in something greater.
- Mastery of work is mastery of self.

~ Matt Gottesman (free translation)





A Joyful Reunion with Murali (Lennart)

August 11, 2025

To my great surprise, during Rudrābhiśekam, a familiar, fully matured voice joined the chanting. After two years, Pandit Murali returned from MCB Slovenia with his partner Nikolina.

In my talk just before chanting, I spoke about “coming home” — the feeling of being at home, ultimately arriving at your true self — a perfectly fitting message, without knowing Murali himself would “come home.”

A joyful reunion.

Kannaiah, Jai Sai Ram





Osho on Selfishness

In this talk, Osho speaks about the importance of true self-knowledge, inviting students to first be “selfish.” Not to become egotistical, but to reach genuine love and selflessness.

Osho:

"I teach you to be selfish. Unless you are truly selfish, you can never become selfless. Only someone who knows themselves can transcend themselves."

A person who has not yet known their own essence — how could they be selfless? Without self-knowledge, selflessness is merely a learned act, a mask. Inside, the person remains focused on themselves. If selflessness is only imitated, an inner gap arises. One says one thing, does another — living two lives, neither real.

"When I say 'Be selfish,' I mean: Be yourself. Be authentic."

Then, naturally, selflessness appears — like a shadow or a fragrance.

The Bible says: *"Love your neighbor as yourself."*

But who is your neighbor? Your own being is your closest proximity. If you do not love yourself, how can you truly love another?

People try to love others without ever meeting themselves. That's like trying to pour water from an empty source. First, fill yourself — then you overflow naturally.

True love arises only in those who know themselves. Someone who hates or suppresses themselves cannot love genuinely. They may imitate love, but it never truly blooms. Their love uses others to escape themselves.

A person who loves themselves needs no other to be complete. Only then can they truly love — freely, without attachment, without fear.

Self-love is the beginning of revolution. Not of the ego, but of the heart.





When Young People Fall Silent - A Quiet Observation

Increasingly, we see young people who do not seem to move forward. They withdraw, stay at home, sink into lethargy, or show early signs of burnout. Not because they don't want to, but because there is *too much* — too much expectation, too much input — leaving them unsure where to start.

The world is loud, full of choices, stimuli, images, expectations. Rarely slow, rarely quiet. Young people, with sensitive antennas and open nervous systems, often feel overloaded.

Some fall silent. Others disappear — sometimes literally, sometimes inwardly. They feel lost in a world of endless possibilities that rarely feel meaningful.

Yet there is another perspective. Spiritual traditions recognize that young people sometimes withdraw in search of truth. Siddhartha left his palace. Ramana Maharshi and Sri M left home. Their retreat began as shock but later was seen as grace.

Perhaps more souls feel that call today — but live in a world that barely allows them to hear it.

Our response? Be present. Don't take over. Don't force. Keep the light on. Leave the door open. Listen to what is unspoken. Perhaps it is in this quiet center that something new wants to emerge. Something that does not fit the mold of "success," but does fit the flow of the heart.

~ *An-Passant*

"The tree does not grow by pulling on the branches, but by silence around the roots."

– Unknown



What if You Lose Your Home Tomorrow? - Homelessness Can happen to Anyone

Being Seen:

On August 2, volunteers from the Mohanji Youth Club prepared food with love for homeless people. For Sjacco, it meant more than a warm meal. *"I felt truly seen. Not as 'the homeless,' but as a human being."* It's easier than you think to lose your home. Just ask Sjacco. Ten years of sleeping in tents, under bridges, on benches.

"You can fall in a second, but it can take ten years to rise again. I rented privately and had a few cannabis plants. That was my own stupid mistake. I never thought I would lose my home for it."

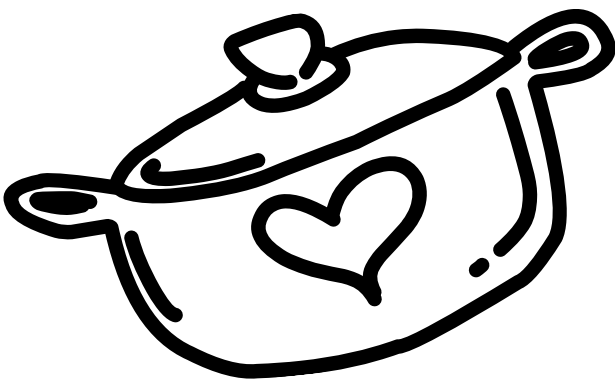
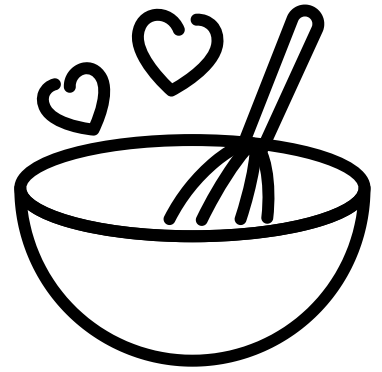
First night outside:

"I tried to sleep on a bench in Heiloo Forest. It was so cold. I shivered with two hats over my head. In the morning, someone walked by with their dog and immediately called the police."

Thus began a wandering life between Heiloo, Limmen, and Alkmaar — in tents or with temporary fishing permits. He kept his camp tidy, but complaints meant the police would move him. Even at -15°C, he was sent away.

Stigma:

People often imagine the homeless as someone who has lost control of Mohanji often says: *Adding value to humanity can start simply — with listening, watching without judgment, and sharing a meal.*





Medical camps in India

As part of the 100th Birthday Celebration of Bhagwan Sri Sathya Sai Baba and with divine blessings from our beloved Guru, Sri Prabuddhananda Saraswathi, the 75th Medical Camp (eye and dental care) was successfully held at Sri Sai Mandir, Girinagar on July 26, 2025.

- **Camp No.:** 75
- **Total patients:** 115
- **Eye Camp:** 103 patients, 19 surgeries, 26 glasses, 58 general check-ups
- **Dental Camp:** 12 patients
-

Thanks to all doctors and volunteers who made this camp a success!





Scan the QR code to see a short video of the Medical Camps.





"No matter how much you collect in life, no moving truck comes with you at the end. It's time to move from collecting to truly enriching life."

~ Sadhguru

MAANDBLAD

Kent u iemand die geïnteresseerd is en het maandblad nog niet ontvangt, laat het ons dan even weten!

KOPIJ VOOR DE HET MAANDBLAD

Inleveren als (Word) bijlage naar:
info@gks-holland.nl voor de 23ste van de maand.

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Opmaak: Natascha Chandansingh
Eindredactie: Kannaiah & Carla



LOCATIE SRI SAI MANDIRAM
(SAI TEMPEL)

Van Velzenstraat 49A, 1693 CV Wervershoof
(Onderdijk)
Bas (Kannaiah) van Velzen 0228 855128
info@gks-holland.nl
www.gks-holland.com
www.srisomasaiskandaashram.org

BESTUUR STICHTING SRI SAI
MANDIRAM

Bas van Velzen (Voorzitter) - info@gks-holland.nl
Natascha Chandansingh (Secretaris) - nchandansingh@gmail.com
Kirupa Ratnam (Penningmeester) - kirupatamil@hotmail.com
Joram van Velzen - joram199871@gmail.com
Marianne Spruit - f.spruit7@upcmail.nl