

SATHYA SAI SPEAKS

VOLUME - 39

**Discourses of
BHAGAWAN SRI SATHYA SAI BABA
(DELIVERED DURING 2006)**



PRASANTHI NILAYAM

**SRI SATHYA SAI BOOKS & PUBLICATIONS
TRUST,**

Prasanthi Nilayam-515 134,
Anantapur District, Andhra Pradesh - India.

STD: 08555 ISD: 0091-8555

Phone: 287375 Fax: 287236

**Sri Sathya Sai Books & Publications Trust,
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International Standard Book No. 978-81-7208-505-6

978-81-7208-528-5 (Set)

First Edition :

Published by :

The Convener,

Sri Sathya Sai Books & Publications Trust,

Prasanthi Nilayam, India - Pincode 515 134

STD: 08555 ISD: 0091-8555

Telephone: 287375 Fax: 287236

Email: enquiry@sssbpt.org

Printed at:

Omkar Offset Printers,

No. 3/4, I Main,

New Tharagupet, Bangalore-2

Ph : 26708186, 26709029

Publisher's Note

The various festivals that punctuate the Indian calendar in a year invariably bring with them refreshing showers of Wisdom in the form of Discourses from the Divine. This invaluable gift of grace unfailingly reaches millions all over the world, soothing the drooping hearts and rejuvenating the palsied nerves of the listeners and readers alike.

The present compilation of 19 such discourses delivered during the year 2006 which constitute the 39th volume of 'Sathya Sai Speaks' is yet another instalment of His benediction. Moral reconstruction of human society being the avowed mission of the *Avatar*, these discourses richly contribute to a strong ethical fabric of human society. Though some of them are couched in a language for the younger generation, they are bound to impact the manners and habits of the grownups as well.

This compilation does not include the ten discourses delivered during *Ati Rudra Maha Yajna* in August 2006, as they have been clubbed together and published as a separate book.

The Book Trust hopes that the readers will receive this volume with the same warmth and delight with which the earlier ones were received.

With *pranams* at the Lotus Feet,

Convener,
Sri Sathya Sai Books & Publications Trust,
Prasanthi Nilayam.

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1

Discharge Your Duties With A Sense Of Surrender To God

God is love and love is God. True spiritual discipline lies in developing love to love relationship. Dear children! Hold on to this principle of love and demonstrate the ideal of unity.

(Telugu poem)

Dear Students! Boy And Girls!

IT is said *Daivam manusha rupena* (God incarnates in the form of human being). That is why human birth is considered to be highly sacred. God incarnates in human form to redeem mankind. Do

not be under the mistaken notion that God is confined to a specific form. Divinity is not a separate entity. It is immanent in humanity. The human form is a conglomeration of five elements, namely, earth, water, fire, air and ether. The divine power which makes the five elements function is referred to as the *atma*. What is the form of *atma*? Many people often ask this question. In fact, it transcends name and form.

Distinction Between Education And Educare

Merely having a human form does not make one a human being; it is the conduct and behaviour that matter. In the same manner, mere acquisition of bookish knowledge does not make one truly educated. Such worldly education is negative in nature. One must make a distinction between education and educare. Whereas education is information-oriented, educare is transformation-oriented. Education is limited to physical and mental levels. Just as the rivers like Krishna and Godavari have their source in the ocean, education has its roots in educare. Physical and worldly knowledge corresponds to education. Educare is related to our inner feelings and purity of heart. Our *mata*, *pata* and *bata* (speech, song and way of life) should originate from the heart. That is the essence of educare. Even if you acquire a number of degrees, if you lack purity of heart, you cannot be called truly educated. Nowadays

very few make efforts to understand what education is. Only those endowed with practical knowledge and wisdom will be able to understand and appreciate the concept of education. Others will be deluded by high academic degrees. They are interested only in acquiring bookish knowledge and disseminating the same. Such vain pursuits will not entitle them to be called really educated. It is common now-a-days for students to acquire various academic degrees such as B.A., M.A., C.A., Ph.D., etc. However, those who understand the real purpose of education and its inner significance are rare. Once you understand the purpose of education and act accordingly, your life will be redeemed. You should not entirely depend on what your teachers teach in the classroom. You have to understand the nature of your body, mind, senses and intellect to be able to realise your inner self.

Every individual has three attributes, namely, *satwa*, *rajas* and *tamas*. They represent the Trinity of Brahma, Vishnu and Maheshwara. *Satwa* guna corresponds to the inner purity. *Rajo guna* is reflected in our actions. However, the fundamental truth is that *atma* has complete control over all the senses and functioning of the human body. You perform various tasks. You participate in sports and games. All these represent *rajo guna*. These days people teach *parartha* (spiritual values) without giving up *swartha* (selfishness). This is a grave error. You should give

up *swartha* in the first instance and consider *parartha* as the basis of all your endeavours. Develop faith in God. God is the *adhara* (support) and everything else is *adheya* (supported). Divinity is one. The *Veda* has therefore declared: *Ekoham bahusyam* (the One willed to become many). The names and forms may vary, but the inherent divine principle is one and the same. For example, this hall is decorated with a number of bulbs. But the electric current that flows through them is the same. Similarly, sweets may be many, but the essential ingredient in them, that is sugar which imparts the sweetness is the same. Often times, we merely go by the names and forms, forgetting the reality.

Everything Originated From The *Atma*

A human being should essentially have three qualities—*nischalathwa*, *nirmalathwa* and *nirmohathwa* (steadiness, purity and detachment). One who has these three qualities is verily God Himself. You do not need to enquire from others whether you are good or otherwise. Your conscience is the judge. You should think of God always. There have been many divine incarnations in the past, but the inherent divine principle in all of them is one and the same. Just as sugar assumes the form of a variety of sweets, divinity incarnates in various forms. People worship God, sing

His glory thinking that He is present in some distant place. In fact, the *panchabhutas* (the five elements) are the very manifestations of God. Your heart is the temple of God. Hence, fill your heart with love. One bereft of love cannot be called a human being. Consider the five elements as divine and put them to proper use.

Who has given you life? What is the source from which it has manifested? Have you acquired it by some spiritual practice? No! God gives you life and He is the one, who sustains it. He is present in every living being in the form of *atma*. Everything has originated from the *atma*. Students study a number of textbooks and acquire high academic qualifications. What is the source of all their knowledge and learning? It is nothing but divinity. But, man due to his delusion is unable to realise this truth. First and foremost, develop firm faith that God exists. When He incarnates in the human form, He conducts Himself like a human being. Only then can man understand divinity and the sacredness of human birth.

Educare is related to *bhava* (feeling), whereas education is related to *bahya* (external). The education you acquire should be beneficial to society. You should utilise your knowledge and intelligence for the benefit of society. Keep your emotions under check. Do not fret and fume like Durvasa who had no control over

his temper. Only the one who has complete control over himself is a true human being.

The *atma* represents the oneness of all beings. Ultimately, everything merges in the *atma*.

Religions are many but goal is one.

Clothes are many but yarn is one.

Jewels are many but gold is one.

Cows are many but milk is one.

(Telugu poem)

Unfortunately, today instead of visualising unity in diversity, man sees diversity in unity. That is the cause of all his suffering. The principle of *atma* is the basis of all creation. You may forget anything but not the *atma*. The five elements that are immanent in you are nothing but the manifestations of *atma*. Merely rotating the beads of a rosary does not constitute *japa*. One should transcend the worldly and physical plane of existence. That is true *japa*. One who realises the source of his being is truly human. You may study Bhagavad Gita and learn all the *slokas* by heart. But that does not make you a scholar. It is enough if you are able to put at least one *sloka* into practice. With the help of letters of the alphabet a,b,c,d ... any number of books can be written. Hence, the letters in the alphabet form the basis for any book, be it

Ramayana, Mahabharata or Bhagavata. Likewise, the *atma* is the basis for everything. Once you understand the principle of *atma*, you would have understood everything else. It is only to impart such knowledge that we have established educational institutions. In our schools and colleges, character, virtues and conduct are given utmost priority. One should have the desire to tread the right path in life and attain God. One should accept everything as the Will of God. When you develop purity of heart, you will be successful in all your endeavours.

In the name of meditation, people sit cross-legged and with closed eyes. How can such practices lead you to Divinity? When you close your eyes, you cannot see even the person standing in front of you, leave alone seeing God. In fact, God is present in you. A true *vyakti* (individual) is one who manifests the *avyakta* (latent) divinity. If you understand the principle of *atma* and make sincere efforts, you can certainly experience *atmasakshatkara* (realisation of the Divine). You may do *japa* or *tapa*, but if you lack purity of heart, all your spiritual practices will prove futile. Whatever may be the practice you undertake, you should always focus your mind on the *atma* only.

Strive To Attain The State Of ‘Die’ Mind

Manishi (man) is one who is endowed with *manas*

(mind). *Manishi* is also known as *manava*. What is the inner meaning of this term? ‘*Ma*’ means *maya* (ignorance), ‘*na*’ means *nasthi* (without) and ‘*va*’ means *varthinchuta* (to conduct oneself). A human being is one who overcomes *maya* and conducts himself without ignorance. Education is meant to help you overcome delusion. One who transcends the mind is a *Paramahamsa* (a realised soul). We are not simply *manavas* (mere mortals). We are verily the embodiments of *Madhava* (immortal divine principle). We should have faith in God and face the challenges of life with courage and valour. Only then do we deserve to be called a human being. The mind is meant to contemplate on God. One who knows the value of a diamond will preserve it safely and make proper use of it. Likewise, the one who realises the power of mind will not let it go astray. One should strive to attain the state of ‘*die*’ mind (annihilation of the mind). It is possible only by contemplating on God incessantly. It is said, *Mano mulam idam jagat* (mind is the basis for the entire world). If you do not control your mind and get carried away by its vagaries, what will be your fate? It is only through *mano nashana* (annihilation of the mind) can one become a *Paramahamsa*. Never follow the mind. The mind by nature is highly sacred, but due to the impact of modern education it has become unsteady like a

monkey. What is the use of going through voluminous books without understanding the nature of the mind? When you learn the alphabet from A to Z, you should also learn the meaning of words. What is the use of reading words without understanding their meaning? Here, students learn the *Vedas*. It is said, *Anantho vai Vedah* (the *Vedas* are infinite). They are endowed with infinite power.

Have Unflinching Faith In God

When you read the Bhagavad Gita, you should make efforts to understand its teachings and put them into practice. Otherwise, there is little meaning in going through the Bhagavad Gita or giving lectures on it. No benefit accrues from merely repeating the *slokas* like a parrot without understanding them. The *Vedas* have been handed down from generation to generation by noble souls. They contain the eternal truths. But, in the name of modern education, people are neglecting them. One may like it or not, but the study of the *Vedas* is very essential for one and all. It is not enough if you merely read the *Vedas*, you should also understand the teachings contained therein. Man has forgotten his true Self. He is trying to acquire education without knowing his own reality. As a result, he reposes faith in everything else except God. You should never forget the fundamental principle, namely, divinity.

Dear Students!

You are able to understand and acquire worldly and secular knowledge. But it is not easy for all to understand the inner reality. The names and forms of individuals may appear to be different, but essentially all are one. The innate reality is *adhara* and the external names and forms are only *adheyas*. Knowing the adheya without understanding the *adhara* will serve no purpose. Even while dealing with physical matters we should have spiritual outlook. Hence, develop faith in God in the first instance. Anything can be achieved with unflinching faith in God. Discharge your duties with a sense of surrender to God. That is the essence of true education. Education does not mean mere acquisition of bookish knowledge. True education is beyond bookish knowledge.

Students! Embodiments Of Love!

First of all, you have to realise that divinity is present everywhere. Let all your actions be pleasing to God. You have come from God and are living in God. All your actions should therefore be dedicated to God. When you follow such a sacred path, you will ultimately merge in God. God is *bhavapriya* (lover of inner feelings) not *bahyapriya* (lover of external form). He sees the feeling behind your actions. The

world is interested in *bahyam* (outward show), but God is interested in your *bhavam* (feeling). Hence, purify your feelings in the first instance.

You ask others, “Who are you?” But have you ever enquired into yourself, “Who am I?” True education lies in knowing the answer for this question. What is the use of knowing about others if you don’t know your own reality? That is not true education at all! A true spiritual aspirant is one who understands and experiences the principle of oneness. You say, “She is my mother”, “He is my father”, so on and so forth. Such physical relationship is related to the mind. If you take the physical relationship to be real, you will never understand the truth. You say, “I am Ramaiah.” It is the name given to the body. But you are not the body. You should say with firm conviction, “I am I.” However, when you call yourself Ramaiah, you should act according to your name. Once you understand your reality, you will experience everlasting bliss. Many students have gathered here. But not all are studying the same subject. You are pursuing various courses such B.A., M.A., M.Sc., etc. You should understand the purpose of education. Nowadays several students aspire to go abroad after completing their studies. They forget the very purpose of education, and are enamoured by worldly attractions.

One should have single-minded devotion towards God. Your faith should be total and unconditional. If your faith is unsteady with ‘bumps and jumps’, you will be confused and will become restless. Keep your desires under control. Limitless desires will take you away from divinity. Annihilation of desires will lead you to the principle of unity. You should develop virtues and lead a good life. Understand the purpose of education and act accordingly. Only then will your birth as a human being be meaningful. One electric bulb can provide illumination to many. Likewise, a heart filled with love can illumine many lives. The educated people should not look down upon the uneducated. If they are truly educated, they will treat everyone equally and develop unity. Where there is unity, there is purity. When we have purity, we can experience divinity. Love is the basis for unity. Devoid of love differences are bound to crop up.

Students !

Having joined our institution if you merely acquire degrees without developing virtues, we will not be happy. You should develop purity within and purity outside. Only then can you earn a good name in society. People will praise you saying, “So and so is a good boy, he minds his own business and does not involve himself in unnecessary activities.” Such

good persons can bring about transformation in society. Being students, you should follow the code of conduct prescribed for the state of *Brahmacharya*. On the contrary, if you succumb to the vagaries of the mind and move about without any restraint, people will call you a rowdy. When you are good in thought, word and deed, everyone will talk high of you.

You Are Not Different From God

Embodiments Of Love!

There is love in one and all. There is none bereft of love in this world. Develop love. Let people speak what they want. Do not be perturbed by criticism. If someone criticises you loudly, it goes into thin air, if he criticises within, he will only be the one who will be affected by it. In this manner, you should neither be elated by praise nor depressed by criticism. If you want to attain God, there should be harmony in your thoughts, words and deeds. It is said, *Manasyekam vachasyekam, karmanyekam mahatmanam, manasyanyath vachasyanyath, karmanyanyath duratmanam*. (Those whose thoughts, words and deeds are in perfect harmony are noble ones; those who lack harmony of these are wicked.) It is not enough if you have good command over language and speak eloquently about Divinity. You

should also put into practice what you speak and experience divinity. You may be able to attract people with powerful speech, but what is the use if you do not translate your words into action.

When Jesus was born, three Arabian kings came to see the child. Seeing the divine effulgence of the child, the first king exclaimed, "He is the messenger of God." The second king said, "He is the son of God." The third king proclaimed, "He is verily God Himself." All the three statements are true. Never think that you are different from God. You should transcend duality and understand oneness with divinity. Whatever may happen, do not deviate from the path of oneness. You should have unwavering faith. Install these teachings firmly in your heart and put them into practice in your daily life. Even after you go back to your room, ruminate over what is being taught here.

With prayer to God, you can achieve anything in life. I want you to pray. I want you to stand united like brothers and sisters and earn a good name. Only then will the purpose of establishing colleges here be fulfilled. I am always with you, in you, above you, around you. Make efforts to instill such faith and devotion in your fellow human beings. That will make Me very happy.

Today is *Sankranti*, which marks the commencement of *Uttarayana*, the auspicious and sacred time. At least from today onwards, develop noble feelings. Follow the sacred path. Then your future will certainly be safe and secure. I hope I am not causing inconvenience to you by speaking at length. When I see all of you, My heart overflows with *ananda* (bliss). Happiness lies in union with God. Hence contemplate on God incessantly. Never give scope for anxiety or worry, thinking “examinations are approaching. How am I going to face them? Will I pass in the examinations?” Do not give scope for despair and despondency with such negative attitude. Have faith in God. Do your duty and face any situation with courage. Then, the result is bound to be good. Love is everything. Love is God. Live in love.

Makara Sankranti, 14-1-2006, Prasanthi Nilayam

Realise God through intense Love

The only easy and sure means for ordinary people to realise God, without regard to their caste, nationality, sex or any other qualification, and without their having to practise various austerities and penances, is intense devotion and love for God. The Gopikas experienced the continuous presense of God within and without. They showed that such sublime love was possible for ordinary persons with little knowledge of the scriptures or spiritual disciplines. They demonstrated the inextricable link between the Divine and the individual.

- Baba

2

Control Of Senses Is The Real *Sadhana*

Embodiments Of Love !

MY blessings to you all. I am happy that you all have studied here right from the Primary School stage up to the 12th standard and obtained good marks and earned good name for yourselves. With good character up to the Primary School stage. But after you left the Primary School you yourself can imagine what change has come about in you. As long as you were in the Primary School, you had developed many good qualities like love, compassion, kindness and joy. You were all moving like brothers

with mutual love and affection. Your speech, your play, your songs were all full of sweetness. But, the moment you joined the Higher Secondary School, the quality of purity in your thoughts, words and deeds deteriorated. I am not saying that all the boys who took to wrong ways and are spoiling their mind. You can judge for yourself how pure is your mind. Humanness consists of five components - the gross body, mind, intellect, consciousness and the senses. If a human being is to attain liberation, he has to cleanse his mind first. It is a serious mistake to desire for that which does not belong to him. Whenever the mind desires for something, one has to enquire first whether that particular object belongs to him or someone else. When you know for sure that it belongs to someone else, you must be careful to divert your mind from that object. The mind has to be kept absolutely pure and sacred. One should not taint the mind with the impurities of conflict and agitation. You all have to develop such kind of *jnana*, right from this early age. Unfortunately, today you are all spoiling your life by cultivating desires for all and sundry things. This is all madness and delusion. Whatever you do, you must do it with a sense of dedication and surrender to God. All the work you undertake must be carried out with this spirit. *Sarva karma Bhagavad prityartham* (all actions must be done to please God). In fact, what you think

to be yours is not yours. First and foremost enquire into yourself, “Who am I?” The entire universe, right from the microcosm to the macrocosm, is permeated by Divinity. Sugar, sand, an ant, a mosquito or an elephant - all are embodiments of Divinity. God is assuming all these forms like different characters in a drama. There is nothing in this universe which is not permeated by God. Everything in this universe is God. Everything in this universe is God. The entire creation is an embodiment of Divinity. In fact, He dons all the characters in this cosmic drama. All dialogues and songs are His only, Yet, the characters He dons appear to be different. Hence, whatever we say-everything is God. One has to realise this truth and conduct himself accordingly.

Cultivate Faith In The Unity Of Divinity

Unfortunately, today some people take to wrong ways due to the effect of bad qualities, bad practices, bad thoughts and bad looks. Whomever you come across, treat them as embodiments of Divinity. Whatever you say, it must reflect Divinity. When you conduct yourself in such a manner, that itself is *mukti* (liberation). One has to cleanse his five sense. One should conduct himself in such a manner that neither he hurts others nor is hurt by others. The words you make use of must be sacred. You should not covet

others' property or develop a desire for it. One has to cultivate faith in the unity of Divinity, Some boys are not able to develop such universal outlook. They are languishing in a feeling of separateness. They distinguish between people as "mine" and "thine". The ancient history of India is replete with instances of the ill-effects of such divisive tendencies.

You all know about the history of Kauravas and Pandavas in the great epic Mahabharata. The Kauravas were one hundred in number and were the sons of King Dhritarashtra. The Pandavas were five in number. They were the sons of Pandu, the younger brother of King Dhritarashtra. There ensued a fierce battle between the Kauravas and the Pandavas. But, who was at fault in this battle? In fact, Dhritarashtra and Pandu, both were the sons of the same father. They were brothers. Their kingdom was one. But, their thoughts and aspirations were different. A malicious desire for annexing the entire kingdom for themselves on the part of the Kauravas resulted in evil thoughts and divisive tendencies. Similarly, in the Ramayana there were two brothers -Vali and Sugriva. They were also brothers born of the same father. But, some unfortunate and selfish interests on their part resulted in a fierce battle between the brothers. While Vali the valiant king was enjoying regal comforts in the city of Kishkindha, his younger brother Sugriva had to languish in the

hills and forests.

There is no use doing *japa* and *tapa* for months and years without giving up divisive tendencies. Such *tapas* converts itself into mere *tamas*. Several people give up their *sadhana* in the middle with a sense of frustration and despair, thinking that God is not merciful enough to reveal Himself before them in spite of doing *japa* for long years. If you wish to have the vision of God, first and foremost you must develop a sense of oneness with God. In fact, your own mind is an embodiment of Divinity. People often question, “Where is God?” “Who is God?, etc.” I would say, “Your mind is God.” It is said, *Mana eva manushyanam karanam bandhamokshayo* (mind is the cause for bondage as well as liberation of man). Both bondage and liberation occur due to the mind only. Hence, mind is God. Similarly, the intellect is God, so also the *chittha* (consciousness). It is a common sight to see people praising a person of sharp intellect as an intellectual. But, God alone is the true intellectual. We have to dedicate our *chittha* to God. Once a great devotee sang, “Oh! God! Let me offer my worship to You with *chittha suddhi*” (Purity of consciousness). Hence, you should all pray to God with purity of consciousness.

Just as the mind, intellect and *chittha* are the embodiments of Divinity, so also the senses.

Hence, one should not taint one's senses with the *arishadvargas* (the six inner enemies of lust, anger, greed, delusion, pride and jealousy). *Kama* signifies the desires, which you can divert towards God and pray that you want only God and none else. You love God alone. Such love only will be sanctified. To love people on the basis of their name and form cannot be termed as real love. That is only worldly love. When you love God, everything will be added unto you. All your desires must be God-oriented. Every desire of yours must be to please God. Suppose you love someone, do not treat him as a mere mortal. On the other hand, you must be able to visualise the divinity in him.

There is no object other than the *panchabhuthas* (the five elements of air, water, earth, fire and ether) in this universe. You will not find a sixth element, however much you may try and explore. For example, this is a hand consisting of five fingers. There is no sixth finger. In case someone has a sixth finger, he will be taken to the doctor for removing it by surgery. Similarly, we all have five senses. What is *mukti* (liberation)? Liberation is control of the senses. Unless one controls his senses, liberation is not possible. It is foolish to think that God is somewhere in a distant place. Strictly speaking, who is God? The

panchabhuthas are embodiments of Divinity.

Strive To Achieve Sense Control

If is only the senses that bring us good or bad. Hence, controlling the senses should be our top priority. You often express your inability thinking “*Swami !* is it possible for us?” I am emphatically saying that it is possible, provided you make an effort with firm determination. When you are able to please God and obtain His grace, sense control is not a big task for you. The senses are very trivial things. Unless you are able to control the senses, you do not deserve to be called a human being. It is said, *Jantunam nara janma durlabham* (of all living beings, human birth is the rarest). To be born as a human being is a rare gift of God. Having obtained this rare gift, one should strive to achieve sense control. Even if you succumb to the wishes of even one of these five senses, you will stoop down to the level of an animal. It is said *Kaivam manusha rupena* (God is in the form of a human being). Having attained such a rare and sacred birth of a human being, how foolish it is to say that you cannot control your senses? One who succumbs to the wishes of the senses is a *rakshasa* (demon), verily ! In fact, such a person is worse than a *rakshasa*. One has to evolve himself into a noble human being. You

may be fond of your wife and children. But on that basis, you cannot denigrate others. You should not entertain a feeling that so and so is mine and others are different. All are embodiments of Divinity! All are children of God. There is such an intimate relationship between people in this world. Whatever object you come across in this world, it belongs to God only. It does not belong to any particular individual. In every object, every being, Divinity is immanent. Divinity is present in every grain of sand and every particle of sugar. It is said, *Viswam Vishnu swarupam* (the entire universe is the embodiment of Lord Vishnu). The whole universe comes under one family. Hence, one has to cultivate such universal love. That is real *atmic* love. It is only when you cultivate such love, you deserve to be called a human being. Only then can you visualise the *atma tathwa*. Devoid of love, if you go on cultivating evil qualities like anger, hatred, jealousy and a feeling of difference between one another, you will be worse than animals. Beasts and animals fight among themselves. If you also fight like them, what difference is there between you and the animals? In fact, anger and hatred are not the qualities of a human being. The feeling of difference originates in human beings when man considers himself as different from God. Where there is a feeling of difference, there hatred raises its head. Whatever activity you undertake,

it must be done in a spirit of dedication to God. We extol Lord Easwara as *Hiranya garbhaya namah* (I offer my *pranams* to the golden-wombed Lord). He is the embodiment of gold. Here gold signifies immutability. You are all golden children. But, you forget your real nature and associate yourself with dust and rust. Hence, great souls have to take birth in this world now and then to cleanse you and make you realise your innate divinity. However, when some great soul embarks upon such a mission, some people doubt his effort saying, “It is all his foolishness. Can earth become gold? Can sand become sugar?” Modern man is full of doubts and doubts! What could be the reason for these doubts? It is only when one thinks that he is separate from God that doubts arise.

The Omniscient Gods Is Always Steady

It is a well known fact that a vessel filled to the brim will be steady. Similarly, God is omniscient and hence He is steady always. Many people who come here have several experiences. (*Swami* called a student onto the dais). I am aware of the past, present and future of every individual, irrespective of caste, religion and place of birth. Some people who come here have several experiences. (*Swami* called a student onto the dais). I am aware of the past, present and future of every individual, irrespective of caste, religion and

place of birth. Some people who come here may think, "Perhaps *Swami* does not know who I am." But, there is nothing that I do not know. Even though I know everything, I pretend as if I do not know. (Pointing to the student) The parents and brothers and sisters of this boy visited Prasanthi Nilayam sometime ago. I called all of them for an interview and promised to the father, "My dear! The mother of these children may not survive for long. In fact, she may breathe her last even before you reach your village. You don't worry. I will take up the responsibility of all your children." The children started crying. I told them, "Don't cry . Why fear when I am here? I will look after everything." From that day onwards, I have been looking after their welfare, as promised. The girls are all married. All the children have been provided with their requirements. None of them faced any difficulty. There is one boy among our Band group. That boy is the youngest of all the brothers. He was very young when he came here along with his parents sometime ago. I called him and told him, "My dear! You don't need to worry for anything. I am your father, mother and everything. I will look after you in every aspect." Whenever he came here, I used to call him and talk to him instilling a sense of security and confidence in him. Now all the members of the family are happily living. This boy was very young then. Now, he has

grown up. Thus, I have been showering My love and grace on one and all, whether I talk to them particularly or not. What is My property? Love! Love! Love! I have no anger whatsoever on anyone, at any time. It is only to correct an erring individual, I pretend to be angry. But I have no anger on anyone. My entire body is suffused with pure love. It is said, *Easwara sarva bhutanam* (God is the indweller of all beings). Who is *Easwara*? *Easwara* is not merely the one who is portrayed as wearing *rudraksha* garlands around His hands and serpents round His neck. It is only a form that is created for the common man to comprehend divinity to some extent. The various names and forms like *Easwara*, Vishnu, Parvati, Lakshmi, etc., were created to enable the common man to worship God in some form or the other. In fact, every human being is an embodiment of *Easwara*. There is nothing in this world which is not permeated by *Easwara*. The earth is *Easwara*. This handkerchief is also an embodiment of *Easwara*. All names and forms originated from *Easwarathwa*.

In fact, it is only the one who has gained control over the five senses that can comprehend Divinity. Divinity is not limited to one name and form. People say then had the vision of Rama, Krishna, etc., but it is only their imagination! However, Divinity is only one and that has been named as *Easwara*. Unable to

comprehend Divinity, people ascribe several names and forms to it and get deluded, Today, it is the devotees who change their chosen deities frequently, But, God does not change. God is one. He is permanent. Real *sadhana* is gaining control over the five senses. One has to undertake such type of *sadhana* instead of engaging himself in *Japa*, *dhyana*, etc. For example, even if you are engaged in *japa* and *dhyana* closing your eyes, your 'monkey mind' will be roaming about all the three worlds. People do not realise this truth and engage themselves in different types of *sadhana*. There is nothing but Divinity in this world. Whatever you see, whatever you hear, everything is permeated by Divinity

Do Not Get Attached

Once the Pandavas were Performing the *Rajasuya Yajna*. At the conclusion of the ritual, Sri Krishna was honoured by the Pandavas in the presence of all kings in the court. Sisupala could not bear with this honour bestowed on Sri Krishna. He reviled Lord Krishna. Severely criticising Him for various omissions and commissions. One of the points of his criticism was that Krishna stole the saris of women who were bathing in a lake. The Pandavas could not bear these insinuations heaped upon their dear Lord Krishna. They felt humiliated. Krishna then tried to

reason with them saying, “He did so out of ignorance. I am beyond praise or scorn. I am the eternal witness to everything that goes on in this world. You should not, however, respond to that criticism and start paying him in his own coin. Do not ever get attached to anyone deeply. If you lead a life of detachment thus, I will be with you constantly guarding you and guiding you.”

Divinity never encourages differences among men. God is Love and Love is God. There are several thousands of people gathered in this Hall. However, the love that is permeating every individual is only one. There may be differences in the names and forms of people and their relationships, but the Divinity permeating all people is one and the same. Hence, all should lead a life filled with love like brothers and sisters. In educational institutions where the system of co-education is in vogue, the boys and girls should move like brothers and sisters. Nowhere should any difference on account of gender raise its head. When the children get into the Higher Secondary stage, these differences crop up. You should not give scope for such things. Whoever entertains such differences, is sure to fail in the examination, the examination of ‘pure love’. There is nothing great in passing examinations in the worldly sense. Everyone can pass, provided one puts in a little effort. There is no use passing a

worldly examination, while at the same time failing in pure and unsullied love for a fellow human being who is none other than God. He who has passed the examination of divine love is the most successful person in life.

All are God's children. All are reflections of the *Hiranyagarbha* present in the human body. Hence, from now onwards all of you should live like brothers and sisters with mutual love and affection. Then only you deserve to be called ideal students. But, I do not find in the present day students such feeling of kinship. Instead they are cultivating differences such as, "I am different" and "You are different." You should not, under any circumstances, cultivate anger and hatred. Anger should be controlled and hatred given up. Your safety and welfare lie in controlling anger. It is common knowledge that when the controls in a railway station are not functioning properly, the trains moving on the track derail. In such a situation, the controller in the railway station is held responsible. Similarly, the mind is the controller for all thoughts and feelings arising in us. Hence, if the mind is kept in control, the entire body comes under our control.

You are all embodiments of pure gold. You are all golden children. Your words are sweet. Let your conduct also be sweet in conformity with your words. Wherever you go, as students of Sri Sathya Sai

educational institutions, you must display an exemplary conduct and behaviour. Merely because you wear white dress, you do not deserve to be called students of Sri Sathya Sai educational institutions. In keeping with your white dress, Keep your mind pure and your heart sacred. Only then will you become ideal students. *Swami* will constantly be with such students, guarding and guiding them. I will give them everything. In fact, I am protecting several people in several ways; but, no one has realised this point till today.

Develop Equal - Mindedness

Your own *atma* is divinity. That is *Easwara*. One has to develop firm faith in that feeling. How can you be called a human being if you do not develop such faith? Love is God; live in love. Your love should not be limited to an individual or some family members. You must share it with all. If only you develop such broad-mindedness, you can become a leader and set an ideal to others. (When *Swami* enquired of the students whether they had faith in *Swami's* words, all of them unanimously responded by saying loudly, "Yes *Swami* !"). It is not enough if you just pay lip service by saying 'yes'. The conviction must come from the depth of your heart. You commit a mistake and say 'sorry'. That is not enough. You should desist

from repeating the same mistake. Truth is the very life-breath for a human being. Truth is God. Do not speak untruth. If only you follow truth in your life steadfastly, you can achieve everything. Truth is like a shield that will protect you. Truth is your support. If you give up such a noble quality of truth and speak untruth, how can you be called a human being? You should never give scope for falsehood in your life. God is the only leader for the entire universe. God is the only leader and judge. It is only God who can decide justice or injustice, You should not forget such an omnipresent, omnipotent and omniscient God. Do not entertain feelings of difference like “mine” and “thine”. Develop equal -mindedness. May all people live together happily and bring good name for themselves and the country (*Bhagawan* created a gold ring with a green stone embedded in it and presented it to the student standing in front of Him). Everyone should thus earn the grace of God. The green colour is a sign of peace and welfare. I wish that all of you should earn such peace, welfare, love, devotion and geace of God. It is only when you drive away the bad qualities in you, that you will be able to live in the divine presence. May you make proper use of the *punchabhutas* (the five elements of earth, water, fire, air and ether). May you control your *panchendriyas*

(five senses). Then God will be constantly with you guarding and guiding you. Divinity cannot be attained merely by offering prayers and doing *bhajans*. Along with these *sadhanas*, you must also develop a pure heart and offer it to God. Let your mind, intellect and *chittha* be constantly associated with God wherever you are and whatever work you are undertaking. Then your very mind, intellect and *chittha* will be transformed into Divinity. When God is present right in front of you in the form of *panchabhutas*, where is the need for searching for Him separately? There is no scope at all for such a feeling! It is a serious mistake to think that God is separate from the *panchabhutas*. Considering God as your everything and sole refuge, dedicate your senses to Him. This is an easy method to reach God. When you follow such an easy path, you will attain *moksha* (liberation). After all, what is *moksha*? *Moha kshaya is moksha* (coming out of delusion is liberation). There is no use chanting “Ram, Ram, Ram....” when your mind is full of *moha* (delusion). Whatever work you undertake, do it with a sense of *Bhagavad prityartham* (to please God). Whomever you come across, consider him as an embodiment of God. Even the beggar standing in front of your door is an embodiment of God. He may be a beggar from the point of view of the physical body. But, he is really

an embodiment of Divinity from the *atmic* sense. Whether one is a king or an emperor or a beggar, the same Divinity permeates every individual. May you dedicate your lives to win the love of God and His grace. Undertake every activity as an offering to God. Even your reading of your text books can be done with such a sense of Dedication to God. You will surely pass your examinations in 1st class. I am happy that you are all good boys. But, one caution- You must exhibit the same good behaviour in your Higher secondary School, as in the Primary School.

Let Me remind you that the teachers in the Higher Secondary School will not hesitate to punish you whenever necessary if you go wrong. They have nothing against anybody, but they are duty bound to put you on the right track. If a teacher shirks his responsibility and condones your bad behaviour without giving a punishment, then he is a '*guddi Guru*' (blind teacher). He cannot be called a *Guru* in the real sense. The role of a headmaster in the school is also important. In fact, he is the 'head' for all the teachers. Hence, he should oversee the work of all the teachers.

Education does not mean simply reading of books. One cannot become great by acquiring an academic

degree. In fact, degrees are not great; Divine is great. Hence, develop such divine nature. Only then will your life become sanctified and your education meaningful. Your parents will also be happy. You might be aware that your parents have admitted you in Sri Sathya Sai educational institution with great hopes. You should not disappoint them. You must earn the praise of your father, mother, teacher and God-all the four. Make your life meaningful and sacred by good thoughts, feelings, practice and behaviour.

Discourse on 23-2-2006, Prashanthi Niliyam

Follow Your Conscience

Do not shape your conduct with an eye on the opinion of others. Instead, follow bravely, gladly and steadily, the sweet and pleasant promptings of your own sathwic manas, your own awakened conscience, your own inner self. Associate yourself with those who are richly endowed with Truth. Spend every second of your life usefully and well. If you possibly can, render service to others. Engage yourself in nursing the sick; but when thus engaged in service, do not worry about either the result, or the act of service, or the person to whom it is rendered. The service is made holy and pure if you ignore both the good and the bad, and keep on silently repeating in your heart the mantra that appeals to you.

- Baba

Limit Not The All Pervading *Brahman* With Names And Forms

Is it possible to build a temple for the One who pervades the entire Brahmanda (cosmos)? Can anyone give a name to the One who is present in all beings? Is it possible to give a bath to the One who is present in all rivers? Can anyone offer food to the One who has the entire Brahmanda in His stomach? Man out of his ignorance is unable to know this truth. He is under the delusion that he is Naswara (impermanent). In fact, he is not Naswara, but Easwara Himself for the entire world.

(Telugu poem)

PRAPANCHA is the name we have given to the apparent world. It is called *prapancha* as it is constituted by the *panchabhutas* (five elements),

namely, earth, water, fire, air and ether. ‘*Pra*’ means to manifest, to blossom. Hence, *prapancha* means the manifestation of not only the five elements, but also the five life principles, namely, *prana*, *apana*, *vyana*, *udana* and *samana*. They form the basis for the entire world. The principle of *Brahmatathwa* is present in all the five elements as the undercurrent. It is eternal and immortal. The term Brahma refers to the divine principle which pervades the *panchabhutas*, *pancha kosas* and *pancha pranas*. But man out of ignorance attributes a particular form to *Brahma* and offers his prayers. Names and forms are transient. *Brahmatathwa*, which is the basis of all names and forms is the only permanent entity. Out of our ignorance and limited understanding we confine such a cosmic principle of Brahman to a tiny form and worship it. We should worship the cosmic form of the divine. *Brahmanda* (cosmos) is the very form of God. *Brahman* pervades the *anda*, *pinda* and *Brahmanda*. *Anda* is the combination of *padartha* (matter) and *prana* (life principle). *Pinda* is that which is born out of the mother’s womb. Ultimately, they become one with the *Brahmanda*.

See God In All Embodiments Of Love

Love is the basis for *Brahmanda*. Without *prema* (love), there is neither *prakriti* (nature) nor *prapancha*

(world). The world is sustained by the principle of love which is uniformly present in the five elements. You may worship Divinity in a number of ways, but all your worship will prove futile, if you forget the principle of love.

The five elements are responsible for the sustenance of human life and the world at large. Everything will come to a standstill even if any one of the five elements is missing. We hear the sound with our ears. We see the world with our eyes. In this manner, we are able to experience the world through the five senses. They prove the existence of the world. Man has forgotten the divine principle of love and is striving to attain *ananda* (bliss) through mean and worldly pursuits. It is said, *Jantunam nara janma durlabham* (out of all living beings, human birth is the rarest). In fact, human being is essentially divine.

Dharma, artha, kama and *moksha* are prescribed as the four goals of human life. But, man today has given up *dharma* and *moksha*. He is running after *artha* and *kama* (wealth and desire). God has created this world. Your wife, children, friends and foes are all created by God. It is not enough if you maintain good relationship with your wife, children and friends. You must be able to see God in all. That is your

primary duty. Your wife, children, friends and even foes are all the very embodiments of Brahman. Even God had to fight the enemies sometimes. However, in spite of their animosity towards God, they ultimately merged in Him owing to His grace. In this world, there is no place where God does not exist. He is present everywhere.

Sarvatah panipadam tat sarvathokshi siromukham, sarvatah sruthimalloke sarvamavruthya tishthati (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe).

The people around you may not be able to see what you do, but He is watching you. Others may not hear what you speak, but He is listening to you. He is the eternal witness. Unfortunately, you are unable to realise this truth. Some people argue, “How can you say that God is present everywhere when we do not actually see Him? How is it possible for Him to hear our prayers?” In fact, sound is the very form of God. There is no place where there is no sound. He can hear everything since sound is His own form. Light pervades the entire world. God can see everything in this world as the very light is His vision. Hence, never be under the mistaken notion that God does not know what is happening. Do not doubt or deny His existence just because He is not visible to the naked eye. How does *sankalpa* (will) originate? Will

it originate in your *hridaya* (heart)? It happens as per the Will of God. There may be ups and downs from the worldly point of view, but divine principle always remains steady.

The *loka* (world) and *Lokesh*a (God) are inseparable. The creation and the creator are one. There is an intimate and inseparable relationship between the two. *Atma* is the name given to the principle of divinity. It has no specific form. It pervades the entire world in the form of *sankalpa* (will). It is a grave error to attribute a particular name and form to the *atma*. It is essential that we understand the oneness of *atma* and experience the same. Everything is divine. *Sarvam khalvidam Brahma* (verily, all this is *Brahman*). As you are unable to comprehend the divine principle in totality, you confine God to a specific name and form such as Rama, Krishna, Vishnu, etc., and worship Him. A potter makes the idols of Rama, Krishna, etc. However, it is only the clay that takes the forms of various deities. The same clay is moulded into various forms.

Jewels are many but gold is one.

Cows are many but milk is one.

Beings are many but breath is one.

(Telugu poem)

As you are unable to understand the principle of

unity, you are deluded by the apparent diversity.

Embodiments Of Love ! Consider The World As The Very Form Of God

No one can describe God as having this form or that form. He permeates the entire universe. Without name there can be no form and vice versa. The principle of divinity is represented by a name and a form. Every object and every being in this *prapancha* (world) is the manifestation of divine love. Hence, do not see the world merely from the physical point of view. Consider the world as the very form of God and the manifestation of divine love. Because of your limited understanding, you confine such an all pervading divine principle to a name and a form. *Yad bhavam tad bhavati* (as is the feeling, so is the result). God responds according to your feelings towards Him. If you have *purna bhakti* (unwavering devotion) and love God with all your heart, He will confer on you *purna ananda* (supreme bliss). God transcends the dualities of birth and death, happiness and sorrow. You may think that even God has pain and suffering. But, from God's point of view, pain does not exist at all! It is an aspect of divinity. Bliss also is an aspect of divinity. God is beyond pleasure and pain, merit and sin. Happiness and sorrow are of your own making. Pleasure is an interval between two pains.

Do not consider God as a separate entity.

Unfortunately, people are unable to understand the principle of divinity and hence indulge in all types of imaginations. God is one. The *Veda* declares, *Ekam sath viprah bahudha vadanti* (truth is one, but the wise refer to it by various names). However, when the situation demands, divine incarnations appear on earth and play a role in the cosmic drama. When Droupadi was humiliated by Duryodhana and Dussasana in the royal court, Bhima was seething with anger. He wanted to crush them to pulp. But, even under such circumstances, God did not kill them. It is most essential you understand that everything happens as per His will. Whatever happens is for your own good. With such firm conviction, you should accept pleasure and pain, good and bad with equanimity. It may be difficult for you to bear misfortunes. You should pray to God to grant you the necessary strength to bear them. You may have difficulties today, but tomorrow it will be different. Difficulties are like passing clouds. They will certainly give way to happiness. Man always strives for happiness. How can he attain it? True happiness lies in union with God. In fact, God is beyond happiness and sorrow. Whatever you may do, He says, “*Tathastu*” (So shall it be). He showers His blessings on you saying, “Let it be for your own good.” You will be free from sorrow once you understand the *Bhagavadtathwa* (nature of divinity). If you are undergoing difficulties, do not get disheartened. Have faith that God is making you go through the ordeal for your own good. Happiness and

sorrow coexist. You cannot attain happiness without undergoing difficulties.

Embodiments Of Love! Be Attracted Only Towards God And None Else

Do not attribute multiplicity to divinity. Consider everyone as the embodiment of divinity. Install such sacred feeling firmly in your heart. Treat even the person who hates you as your own. Having attained human birth, you should be able to withstand pain and suffering with courage and fortitude. Be convinced that they are good for you. All that God has created is good. In God's creation, everything is good and sacred. There is nothing which will cause sorrow and misery. In fact, misery arises out of man's delusion. The delusion is because of his identification with the form. What is the meaning of the term *Manava*? 'Ma' means *Maya*, 'Na' means without and 'Va' means *Varthinchuta* (to conduct oneself). Therefore, *Manava* is one who conducts himself without *maya*. If you fall a victim to *maya*, you will never be able to understand *marmamu* (reality). In fact, *maya* is man's own making. It arises out of his imagination.

However much one may try, it is not possible to know God in totality. Once mother Kunti said to Krishna, "Oh, Krishna! Though You are verily God, sometimes we are deluded to think that You are also a human being like us." Saint Thyagaraja too echoed the same feelings in the following verse:

Oh, Lord! You answered the prayers of Droupadi and saved her from humiliation. You made ugly-looking Kubja beautiful. You protected the Pandavas. Is it possible to estimate Your glory and splendour? You are beyond all description and human comprehension. Krishna, it is not possible for even Brahma to describe Your glory.

(Telugu song)

Good and bad lie in your mind; they are not outside. Hence, correct your feelings in the first instance. Get rid of all animal qualities so that humanness can blossom in you. If you notice even a trace of hatred in yourself, drive it away at once. Having attained human birth, it is shameful on your part to have evil qualities like hatred. Do not fall a prey to infatuation. You should be attracted only towards God and none else. You love your son because you consider him to be your reflection. In fact, the one who loves you, the one who hates you, the one who criticises you, all are your own reflections. At one time, one may be angry and later the anger may give way to love. People are carried away by the vagaries of the mind. Being deluded by the names and forms, they are unable to know the transient nature of the world. Truly speaking, you have neither friends nor enemies. It is only your love or hatred that is reflected from outside. God does not give you happiness or sorrow; they are of your own making. They originate

from you.

Never Deny God

Embodiments Of Love!

God is present everywhere in the form of five elements. Everyone is endowed with five elements and everyone is an embodiment of love. All are one. There is no second entity. Wherever you see, there are five elements. You do not find a sixth element anywhere. The principle of love present in you represents *Easwarathwa* and *Brahmatathwa*. It is merely bhrama (delusion) to think that Brahma is separate from you. Everything is *Brahman*. Everything is the manifestation of *atma* and *ananda*. That is why God is extolled as *Nityanandam*, *paramasukhadam kevalam jnanamurtim* (God is the embodiment of eternal bliss, He is wisdom absolute). Even the *karma* (action) that you perform is the manifestation of *Brahman*. When you perform your action with such divine feelings, they will yield good results. Never criticise God. Never deny Him. Everything is the manifestation of Brahma, Vishnu and Maheswara. All are divine. This is what you have to learn on this auspicious day of *Sivaratri*. There is nothing other than divinity in this world. The principle of divinity present in a grain of sand and in a big *laddu* is one and the same. Once you realise this truth, you become *Brahman* verily.

You do not need to search for Brahma elsewhere. You are *Brahman*, you are Vishnu, you are *Siva*, you are the very embodiment of the divine Trinity. It is only your feeling that assumes the form of Brahma, Vishnu and Maheswara.

You are subjected to unrest and suffering because of your dualistic feeling. You perceive unity as diversity, instead of visualising unity in diversity. Number one is the basis for all other numbers. Likewise, names and forms vary, but all are essentially one. There is no second person. Other than divinity, there is no second entity in this world. Many spiritual aspirants and yogis have made concerted efforts to understand the principle of divinity. They ultimately realised *Ekam sat viprah bahudha vadanti* (truth is one, but the wise refer to it by various names). As you have not understood this truth, you are deluded by the apparent duality. You should understand the spiritual Mathematics in order to know that divinity is one. It is most essential that you understand this principle of oneness and conduct yourself accordingly. When you understand this oneness, you will experience divinity. You will realise that the individual is not different from God. When you put a zero after the numeral 1 it becomes 10; put one more zero it will become 100. In this manner if you go on adding zeros, the value also increases to 1000, 10,000, and so on and so forth. Zeros gain value only when they are

positioned next to the numeral one. 'I', 'my wife', 'my children', 'my property', etc., all these are like zeros. They will have value only when they are associated with God who is like numeral one. The entire world is like a zero. It has emerged from the Hero, God. It is because of your delusion that you mistake zero for Hero. So long as you are immersed in delusion you will never be able to realise divinity. Delusion gives rise to doubts which will rob you of your bliss. They will poison your mind and put you to danger. Hence, never entertain doubts with regard to Divinity. Strengthen your faith in God.

A car can run smoothly only when there is air in all its four tyres. Even if one tyre is punctured, it may lead to accident. The human body is like a car. Mind is the steering wheel. *Dharma, artha, kama and moksha* are its four tyres. They should be filled with the air of faith. Even if one of the tyres is punctured, your life will be put to danger. Your mind should be steady and under control. Only then can you reach the goal of life, i.e., *moksha* (liberation).

Keep Your Mind Under Control

Embodiments Of Love!

The entire world is pervaded by the five elements. You should maintain perfect balance and harmony among them. When you are riding a cycle, if you

do not maintain proper balance, you will fall down. Likewise, you can lead the life of a true human being only when you have proper balance of mind. If you lack proper balance of mind, your humanness will be ruined. It is said, *Jantunam nara janma durlabham* (out of all living beings, human birth is the rarest). Having been blessed with such precious human birth, what a shame it is if you behave like an animal! You should live like a human being. Keep your mind under control. This is My message to you on this holy night of *Sivaratri*. Understand that you are born as a human being, not as an insect or a worm. Neither are you an animal, nor a bird nor a beast. You should understand the meaning of the term *manava*. ‘*Ma*’ means not and ‘*nava*’ means new. You are not here for the first time. You are not new to this earth. You have gone through a number of births before attaining this human birth. Give up all your old and mean qualities and start your life afresh. Human life is highly sacred and mysterious. Only God can unravel its mystery. *Visweswara* (the Lord of the universe) permeates the entire *viswa* (universe). He transcends all description. He is present in you in the form of *atma*. There is only one path for the realisation of *atma*. Give up the feeling of ‘mine’. You say ‘this is mine and that is mine’. Once you get rid of such worldly attachment, you will develop purity, steadiness and selflessness.

You will be free from suffering, worries and anxiety. Ultimately, you will attain *moksha* (liberation). Having attained *manavathwa* (humanness), you should make efforts to rise to the level of *Madhavathwa* (divinity). That is your goal. What is the use if you remain in manavatwa forever? You should develop *sanmathi* (pure mind) to rise to the level of divine. Unity confers purity which will in turn lead to divinity. Hence, all of you must stand united. You belong to the human race. You belong to one family. Hence, you must conduct yourself like brothers and sisters. Absence of such spirit of unity will diminish purity and take you away from divinity.

Embodiments Of Love!

Being students of Sathya Sai College, you must set an example to others with your spirit of unity. You deserve to be called Sai devotees only when you develop unity. Love God with all your heart. Love for God will transform your heart. It will drive away hatred and other evil qualities. You can achieve anything through love.

(*Bhagawan* sang the *Bhajan* “*Prema muditha manase kaho...*” and continued His discourse)

Embodiments Of Love!

Since time immemorial, the divine name of Rama

has been protecting the devotees and leading them on the right path. One can very well imagine the divine potency of Rama's name as it has remained etched in the hearts of people through all the ages. This in itself is a mystery. Thousands of years have passed since the advent of Rama, yet His name remains ever fresh and ever new. One may be on the top of the mountain or in a village or in a city, everyone derives immense delight in singing the name of Rama. *Ramayathi ithi Ramah* (that which delights is the principle of Rama).

Beware Of The Words You Utter

Once in the court of Krishnadevaraya, there was a debate in which the eight scholars of the royal court popularly known as the '*Ashta Diggajas*' participated. Krishna devaraya wanted to know who among them was the best. He wanted them to frame a meaningful sentence consisting of five letters, each letter having the same meaning in five different languages. "Whoever comes out with an answer to this question by seven tomorrow morning will be suitably rewarded", he added.

Since his house was far away, Tenali Ramakrishna decided to spend the night in his brother-in-law's house. When he was provided with a comfortable bed

for the night, Ramakrishna refused to sleep on it. He said, “I have to think of an answer to a question put by the king by tomorrow morning. A bed like this is certain to put me to sleep in no time. So, provide a cot for me in the cow shed.”

As he was lying on the cot, at one o’clock in the night, one of the cows in the shed gave birth to a calf. Ramakrishna called out to inform his brother-in-law about this. His brother-in-law wanted to know which cow had given birth, since he had given different names to his cows, like Parvati, Lakshmi, and Saraswati. He asked Ramakrishna, “*Ye Aav Ra Bava*” (which cow is that, *Oh! brother-in-law*).

When Ramakrishna heard this, his joy knew no bounds, since he had found an answer to the king’s question. So, he repeated the phrase again and again. His brother-in-law thought that Ramakrishna was behaving in this strange manner due to lack of sleep.

The next morning, Ramakrishna went to the royal court and found that no one else had a solution to the question. All others were convinced it was not possible to frame such a sentence. “*Ye Aav Ra Ba Va*” is the answer, he said. Everyone was intrigued. Then he explained, “ ‘*Ye*’ in Marati, ‘*Aav*’ in Hindi, ‘*Ra*’ in Telugu, ‘*Ba*’ in Kannada and ‘*Va*’ in Tamil convey the same meaning, i.e., ‘come’.” Five languages are

represented in this sentence.

Students!

The words you utter sometimes convey different meanings. Hence, you should be very careful while speaking. Develop virtues and lead an ideal life. Only then will *Swami* be pleased with you. If you make Me happy with your ideal conduct, I will confer much more happiness on you. Your happiness is My happiness. Wherever you go, earn a good name for yourself. Your character is very important for Me. Hence, make every effort to mould your character and be an ideal to others. This is the message I would like to give you on this auspicious day of *Sivaratri*. The day on which you experience eternal bliss is *Sivaratri* for Me.

Once Thyagaraja performed a musical concert at Thanjavur. Many eminent musicians and scholars were present in the concert hall. In the beginning of the programme Thyagaraja offered salutations to all of them through his famous composition, *Endaro mahanubhavulu, andariki vandanamulu* (there are many great souls who have had the divine experience; I prostrate before all of them). Everyone was blissful listening to his melodious singing. He demonstrated by his example that one should pay his respects to everyone in the assembly before addressing them since there was divinity in all of them. Many years ago, in

Prasanthi Nilayam, a scholar was invited to address a congregation. While commencing his speech, he addressed the audience thus: “Brothers and Sisters except one!” Then he explained that his wife was also present among the audience. Even while addressing a congregation he was remembering his wife. One should not observe such differences while addressing a public gathering. One should offer his salutations to one and all.

Embodiments of Love! I shower My blessings on all of you on this holy night of *Sivaratri*. Sing the divine name throughout the night. To the extent possible, spend the night in contemplating God. Only then can you experience divine bliss. You can even witness the manifestation of divine effulgence. Sing the divine name wholeheartedly. You may sing any name, but you should understand its inner meaning.

For example, ‘*Digambara*’ is one of the names of Lord Siva. *Digambara* in common parlance refers to the one who is naked. But if you enquire into the inner meaning, you will know that ‘*Digambara*’ is the One who has *dikkulu* (four sides – East, West, North, South) as His *ambara* (vesture). There is a possibility that people misunderstand this word and think that Siva does not wear anything on His body. Hence, it is better that you do not use this word in *bhajans*.

Sivaratri, 26-2-2006, Prasanthi Nilayam

***Atma* Is The Nameless, Formless Divnity**

DRAUPADI'S father Drupada organised a *swayamvara* (ceremony to select a groom by the bride) to perform her marriage. Thousands of youths, princes and kings came to his court to win the hand of Droupadi in this *swayamvara*. Just as King Janaka had declared that he would give his daughter *Sita* in marriage to the prince who could string the bow of Lord *Siva*, King Drupada arranged a *matsyayantra* (a device with the replica of a fish). The condition of the contest was that whosoever was able to hit the eye of the fish that was revolving high above on a pole with an arrow by looking at its reflection in

water below would be successful in winning the hand of his daughter.

Extraordinary Qualities Of Draupadi

Many valorous youths and princes who were confident of their victory tried their luck without any success. This was not an ordinary test that everyone could succeed. Many thought that it was easy, but in reality it was not so. When no one could succeed in the contest, the entire assembly fell into a stunning silence. The Pandavas were present incognito in this assembly. Lord Krishna, who was also present, looked at the Pandavas and smiled noticing that the Pandavas spoke to each other in whispers. Arjuna then walked majestically towards the *matsyayantra*, smiling all the way. He was totally calm and composed. Looking at the reflection of the fish in water, he shot an arrow. When it hit the target successfully, the entire assembly went into raptures. All the people looked at Arjuna in admiration with great delight. King Drupada then asked his daughter Droupadi to garland Arjuna.

At that time, the Pandavas were staying in the house of a potter. When they went back to that house along with the bride, their mother Kunti was inside. Even before entering their house, they announced to their mother that they had received a very valuable fruit. Their mother replied from inside the house that they should share the fruit equally between themselves. The Pandavas always obeyed the command of their

mother and honoured every word that she uttered. They went inside and offered their salutations to their mother and vowed to follow her command religiously. In this way, Droupadi became the wife of all the five Pandavas. The Pandavas dutifully accepted the command of their mother. But, how could the world accept this? It is the duty of the children to obey the command of their parents, irrespective of the fact whether the world accepts it or not. People, however, accepted this in view of the intimate relationship that existed between the five brothers.

When can one consider a woman as one's wife? Not merely because one is married to her. One can call her as wife only when one considers her as half part of his body. Many people questioned Krishna how Droupadi could be called a *pativrata* (chaste wife) when she was the wife of five husbands. Then Krishna described her qualities which earned her this noble status.

She dutifully obeyed the command
of her husbands.
She would never say to any one of them
That she had no time to serve him.
She was satisfied with whatever
She got in life.
She was the supreme example of chastity,
And none could match her in this respect.”

(Telugu poem)

She never asked for anything beyond the means of her husbands. A true chaste woman is one who conducts herself according to the condition of her husband. The husband should also recognise the qualities of his wife and have equal concern for her. Only then can both of them lead a virtuous and noble life.

Looking at her virtuous conduct and her power to control the five senses, Dharmaraja told Droupadi, “You do not merely belong to us; you are the embodiment of primal energy.” Her father Drupada had also held this view and considered her as the embodiment of divine energy. Only those who achieve control over the five senses and the five elements can know the reality of the world and conduct themselves in a righteous manner. One who has complete control over one’s senses can achieve the greatest heights in life.

Droupadi was endowed with great power of discrimination and she could discriminate between what was good and what was bad. Both good and bad are present in this world just like darkness and light. She encouraged all those who were virtuous and imparted sacred teachings to evil-minded people to transform them. Not only she had control over the five senses and five elements, she had thorough knowledge of *pancha kosas* (five sheaths of the soul)

and *pancha pranas* (five life-breaths) also. She could differentiate between atma and *anatma* (Self and non-Self). Thus, she set an ideal to the world and earned a good name.

Droupadi taught that one should do one's duty with dedication. She exhorted all to exercise control over their desires and discriminate between good and bad, imbibing all that was good and giving up all that was bad. One should never forget to perform good actions and discharge one's duties, she advised. Everyone should discharge one's duty with dedication and should not interfere in the duties of others, she counselled the people. "You may have wife and children. It is your duty to fulfil your responsibility towards them, but at the same time all your desires should be directed towards the path of goodness and righteousness", she said. Thus, she became an ideal to the world and showed the path of truth to one and all. One can attain *Dharma* only by following the path of *Sathya*. *Sathyannasti paro dharma* (There is no *Dharma* greater than adherence to truth). There can be no *Dharma* without truth. It is the path of truth that leads one to God.

Follow The Path Of *Sathya* And *Dharma*

Everyone should perform his duty meticulously and adhere to *dharma*. Even an ant follows its *Dharma*.

Wherever it finds food, it carries it to its place and consumes it. It does not harm anybody nor does it steal anything from anybody. All the birds and animals follow their natural *dharma* and conduct themselves accordingly. The path of *Dharma* is the same for *cheema* (ant) and *Brahma*. The same principle of truth is present in both. This truth was propagated by Droupadi. She also taught that one should not become a victim of the six inner enemies, namely, *kama* (desire), *krodha* (anger), *Lobha* (greed) *moha* (attachment), *mada* (pride) and *matsarya* (jealousy).

Anger is the greatest enemy of man. One with anger cannot follow the path of *Dharma*. This is contrary to human nature. One should not unnecessarily show anger towards others.

One with anger will not be successful
 In any of his endeavours.
 He will commit sins and will be
 Ridiculed by one and all.
 His own people will abandon him.
 He will lose all wealth and respect.
 His anger will ruin him completely.

(Telugu poem)

Hatred is another great enemy of man. Whom should you hate? Should you hate those who oppose you or those who have harmed you or those who

dislike you? No; none of these. You should hate only the evil qualities. You should extend your love and support to those who follow *Sathya* and *Dharma*. If you hate *Sathya* and *Dharma*, you are not a human being at all. Truth is the basis of all virtues. By following the path of truth, Droupadi could experience peace and love. She taught that one should refrain from violence. One should not indulge in violence through one's actions, words and even thoughts. By following the path of truth, Droupadi set the greatest ideal to the world.

As You Sow, So Shall You Reap

By exercising sense control, man can achieve great heights in life. Damayanti was a woman of great virtues like Droupadi. She earned this name as she was endowed with *dama* (sense control). The senses are wayward by nature, and it is difficult to control them. Man should, however, do his best to control them and put them to right use. Why has God given you ears? Is it to hear vain gossip? Never listen to anything that is bad. Listen to all that is good. Why has God given you tongue? It is not merely to satisfy your sense of taste. It has been given to sing the glory of God. Just as the tongue accepts all that is tasty and palatable and rejects all that is bad and unpalatable, man should accept all that is good and reject everything

that is bad.

People think that it is God who is the cause of their happiness and sorrow. But it is not really so. Each one is responsible for his actions and reaps their consequences, good or bad. God is the eternal witness and does not interfere in this. He gives neither happiness nor sorrow. If you talk endearingly to someone, he will also speak to you in the same loving manner. But if you talk in an arrogant way, you will get a similar response. As is the action, so is the reaction. The reaction, reflection and resound are based on your own thoughts, words and actions; God is not responsible for them. If you stand before a mirror, you will see your own reflection. In whatever way you speak to others, you will have the resound in the same way. Whatever thoughts you have in your mind, they will be reflected back to you. It is therefore essential for man to know whether his thoughts and actions are good or bad. Whatever good or bad you experience is the result of your thoughts, words and actions. When any bad thought comes into your mind, give it up immediately. If you conduct yourself in this manner, you will become a true devotee of God and achieve liberation.

Everyone has to face the consequences of his actions, whoever he may be. No one can know what lies ahead for him in future. But this much is sure that everybody has to reap the consequences of his

actions. Even the mighty Rama suffered the pain of separation from His consort Sita and cried like an ordinary person.”

(Telugu song)

Young Men!

Good and bad coexist. It is not possible for anyone to separate them. When you cultivate more of goodness, the bad in you will become absolutely insignificant. There is no need to use any force to drive away all that is bad. When you forget bad, goodness will develop in you in full measure. This is the message I would like to give on this day. Do not think that the New Year will give you some new fruits. The fruits that you earn will be based on your qualities and actions. All that you think will be reflected back to you. Everything is the result of your thoughts.

World Is Reaction, Reflection And Resound

Once there was a cowherd who used to take cows for grazing to a place surrounded by three mountains. One day when the cows were grazing, he sat down under a tree and started singing a song in praise of God. As he sang the song, he heard its echo. He thought that someone was imitating his song to tease him. Therefore, he shouted in anger at the invisible intruder, and heard its resound in the same

angry tone. In this state of anger, he went home and did not even take his food. His mother asked him why he was so upset. He narrated what had happened. Next day, his mother accompanied him and came to know that it was his own echo which was the cause of his trouble. In the same manner if you criticise or abuse anybody, all that will come back to you. The world is nothing but reaction, reflection and resound. Whatever you do will come back to you, and nothing else. This is the divine law. Those who are full of love will see love everywhere. Those who are full of hatred will see enemies all around. Therefore, love and hatred do not come from outside. They have their origin within you. The good and bad you experience arise out of your own feelings. God is not responsible for any of these. God is *nirguna, niranjana, sanathana* (attributeless, pure, eternal). It is only your feelings that change. God is changeless.

Students!

All your feelings are reflected back to you. Everything is within you. Whatever you experience is the reaction, reflection and resound of your thoughts and feelings. You see somebody laughing and think that he is laughing at you. But how can you conclude in this manner? Once a famous wrestler was doing exercise on a road early in the morning. At that time, a woman was coming from a village to sell milk

and curd. When he looked at her, he felt she was laughing at him. The wrestler became angry and said to the woman, "How dare you laugh at me? Do you know who am I? Are you aware of my strength?" The woman replied, "I am not laughing at you. You are so strong that you can stop a speeding car with one hand. What is the use of your physical strength if you lack forbearance?" All our notions are based upon our deluded feelings.

Be Good, Do Good, See Good ***Students!***

No doubt, your inner feelings are good. But they undergo change depending upon what you see and hear. It is the external impulses that are responsible for changes in your thoughts and feelings. Truly speaking, there is no human form. In fact, there is no form at all. It is because of your illusion that you see a form and give a name to it. It is a sign of foolishness to think so. You may think that you are highly educated and very intelligent. But how can you call yourself so if you are ignorant of your true Self? You can be called truly educated only when you know your real nature. If you do not know your own truth, how can you know the truth of others?

First of all, you should control your mind. Only then can your worship and prayer be fruitful. The mind is the root cause of the world. *Manah eva*

manushyanam karanam bandhamokshayo (mind is the cause of bondage and liberation of man). It is comparatively easy to control the body, but not the mind. When Pramila, the ruler of women's kingdom, captured the *Aswamedha* horse and defeated Arjuna in the battle, Arjuna told her that she could arrest his body but not his mind. It may be possible to capture the whole world with army, weapons and bombs, but it is not possible for anyone to capture the mind. When you gain control over your mind, everything else will come under your control. Therefore, you should make all efforts to control your mind. Then you are sure to become an ideal and great person. First and foremost, you should know your mistakes and try to rectify them. Only then can you aspire to become a *mumukshu* (spiritual aspirant). Knowingly or unknowingly, you may have committed some mistakes. Once you know your mistakes, you should have repentance. Repentance is true atonement. This is the royal path which leads to divinity. There is little use in performing *puja* (worship), *vratas* (rituals) and *yajnas* without repentance and atonement.

Jantunam nara janma durlabham (out of all living beings, human birth is the rarest). It is not easy to attain human form. Man is not a mere mortal. He is verily divine. *Daivam manusha rupena* (God is in the form of a human being). If you do or think something bad, you are not divine. First of all, you

should become a good person. Be good, do good, see good. This is the way to God.

Develop The Qualities Exemplified By Rama And Sita

Students!

First of all, you have to control your mind. Offer your mind to God. He can do everything for you. Have deep devotion to God with firm faith that He is everywhere.

Do not doubt that God is here and not There.
Wherever you search for Him, He is there.

(Telugu poem)

Where is God? *Sarvatah panipadam tat sarvathokshi siromukham, Sarvatah sruthimalloke sarvamavruthya tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). Many people are not able to recognise this truth. God is present in all beings, be it a small insect like an ant or a big animal like an elephant or a lion. He is present in a particle of sand and also in a particle of sugar.

Discharge your duty earnestly with devotion to God. Put your knowledge into practice and earn a good name. I never prevent anyone from pursuing his studies. But along with acquiring secular knowledge, you should acquire spiritual knowledge also. Proper

enquiry of the mind and purity of heart are very essential.

Students!

You have completed the academic year, and you will now go home for vacation. You will be looking for your results and searching your roll number in the list of successful candidates. More than searching your roll number, search your heart. If you have really written well, you are sure to find your roll number. On the other hand, if you have not written your examination well, you should not be delighted even when you find your roll number in the list of successful candidates. It is not the number of marks that are important. What is important is that you should become number one man (loud applause).

This morning, our students sang the song conveying the message that one should have a son like Rama and a daughter like Sita. You may aspire to have a son like Rama and a daughter like Sita. But, how is it possible when you have the demonic qualities of Ravana and Surpanakha? If you want a son like Rama, you should follow *Dharma* like Him. If you aspire to have a daughter like Sita, you should have the virtues as exemplified by Sita. Whatever form you aspire for, you should cultivate the same type of qualities corresponding to that. Only then can you attain harmony, tolerance and peace. Where is peace? Peace lies in the control of the senses. If you are not able

to control your senses, you cannot attain peace; you will get only pieces. If you want to be peaceful, you have to imbibe the qualities of quietude and composure. Let anybody criticise, abuse or hurt you; you should maintain your composure. When someone criticises you, do not take it to heart. Think that his tongue has produced some sound. You have nothing to do with it. If you receive the abuses hurled at you, you will be affected by them. Otherwise, you will not be disturbed. Even if somebody beats you, think that he has beaten your body and not you. In fact, none can ever harm or hurt you, because you are not the body. If you have such a firm conviction, then you will not have anger or hatred towards even those who abuse or assault you. Therefore, firm conviction is most essential for peace.

Offer Your Heart To God In Prayer

Droupadi had deep devotion for Krishna. She prayed to Him, “Oh, Krishna! I worship You day and night. Oh, Lord! Be compassionate and protect me. If You are compassionate towards me, then I will not be bothered about any other thing in life.” Droupadi faced many challenges and ordeals in life, but her devotion towards Krishna remained unaffected. Thyagaraja said, “Oh, Lord! I have been praying to You incessantly. Why are You depriving me of Your love and compassion? What is that I have not offered

to You?”

“I have surrendered my wealth,
My family and everything to You.
Now, please come to my rescue.
I seek refuge only in You.”

(Sanskrit *sloka*)

Mere words are not enough when you pray; you should offer your heart to God in prayer.

Man has a name and a form, but the *atma* transcends both. It has neither a name nor a form. People like some particular names and forms. One cannot have faith in many names and forms, but one can surely have faith in the formless principle of the *atma* which is present in all. *Na atma sakshi* (my *atma* is the witness) is a common saying in Telugu, which shows that people have faith in the *atma*. That is why *atma* is the common name for all. Some may pray to Rama, others may pray to Krishna. Names and forms are many, but Divinity is one. *atma* is the nameless, formless divinity. When you worship such a formless and nameless divine principle, you will certainly attain Divinity.

Ugadi 30-3-2006, Prasanthi Nilayam

Experience The Sweetness Of Rama's Name

THIS motherland of Bharat has given birth to many noble souls who attained great name and fame in all the continents of the world. Many sages and seers of Bharat have been sanctifying their time by propagating Rama *tathwa* (principle of Rama) since ancient times. The Ramayana belongs to *Treta Yuga*. *Though* thousands of years have passed, yet the *Ramayana* is being read with reverence in every village and every hamlet.

Do As You Say

People, young and old, chant the sacred name of Rama even now with great devotion. They may forget any other name, but not the *Rama nama* (name). Be

he a millionaire or a pauper, everyone takes refuge in the divine name of Rama in times of difficulty. In Bharat, it is hard to find anyone who does not contemplate upon or chant the name of Rama. Many sages in the past did penance and undertook several kinds of vows to spread the glory of *Rama nama* in the world. However, Rama never wished or told anybody to chant His name or contemplate upon it. He, in fact, declared that all were the embodiments of divinity.

The foremost teaching of Rama was that one should follow *sathya*. Taking *sathya* as the basis, one should sustain and promote *dharma* (righteousness). *Dharma* is not confined to any particular place or country; it is present in all. It is born out of *sathya* (truth). In fact, *dharma* cannot exist without *sathya*. What is *dharma*? *Dharayati iti dharma* (that which sustains is *dharma*). Some people wrongly limit *dharma* to mere feeding of the poor or acts of charity. *Dharma* should flow from one's own heart. Then, it should be put into practice. Do as you say. That is man's foremost duty. There should be perfect harmony between one's words and actions. On the other hand, if one says one thing and does something contrary to it, it connotes *adharma* (unrighteousness). Moreover, one should carefully analyse and weigh the pros and cons before saying something. *Manasyekam vachasyekam, karmanyekam mahatmanam* (Those whose thoughts,

words and deeds are in perfect harmony are noble ones). You say that you are a human being. But, you are entitled to be called a human being only when your thoughts, words and deeds are in harmony. Rama achieved unity of thought, word and deed. In contrast, Ravana's thoughts, words and deeds were at variance with each other. *Manasyanyath vachasyanyath, karmanyanyath duratmanam* (Those who lack harmony of thoughts, words and deeds are wicked).

Develop Your Innate Qualities

There has naturally been a conflict between *Sathya* (truth) and *Asathya* (untruth), *Dharma* (righteousness) and *Adharma* (unrighteous-ness). Rama scrupulously followed *Sathya*, whereas Ravana resorted to *Asathya*. There is no *Dharma* greater than adherence to *Sathya*. Hence, we should adhere to truth even in trivial matters. We should never resort to untruth to escape from a difficult situation.

The creation emerges from truth
 And merges into truth ;
 Is there a place in the cosmos
 Where truth does not exist?
 Visualise this pure and unsullied truth.

(Telugu poem)

In fact, truth is the foundation of the entire creation. If for any reason this foundation is disturbed, the

whole world will collapse. What is the reason for all the trials and tribulations of man today? It is because man has forgotten truth. He is facing humiliation and disrepute because he is indulging in injustice and falsehood. Hence, one should not resort to untruth under any circumstances. One should speak only truth. *Sathya* is a small term. But it connotes *Sat* (changeless divinity). Since we try to change this changeless truth, we undergo changes and distortions.

Dear Students!

You are all young. If you follow truth right from this young age, you will surely become an ideal to the entire country. What is truth? God's word is truth. Hence, when you speak with the feeling *sarvam Bhagavad preetyartham* (everything is to please God), then everything will become truth. Every thought and feeling emanating from man is a reflection of his inner truth. Unfortunately, it gets converted into falsehood by the improper use of the tongue. The tongue is one of the five senses. These senses are the cause of changes in us. They are responsible for the sin or merit that we earn.

The *panchabhutas* (five elements) pervade the entire universe, right from the earth to sky. There is no sixth element other than these five elements in the universe. The same five elements are found in every

human being in a subtle form. One has to realise this truth and conduct oneself accordingly. *Sathya* (truth), *Dharma* (righteousness), *Santi* (peace) *Prema* (love) and *Ahimsa* (non-violence) that are present within you have to be nurtured and developed. *Sathya* is the path. *Dharma* follows it. *Prema* is the experience. It is only then that *Ahimsa* manifests. *Himsa* (violence) is not limited to harming or hurting others; acting contrary to one's words is also *Himsa*. There can be no greater *ahimsa* than using our tongue in a sacred manner.

Santi (peace) is not to be found somewhere else. It is very much within us. There are many distasteful qualities present within us. It is for us to make good use of these qualities. You may ask, "Why does not God change our nature?" No, God does not at all interfere; He is a witness of everything. It is not for God to tell you what is good and what is bad. Your own thoughts and feelings tell you what is good and what is bad. If you eat a cucumber, you will get the belch of a cucumber. Hence, what is there in you will be reflected outside. Whatever bad you see in others, it is nothing but the reflection of your own thoughts. Some people are constantly immersed in worldly thoughts. Such people can never be happy. Only those attain the state of bliss whose mind is

steady, without any thoughts. Some people consider themselves very intelligent and keep enquiring deeply into their accumulated bookish knowledge. This type of pedantry is like allergy. Once this allergy starts spreading, their energy is sapped. Unfortunately, today we are developing allergy, not energy. Do not keep deliberating upon whether something is good for you or not. Everything is good. Whatever happens, consider that it is good for you. When you develop such an attitude, everything will turn out to be good for you.

Embodiments Of Love!

Love all. Hate none. Do not misunderstand others. Some people develop misunderstanding even about God! It is the worst of sins. Hence, do not entertain such misconceptions. If by any reason such thoughts enter your mind, consider them as your enemies and drive them away. Be loving and cheerful always. It is only love that protects and sustains you. You are yourself the embodiment of love. Where there is love, there hatred cannot enter.

Embodiments Of Love!

Human body is a miniature world. It is constituted by *panchabhutas* (five elements), *panchendriyas* (five senses) and *pancha pranas* (five life-breaths) which, in turn, are born out of truth, are sustained by truth

and ultimately merge in truth. Hence, one should follow truth earnestly. Since people distort truth, they lose their purity. The main reason for the impurity of one's heart is one's tendency to distort truth. Hence, if one wishes to maintain purity and sacredness of one's heart, one has to speak truth. If you are wedded to truth, whatever you say will come right.

Some people complain, “*Swami!* Though we are treading the path of truth, untruth still troubles us. What could be the reason for our predicament?” The question can be answered by a simple example. While the pure and crystal clear Ganga river flows, some streams and rivulets formed by the rain water join it during its course, thereby polluting the river. However, one has to be careful not to allow any impurities to join the pure and unsullied truth of one's heart. It is because of the weakness of our senses that various impurities enter our heart and pollute it. These impurities are the six inner enemies of man. The purity of nectar can be destroyed even by an atom of impurity. Once a music director composed a song :

“I am aware, You are like the moon
In the distant sky;
Yet my mind tries to grab You;
I don't know why.”

(Telugu song)

In fact, where is the moon? Not in the distant

sky. Our mind itself is the moon. We are unable to gain control over the mind because of these six inner enemies coming in our way. Is it not a fact that even the bright light of the moon on a full moon night is not visible if the clouds come in its way? The moment the clouds move away, the moon is visible. Similarly, you have to do constant *namasmarana* in order to drive away the clouds of these six inner enemies.

Follow The Ideals Set By Rama

Today we are celebrating *Sri Rama Navami*. On this sacred day, we should resolve to follow the teachings of Rama. *Sathya and Dharma* are the two main teachings of Rama. Do not consider yourself as a mere human being. Develop full faith that you are none other than Rama! People often say, “Only my *Atmarama* knows it!” Thus, our *atma* itself is the embodiment of Lord Rama! The *atma* has no specific form. The same *atma* that pervades the entire universe took a form and incarnated as Rama. Similarly, *Dharma* took the form of Lakshmana who constantly followed Rama. Lakshmana considered Rama as his very life-breath. Rama was everything for him.

During the exile of Rama, Lakshmana and Sita, once Lakshmana ventured into a particular part of the forest. Soon he was beset with evil thoughts. As

soon as he returned, he told Rama, “Oh! Rama! Why are we undergoing all these troubles? Why should the innocent mother Sita be put to these ordeals? Come! Let us go back to Ayodhya, this very moment.” Sita was surprised at the sudden change in the attitude of Lakshmana. Since Rama knew everything, He called Lakshmana to His side smilingly and made him sit near Him. Immediately, Lakshmana realised his fault. With great agony, he enquired from Rama, “Dear brother! How come these evil thoughts entered my mind? Never before such a thing had happened to me.” Rama then explained, “Dear brother! This is not your fault. This is the region of a demon. Hence, all evil thoughts entered your mind.” Tell me your company, I shall tell you what you are. As is your company, so are your thoughts. Hence, keep yourself away from bad company. Join the company of good and noble souls. Then, you will get good thoughts. As are your thoughts, so shall be the result. *Yad bhavam tad bhavati* (as are the feelings, so is the result).

When Kausalya was shedding tears after Rama left for the forest, Sumitra tried to comfort her, saying, “Dear sister! Why do you cry? Is it because Rama is going to the forest? No, no. You are mistaken that Rama would live in the forest, while we would enjoy royal comforts in Ayodhya. In fact, wherever Rama

lives is Ayodhya and the rest is nothing but a forest. We should lead our life with equanimity, remaining equal-minded in happiness and sorrow. Happiness and sorrow come one after the other. We should not be affected by them. We should neither be elated by happiness nor depressed by sorrow. Can there be a human being in this world without happiness and sorrow? Rama is, in fact, omniscient and omnipotent. No harm can ever befall Him from wild animals or demons in the forest.”

Kausalya was also worried about Sita since she was accompanying Rama to the forest. Rama had tried to dissuade her from going to the forest, saying, “Sita! The forest is full of thorny bushes and wild animals. You will be put to a lot of difficulties in the forest.” Sita then reasoned with Rama, “Oh! Rama! You are the protector of the entire world. Can You not protect Your own wife from the wild animals? You are omnipresent, omnipotent and omniscient. I am sure that none of these wild animals can cause any harm to me when You are with me. I have no such fear.” Rama felt very happy to hear these words of Sita.

When Sita was abducted by Ravana, both Rama and Lakshmana became very much worried about her. Seething with anger over Ravana’s mean act, Lakshmana approached his elder brother Rama and

said, "Dear brother! Give me Your permission. I will reduce all these wicked demons to ashes." Rama counselled patience and said, "Lakshmana! We don't need to do any such thing. The demons will destroy themselves on their own. In fact, they will become victims of their own evil qualities." Subsequently, Ravana was killed by Rama and His army of *Vanaras*. Rama then explained to Lakshmana thus: "Lakshmana! People behave in a particular way and reap the consequences of their actions, depending upon their *prarabdha* (destiny) and their qualities. We need not be too much concerned with that. As long as one is attached to worldly objects and thinks in terms of mine and thine, one will be afflicted by sorrow. Hence, one has to treat the worldly objects with the attitude, "these are not mine; all these are the property of the Divine,"

All acts should be performed to please God. If one develops ego with thoughts of 'I' and 'mine', one is sure to perish. You say 'this is mine' and 'that is mine'. In fact, what really belongs to you - the body, the mind, the intellect or the senses? You say 'this is my body', 'this is my mind', 'this is my intellect', etc. But, none of these belongs to you truly. The body which you consider as belonging to you will leave you in a moment, even without your knowledge. Similarly,

the mind roams about like a monkey. Is it possible to restrain this mad monkey? Do not say, 'I am this or that'. Say, 'I am I'. This is your correct description. The correct answer to the question 'Who are you?' is 'I am I'. Rama did not criticise or harm anyone. Then, who will have hatred towards Him? Good acts of Rama brought good results to Him. Thus, when we do good to others, there is no possibility for us to undergo sorrows and difficulties. If we still feel we are put to difficulties, the fault lies with us. God is not responsible for our sorrows and difficulties; it is the waywardness of our senses that is responsible for them. So, we should control our senses. If we are able to control our senses, everything else will come under our control. That is the essence of the teachings of Rama. The Ramayana is not merely the story of Rama. In fact, it is the story of every human being.

Sweetness Of *Ramanama* Never Diminishes

We blame God for our problems and difficulties. But, God loves one and all equally. He has no hatred towards anyone. He is always cheerful and smiling. A smiling countenance is the natural quality of a divine being. Where there is a smile, there can be no hatred at all! People with such divine attributes do not get disturbed under any circumstances. Hence, be always smiling and cheerful. Never put on a

‘castor-oil face’. Some students are very much worried about examinations; they want them to be delayed or postponed. However, the sooner you write the examinations and pass them, the quicker will you move onto the higher class. Instead of examination worry, you should make hurry to go to the higher class. There is no worry in this hurry.

Come! Oh, devotees! Come!
 Take the sweet of *Ramanama*.
 Do not buy and eat other sweets
 Out of ignorance.
 They will spoil your health.
 By mixing the wheat flour of
 The essence of the *Vedas*
 With the milk of *Vedic* declarations,
 Adding the sugar of *Subuddhi* (virtues)
 And the ghee of *Nibaddhi* (truth),
 Removing the dirt of *Abaddhamu* (falsehood),
 Our ancient *Rishis* have prepared this
 Most delicious sweet of *Ramanama*.

(Telugu song)

Your health will be spoiled by eating all kinds of sweets sold in the marketplace. Those sweets may be tasty, but are harmful to you. Instead, take the sweet of *Ramanama* that has been prepared by our

great *Rishis*. It has a wonderful effect on your mind. It can never become stale or spoiled. The more you eat this sweet of *Ramanama*, the more joy will you derive from it. It is sweeter than sugar and tastier than curd.

The divine name of Rama is full of sweetness and it remains sweet forever. There have been many incarnations of God on earth. But the divine name of Rama has remained eternal. Since ancient times, *Ramanama* has remained as the *taraka mantra* (mantra that liberates) for one and all. Right from children to elders, everyone can derive the bliss of chanting *Ramanama*. Age is no obstacle in experiencing the sweetness of *Ramanama*. There is immense sweetness in this name. We should never give up such a sweet, nectarous and blissful *Ramanama* even for a second. Unfortunately, today people are neglecting the chanting of *Ramanama*. It is their misfortune.

Lead An Ideal And Exemplary Life

When Mirabai was asked to leave the Krishna temple in the palace by the Maharana, she was full of anxiety, thinking, “How can I leave my dear Lord Krishna and go away!” But her unflinching faith in Krishna developed the firm conviction in her, “Krishna Himself would come along with me.” She prayed to

Lord Krishna, “Oh, Lord! I obtained the precious pearl of Divine Name after a great effort. Please bless me that I do not lose this invaluable pearl.” Chanting the name of Krishna incessantly, she reached Dwaraka. However, she found the doors of the temple closed. Unable to bear the agony of separation from her dear Lord Krishna any more, she banged her head against the doors of the temple. Lo! and behold! The doors of the temple opened and Lord Krishna appeared before her. After having *Darshan* of her dear Lord, Mirabai merged in Him.

We have to broaden our heart. This does not refer to the physical heart. If the physical heart is enlarged, it requires surgery by the doctors. Broadening one's heart implies the quality of large-heartedness. Some people sit here stretching their legs and occupying a lot of space. Instead, if people sit closely, some more devotees can be accommodated. We can help each other by caring and sharing.

Dear Students!

The summer vacation has started. From tomorrow onwards, you will be going home to spend your vacation with your parents. Spend your time happily with your parents. Contemplating upon the happy time you have spent here learning many sacred teachings,

make your parents also happy. If you are happy, they will also be happy. Never make your parents unhappy by your conduct. Your parents occupy an important place in your life. It is your foremost duty to make them happy. It is not enough if you look after your own comfort and welfare. First and foremost, the parents are to be made happy. Life is not confined to *khana* (food), *peena* (drink), *sona* (sleep) and *marna* (death). We are not born to eat and roam about and enjoy comforts. We are born to serve our parents and make them happy. If you make your parents happy now, your children would make you happy in future. Lead an ideal and exemplary life. Only then will your life be sanctified and the education acquired by you in Sri Sathya Sai educational institutions will become meaningful. I wish that all of you should earn name and fame as the students of this great institution.

- *Rama Navami* 7-4-2006, Prasanthi Nilayam

6

Happiness Is Holiness

LORD KRISHNA made this divine declaration:
Mamaivamsho jivaloke Jivabhuta sanathana
(the eternal *atma* in all beings is a part of My Being).
Hence, do not feel that you are different from God.
God resides in you. In fact, you are God.

Nothing Is Permanent In This World

You think you are a human being because you are endowed with a human body, but the *atma* that indwells a all manifests your divinity. There are thousands of bulbs that have been put up for decoration. Their colour and wattage may differ, but

the electric current in all of them is one and the same. Like the current that makes all the bulbs shine, the *atma* present in all human beings makes them see, hear and work. But today man is caught in worldly affairs and is ignoring spirituality. If you have spiritual vision, you will know that it is the same God who is present everywhere. Everything from earth to sky is nothing but God. Even this flower, this tumbler, this microphone and the tablecloth that you see here are all aspects of divinity. Divinity pervades each and everything in this universe. But you see differences due to your faulty vision.

Change is the nature of the five elements, and not of God. There are only five elements in this universe; there is no sixth element. Our human form is a combination of the five elements and is sustained by them. Man has relationship with the five elements so long as the body lasts. Once the body perishes, he has nothing to do with even one of them. These elements are present in man in the form of his senses of sound, sight, touch, taste and smell. Our senses are responsible for good and bad, merit and sin. Good and bad are not given by God; they are the consequences of man's own actions. Sometimes you think that God has given you suffering and sometimes you feel God is responsible for your happiness, but God neither gives

happiness nor suffering. These are all man's illusion. Man suffers due to his own evil qualities like jealousy, hatred, anger and pomposity. Where does anger come from? It comes from within us because of our wrong food and evil thoughts. Desire arises because of your covetous nature. *kama*, *krodha*, *lobha*, *moha*, *mada* and *matsarya* (desire, anger, greed, attachment, pride and jealousy) all arise from us.

You think God has a form. But God is formless. God is positive and man is negative. Negative comes and goes, but positive is permanent. Repose your faith in the positive and not in the negative. Everything in this world comes and goes like passing clouds. A boy gets married to a girl. But before marriage, where was the boy and where was the girl? Their relationship developed only after marriage. But even that is not permanent. There is nothing in human life that is permanent. Everything is temporary; it comes and goes. If man wants to become eternal, he has to develop *atma viswasa* (faith in the Self). You may come and go, but I am with you forever. Divinity is changeless. Instead of aspiring for the changeless, man is running after all that is fleeting and temporary. All that we desire in this world is subject to change. Bodies are subject to change. You may see a body today and may not see it tomorrow. There is nothing in this world that is permanent. There is only one entity

that is permanent about whom it is said, *Sarvatah panipadam tat sarvathokshi siromukham, Sarvatah sruthimalloke sarvamavruthya tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). There is only One that is present always, but during our short life-span we develop many illusions.

Pray To God Desirelessly

We celebrate New Year and feel very happy. In fact it is not new; it is just a change of time. Today is the beginning of *Chaitra* (a month in Indian calendar). Next month is *Vaishakha*. In this way, many *Chaitras* and *Vaishakhas* have come and gone, but nothing is permanent. Why should we bother about all that is impermanent and passing? A fruit is at first unripe and after some time it becomes fully ripe and ultimately it decays. Similarly, human body is subject to change; it has childhood, youth, old age and ultimately death. So, there is nothing in this world that is permanent. Whatever you see in this world is just temporary and passing. There is only one thing that is permanent and you have to pray for that. But whom are you praying for? You are praying for yourself, not for God. In fact, you are praying to yourself because God is in you. Because of your identification with the body, you think you are a devotee and God is separate from

you. There is no difference between the devotee and God. Whatever you see, it is God; wherever you go, God is there; whatever you do, it is for God. God is present even in a particle of dust. When the wind blows, the dust goes up. When there is no wind, the dust comes down. In the same way, when man has desires, he is engulfed in delusion. When he is without desires, his delusion is also subdued. Sometimes man is peaceful and at other times he is agitated. These states of man are the result of his food, his habits and worldly relationships; they are not caused by God. God has nothing to do with that. God is eternally present and the five elements are also present forever. Even after man dies, the five elements continue to have their existence. The consciousness present in all the five elements in man is responsible for all his body functions.

When a man is newly married, he loves his wife very much. His love is so intense in the beginning that if she is about to put her foot on a thorn, he pulls her away with great concern, saying, "There is a thorn, there is a thorn." After some time, when the same situation arises, he merely cautions her, "Be careful, there is a thorn." When more time has elapsed, he will resort to scolding, "Don't you have eyes? Can't you see the thorn?" The love that is there in the beginning gives way to anger with the passage of time. Worldly love

is subject to change. Even the love between husband and wife and mother and child undergoes changes with the passage of time. Everything is temporary in this world. It is impermanent and it comes and goes. We are happy when we gain something; we are grieved when we lose anything. Loss and gain are the cause of our happiness and sorrow. But profit and loss are only relative terms.

Embodiments Of Love!

There are no permanent relationships in this world. So long as the body lasts, the relationships exist. When the body is lost, the relationships are also lost. There is one thing that is permanent in this universe and that is what you have to aspire for. Human life is given to man to know himself and to realise God. People worship God and pray to Him. When their desires are fulfilled, they are very happy. If their desires are not fulfilled, they change even the photo of the deity in their altar. If we worship God only to fulfil our desires, then it is not true worship. Our love and devotion for God should be changeless. It should not change under any circumstances. Love is the very form of God. Love is God. Live in love. Love is present in all. Even the person whom we think as wicked has love for his wife and children. If you have love in your heart, you will find love everywhere. If you

love a dog or a cat, they will also reciprocate your love. You will not have fear of even wild animals if you do not harm them. *Yad bhavam tad bhavati* (as is the feeling, so is the result). Everything depends on our feelings.

Desires Are The Cause Of Man's Suffering

All of us should consider our body as only an instrument to discharge our duties. Never think that this body is permanent and you have to accumulate wealth to maintain it. It is merely a waste of time and effort when you try to accumulate worldly possessions. Everything else is temporary except love and truth. *Sathyannasti paro dharma* (There is no *dharma* greater than adherence to truth). There are many types of duties that we have to perform with the help of the body. But our foremost duty is to develop love. Where there is love, there is bliss. True relationship exists only when there is love. Where there is no love, bliss cannot exist there, can there be true relationship. God is the embodiment of bliss. *Nityanandam, parama sukhadam, Kevalam jnanamurtim, dwandwateetam, Gagana sadrisham, tathwamasyadi Lakshyam, ekam, nityam, vimalam, Achalam, sarvadhee sakshibhutam, bhavateetam, trigunarahitam* (God is the embodiment of eternal bliss, He is wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the *mahavakya* tathwamasi, One

without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three attributes of *sathwa*, *rajas* and *tamas*.) Man should develop the divine quality of love and not the worldly relationships.

Suppose a person has delicious dishes and fruits before him which he loves to eat, he will get happiness when he consumes them. If at that very moment he gets the sad news of the tragic death of his son in an accident in the bazaar, he will run to see his son and throw away all the dishes, because his love for his son is more than his love for food. When the food is before him, he thinks that his entire happiness lies in consuming it. Where has the love for food gone now? In a similar way, man develops love for many things in this world. In fact, there is nothing in this world which you should desire for. Desires are the cause of all the suffering of man. As the Saying goes 'Less luggage more comfort.' When there is luggage, you cannot escape from trouble. Here luggage refers to worldly relationships and desires. Only when you get rid of worldly bondage can you be happy. There is nothing in this world that you should desire for. If any worldly desire crops up in your mind, give it up at once. Giving up of desires is true renunciation. **Less luggage, more comfort makes travel a pleasure.** You can have real happiness only when you reduce

your luggage. There are so many millionaires in this world. But, are they able to live forever? They come and go like passing clouds. You find clouds only in the sky. Without sky there can be no clouds. So long as you have body consciousness, you will have the clouds of desires.

Everybody Has To Leave The World Empty-handed

Embodiments Of Love!

You should have body consciousness only to discharge your duties. You have to do your duty. Duty is God. You should not develop undue worldly relations. But, you are developing more and more desires and more and more greed. You have to reduce the luggage of your desires. You may accumulate any amount of luggage, but it is not going to be permanent. Alexander, the great emperor, conquered different parts of the world and came to India with a desire to conquer this country. On his return journey, he suffered a grave illness. Sensing that his end had approached, he called all his ministers and generals and told them that he was not going to live any more. He instructed them to take his body to his country after his death. He further told them to expose his hands out of the bier with his palms upwards and take the funeral procession to all the streets of the city. This was to

tell the people of the world that in spite of his great conquests in the world and a great name and fame, Alexander left the world empty-handed. This is true of all of us. Whatever we may accumulate, we have to go empty-handed only. In the ultimate analysis, all the worldly possessions are useless. Then why should we worry about all that is useless? Do your duty making best use of the present; do not unnecessarily worry about what is to come in future.

Many things happen in this world; God is the witness of all that happens. God is always blissful; He has no suffering, no difficulty, no worry. God is not the cause of the difficulties and sufferings of anybody. He has no desires. You may think that God has desires, but in reality He has none. He is *gunatita* (beyond attributes), *trigunarahita* (devoid of the three qualities of *sattwa*, *rajas* and *tamas*). You become the victim of delusion as you are bound by these three qualities. If someone dies, people lament over his death for a few days and then they forget. In this manner, nothing is permanent in this world. However, we have to do what we are supposed to do. You wear a shawl when it is cold. As soon as the cold is gone, you remove the shawl. Likewise, you don the vesture of human body and nourish it for performing your worldly duties. Ultimately, you have to give up this body.

Do All Actions To Please God

Embodiments Of Love!

You do all kinds of worship, penance and *yajnas*, but what is the use of all this? They cannot protect and sustain you if you are bereft of the divine quality of love. It will be just a waste of time and energy. What you have to nourish and develop is love. If you have love, you can conquer anything. Except love, there is nothing that can nourish and sustain you. Develop self-confidence. When you have self-confidence, you will attain self-satisfaction which will lead you to self-sacrifice and ultimately to self-realisation. What is the meaning of self-realisation? It means to realise one's Self. You keep asking everybody, "Who are you?" But you do not ask yourself, "Who am I?" Am I the body, am I the mind, am I the intellect, am I the *chittha*, am I the senses? When you say, 'my body', you are different from the body. Body is like a water bubble, mind is like a mad monkey. Do not follow the body, do not follow the mind. Do not think that the body is permanent. But so long as you have the body and mind, you have to use them to perform your duties. If your mind is not sound and steady, none of your endeavours will fructify. Hence, first and foremost control the mind. Who is man? One who is endowed with mind is man. Do not allow your mind to become a monkey mind. Understand that you

belong to mankind. So, you have to conduct yourself with kindness and compassion.

You are running after all that is false and ephemeral giving up all that is true and eternal. In *Kali Age*, everything is becoming business. Wherever people go, whatever they do, they do it with a business motive. Even trivial matters have become business activity. How long can you do this business? It is all useless. Man should learn to give; he should not try to grab all that comes his way. Body is given to man to do good to others. *Paropakaraya punyaya, papaya parapidanam* (one attains merit by serving others and commits sin by hurting them). Do not always accept the service of others; rather, try to serve others to the extent possible. When you serve others, think that you are serving God. Do all actions to please God. All your actions will become meaningful only when you do them with the motive of pleasing God. Never do anything with a selfish motive. Today you are here. Tomorrow you may be somewhere else. Nothing is permanent. Only love is permanent in this world. Fill your life with love. You can love others only when you have love within you. Your innate love is your divinity. If you have love in your heart, nobody will hate you. Others will hate you only when you have selfish desires. Never hate anybody, never feel jealous

of anybody and never get angry with anyone.

Embodiments Of Love!

You have come all the way from distant places because of your love for *Swami*. Preserve this love forever and live in the presence of God. Never forget this love which is in you, with you, below you, above you, around you. Do not think that God is separate from you. He is the witness of everything. People go to temples with trays full of flowers and fruits.

Is it possible to limit the One to a temple
 Who pervades the entire cosmos?
 How can one offer food to the One
 Who has the entire cosmos in His belly?
 How can one give a bath to the One
 Who is present in all rivers?

(Telugu poem)

Worry Is A Mentally Created Fear

People offer food to God and afterwards consume it themselves! God does not want anything. God has no desires at all. Sometimes, God may act in a way which makes you think that He has desires. But God has no desires at all. He has no bondage either. Whatever He does is for your sake. Whatever He says, does and thinks is for your sake. Pray for the welfare of all. *Loka samasta sukhino bhavantu*

(May all the people of the world be happy!). Do not wish any harm even to your enemy. **Love Ever, Hurt Never.** Do not do anything that is contrary to the principle of love. **Love is God. Live in Love.** Consider love as God. Salute whomever you come across, even if he be your enemy. Love even your enemy. Whomsoever you salute, it will reach God, for God is in all. With these sacred feelings, do not have hatred towards anyone.

All that has to happen will happen. Do not worry about it. Past is past, forget the past. Future is uncertain, do not brood over it. Present is important, live in the present and be happy. Do not worry about past and future. Where is the past? Many people have passed away. Has any of them come back? None. Similarly, we do not know anything about future. Why should we worry about it? You should try to seek happiness in the present. When you have such an attitude, you will never worry about anything in life. What is the shape of worry? It is a mentally created fear. We should never worry. A true devotee will not have any worries. You cannot call yourself a true devotee if you are beset with worries. Hurry, worry, and curry are the cause of heart diseases. One should therefore avoid hurry, worry, curry.

All of you are the embodiments of love and

divinity. You are *Atmaswarupa* (embodiment of the *atma*). For the sake of identity, you have a name, but in reality, all of you are the embodiments of the *atma*. Only the *atma* is eternal.

Today marks the beginning of the Tamil New Year. People of Kerala celebrate it in a traditional way by having the holy vision of *Vishukkani* in the morning. They will have delicious dishes and all merriment. It is a festive occasion for the farmers who bring home the harvested grain. It is, in fact, a holy day for them as they reap the fruit of their hard labour after toiling hard from morning to evening in their fields all the year round. The farmers lead a very hard life. This is the time of their rejoicing as the harvested grain ensures them freedom from all worries and makes them happy and blissful. Happiness is true holiness. True bliss lies in cultivating the principle of love and leading a life of contentment. We should always be contented. When there is no contentment, worries raise their head. All troubles are created by worrying.

Live Always In Bliss

Embodiments Of Love!

The day you are happy is the holy day. Love is divine. Suffuse your love with the principle of divinity. Keep your heart filled with love forever. Then every day will become a New Year for you. What is New

Year? The celebration of New Year does not lie in eating *payasam* (sweet pudding) and other delicious dishes. The day you are filled with bliss is the New Year. Always live in bliss. If difficulties confront you, drive them away. In fact, suffering and troubles have no real existence. Then why are you worrying? Develop the attitude of detachment. Then you will have no suffering and no worry. Remind yourself, “I am a human being. These difficulties and suffering do not belong to me.” If you develop real body detachment, you will not be affected by any affliction. Physical ailments like stomachache, headache or body pain are natural to the body. Why should you worry about that which is natural? You suffer because you develop too much attachment to the body. However, you have to take care of the body to the extent that you are not dependent on others. You should realise your true nature. Regulate your diet and habits. Since you have too many desires, you have all the problems. If you eat too much, you will have to suffer from indigestion. Hence, control your craving for food. Eat moderately and maintain good health. That is what I advise the children always.

Get up early in the morning
At the crowing of the cock;
Have a bath after your morning ablutions,
Wear a proper dress.

Eat properly and moderately.
Go to school and study diligently.
Earn a good name.

(Telugu poem)

Develop good health, cultivate good habits, have good conduct and earn a good name. If you have all these, you will not need anything else in life. Do not run after medicines and doctors for your small problems. If a medicine cures one disease, it will create another. Many doctors have made the medical profession also a business. What are you going to achieve if you lead a life full of worries? Nothing at all! Some doctors may exaggerate even your minor ailments as cancer and ulcer. In such cases, even if you do not have such a disease, worry caused to you by the imaginary disease may lead to it. The more you worry about it, the more would be your suffering. Therefore, do not worry about your small physical problems. If you lead a life of moderation and maintain a healthy lifestyle, you don't need to be at the mercy of doctors.

Embodiments Of Love!

Stop the habit of worrying. Even an intelligent student will not be able to write his examination well, if he becomes nervous in the examination hall due to

his doubts, though he may know the answers to the questions. Doubts are the cause of your worry. You have to face all difficulties because of your habit of worrying. You should work hard without worrying for anything. When you lead such a straightforward life, you will not have to run after anybody and beg for favours. Experience the bliss that is within your heart without making a show of it to others. Have belief in that which ought to be believed. Have love for that which ought to be loved. You have to love only one thing and that is God. Once you have love for God, you will have everything in life. On the one side is the world and on the other, God. You cannot have both simultaneously. It is like riding on two horses which is sure to prove dangerous. Focus your mind only on God and have total faith in Him. *Ekam Sat viprah bahudha vadanti* (truth is one, but the wise refer to it by various names). You should always think of God, both in pleasure and pain. If you aspire to have happiness and bliss, you should desire only for God. Do not worry too much about your difficulties. If you have love for God, all your difficulties will vanish in a trice. All difficulties are like passing clouds.

Swami loves His students very much. Once it so happened that a student was trying to tie buntings on

a door while standing on a steel stool. As he saw Me coming, he felt nervous and fell from the stool. Both the stool and the boy fell on Me and My hip bone was fractured. Doctors advised rest for three to six months. But I told them that I did not need rest even for three minutes. What is this body for? It is for helping others. The body needs balance. There would be difficulty in walking when the balance is lost. But I do not care even for balance. It is temporary and will become all right on its own. I am able to walk with the support of boys. We should not worry about small problems. Do your duty. Then everything will become all right. Develop love.

Embodiments Of Love!

Do not forget the principle of love. Love God. It is nothing great if you help someone who has helped you. Greatness lies in helping those who have done harm to you.

Tamil New Year and *Vishu*, 14-4-2006. Kodaikanal

True Spirit of *Ugadi* Celebration

You may have celebrated many Ugadi (Telugu New Year day) festivals in your life. Certain traditional practices go with every festival, such as having a sacred bath, wearing new clothes, cleaning the house and decorating it with buntings of green leaves. Greatness lies in purifying our thoughts, not merely the transient human body. The significance of a festival does not lie merely in wearing new clothes but in cultivating new and noble thoughts. The house should be decorated not merely with buntings of green leaves but with everyone. Only then would you be celebrating the festival in its true spirit.

- Baba

Do Not Burden Yourself With Limitless Desires

Sathya, Dharma, Santi, Prema are the pillars of Sanathana Dharma. Without imbibing these values, the acquisition of all education, performance of all acts of charity and undertaking of all spiritual practices is of little worth. What else is to be conveyed to this assembly of noble souls?

(Telugu poem)

Embodiments of Love!

WHAT is the meaning of *Avatar* (incarnation of God)? It connotes the combination of Divine consciousness with human consciousness. Man is the combination of body, mind, intellect and

consciousness. God, who is the embodiment of love, assumes human form to establish identity with man so as to bring about transformation in him through love. God descends on earth and involves Himself in the affairs of the world to teach and guide man and to put him on the right path. Here is a small example.

Do Not Superimpose Human Qualities On Avatars

Once the *Gopikas* approached Yashoda and complained to her, “Mother! Krishna came to our house and broke our pots of curd and milk.” Some other *Gopikas* came and complained to Yashoda that Krishna entered their house at midnight and tied the plaits of one *Gopika* with that of the other. When Yashoda chided Krishna for these mischievous acts, Krishna said to His mother, “Mother! You know that I was sleeping by your side all through the night. Then you tell me, how could I go to their houses at midnight?” Yashoda realised that what Krishna said was true. Obviously, the *Gopikas* were telling lies, she thought. There is a difference between human consciousness and divine consciousness. If the divine pranks of child Krishna were to be analysed from the spiritual angle, the earthen pots represent the human body. Hence, breaking of the pots denotes denouncing *dehabhranti* (delusion caused by body attachment). Not

realising this deeper meaning behind the seemingly childish pranks of Krishna, the *Gopikas* complained against Him to Yashoda.

Later, the *Gopikas* realised the true nature of Krishna and prayed to Him, “Oh! Krishna! You are the embodiment of bliss, free from *trigunas* (*satwa*, *rajas* and *tamas*) and duality and beyond the ken of human mind. It was our mistake to superimpose human qualities on You. Whatever complaints we made against You to Your mother were caused by our ignorance. Oh, *Swami!* Kindly pardon us and take us into Your fold.” Krishna then pardoned all of them and explained to them the principle of oneness, saying, “You are not different from Me. You and I are one.” Thus, when we develop faith in the principle of oneness, our lives will be sanctified.

Man is endowed with the body and the mind, both of which breed *kama* and *krodha* (desire and anger). But God has neither desire nor anger. God does not have even an iota of worldly desires or aspirations. Whatever God does, sees and says is all for the good of the devotees, and not for Himself. When God incarnates on earth in human form, He behaves like a human being only. He may make somebody cry, make some other laugh and indulge in playful pranks with yet another. Seeing all these seemingly human acts, people are deluded to treat the avatar as an ordinary

human being. In fact, what could be the reason for God to descend on the earth with a human form? It is only to set an ideal for man and lead him on the path of righteousness.

Unity And Equality Are The Hallmarks Of Human Society

When someone asks your name, the usual reply would be: “My name is Ranganna or Somanna”, etc. But, these names are given to you by your parents. They are not your true names. In fact, when someone asks your name, you should reply, “I am I”. This is your true name. This ‘I’ is present in every individual. That is the *atma tathwa* (principle of the Self). Excepting this, all other names are only imaginary. This implies that God is immanent in every human being, nay, every living being. All are the embodiments of God. *Ekoham bahusyam* (the One willed to become many). It is the One that has assumed all forms. *Aham Brahmasmi* (I am *Brahman*). This should be the realisation of each individual. This realisation is the basis of the unity of *vyashti* (individual), *samashti* (society), *srishti* (creation) and *Parameshti* (God). Without *srishti*, there can be no *samashti*, and without *samashti*, there can be no *vyashti*. But who is *vyashti*? He is the embodiment of divinity which is present in all. Therefore, society, which is the conglomeration of

individuals, is the collective form of divinity. Hence, all are equal in society. No distinction can be made as high or low. Whomever you ridicule, it amounts to ridiculing yourself. It is only your reflection that you see in him. It is only the resound that you hear. One has to realise this truth and develop the feeling of oneness. The names Rama and Krishna were given to the *avatars* by their parents. When God incarnated in the past, He did not proclaim that He was Rama or Krishna. These names were given to the *avatars* after their incarnation and not before. Names and forms are merely the marks of distinction of individuals in society.

You need not search for God anywhere. When someone asks you, “Where is God?”, you should say with confidence, “I am God.” People build temples and buildings with brick and mortar and install idols of God in them. In fact, God is firmly installed in the hearts of all human beings, nay, all living beings. It is only to explain this truth that Lord Krishna in the *Bhagavad Gita* declared, *Mamaivamsho jivaloke jivabhuta sanathana* (the eternal *atma* in all beings is a part of My Being). It is possible to realise this truth by adhering to the five human values of *sathya* (truth), *dharma* (righteousness), *santi* (peace), *prema* (love) and *ahimsa* (non-violence). Where are these human values? They are not outside. All of them are

within you only. It is most unfortunate that you search them outside, while they are very much within you. As long as you search for the reflections outside, you will not be able to recognise the object within. Divinity is immanent in you. Hence, you should consider yourself divine and proclaim, "I am God". Then, you will not have any fear or anxiety or delusion. So long as you do not realise your divinity within, you cannot get rid of body attachment.

There is no need to go on pilgrimages to search for God. God is present everywhere. *Sarvatah panipadam tat sarvathokshi siromukham, sarvatah sruthimalloke sarvamavruthya tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, God permeates the entire universe). Wherever you see, God is present there. There is no place where God is not present. There is no form which does not belong to Him. Man searches for God, thinking that He is at some distant place. But God is in front of you, behind you, beside you. All are the embodiments of God. However, you do not consider the people around you as embodiments of divinity. You look at their form and consider them as mere human beings. Forget the form. Be firmly established in the feeling that wherever you see it is God only. It is only He who provides everything for our sustenance. Hence, whatever work you undertake, consider it as God's work and dedicate it to Him.

If you perform your actions as an offering to God, they will turn out to be pure and sacred. God is not somewhere in a distant corner. You are God. You are society. You are the world. You are the sky. You are the earth. You are the stars. You are everything. Hence, develop the feeling, “I am everything.” You see duality in the world since you go by names and forms. If you see beyond names and forms, you will find unity everywhere.

All of you are the embodiments of the *atma*. Being the embodiments of the *atma*, why should you search for the *atma* elsewhere? What is the meaning of *atma*? The *atma* denotes consciousness. Consciousness pervades everything. As long as there is consciousness in the body, it is nourished and protected. When consciousness leaves the body, it loses all its worth.

Develop Purity And Goodness

Supposing a boy and a girl decide to marry. After the marriage, the girl refers to him as her husband. Similarly, the boy refers to her as his wife. But, for how long? Only for some specific period, i.e., as long as they live together. Later, if either of them dies, one will not have any relationship with the other. Who is the husband and who is the wife? All these relationships are imaginary and transitory. Similar is

the relationship between the mother and the son. The son addresses her as mother for a number of years. But when she leaves her mortal coil, the son wails over the dead body of his mother, saying “Oh! Mother! You have left me!” In fact, where has his mother gone? The physical body which he referred to as mother all these years is very much in front of him. If the physical body were to be really his mother, he could have as well kept it in his house; is it not? But, will he do so? Not at all! He takes the body to the cremation ground and cremates it. Hence, all these bodily relationships are only illusory and not real. These are like passing clouds. Only the atma is eternal. Whatever may happen to the physical body, the atma does not undergo any change.

All are the embodiments of God. Since we are deluded to think that God is separate from us, we undertake various spiritual practices to attain God. We think that *sravanam* (listening), *kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *padasevanam* (serving His Lotus Feet), *vandanam* (salutation), *archanam* (worship), *dasyam* (servitude), *sneham* (friendship), *atmanivedanam* (self-surrender) are the *sadhanas* we are required to perform. But, what is *sadhana*? *sadhana* = *sa* + *dhana*. The letter ‘*sa*’ in the word *sadhana* implies *salokya* (perception of the Divine), *sameepya* (proximity to the Divine),

sarupya (identification with the Divine) and *sayujya* (merger in the divine). This is the *dhana* (wealth) man has to acquire and treasure. But, man today is craving for *dhana* (money) forgetting this 'sa' consisting of *salokya, sameepya, sarupya and sayujya*. Every activity in the world today is centred around *dhana*. Supposing you request someone to sing a song or do some work for you, he will immediately start bargaining the amount you will pay for his services. Every activity of man has become business today, so much so that business has entered the field of spirituality also. There is no necessity to purchase God with money which, of course, you cannot. In fact, you yourself are God. You yourself are the divine principle. You are endowed with immense divine power. But you have to keep your mind steady. Let it not jump from one thought to another. If you write correct answers in your examination, you will get correct marks. If you have a good mind, everything will turn out to be good. But if there are bad thoughts in your mind, the result will also be bad. First and foremost, understand the nature of your mind. You can understand the secret of human life only when you understand your own mind. **Be Good, Do Good, See Good.** Then everything will become good in your life. Be always good and tread the right path. Do not follow the wrong path by imitating others. Follow your conscience. If your heart is pure, everything will become pure and sacred.

Keep Your Desires Under Control

Embodiments Of Divine Atma!

There is a limit for everything in this world. There is nothing without limit. In fact, the world is a 'limited company'. What will happen to the limited company if it violates its limits? Hence, everyone should conduct himself within his limits. When a doctor prescribes a particular medicine to a patient, he also indicates the dosage. If the patient takes the medicine without regard to the dosage and exceeds the limit, he may contract another disease. Similarly, God has set a limit for every individual. But modern man has limitless desires. It is necessary that he keeps his desires within limits. He will be put to great danger if he exceeds this limit out of his ego. Whether it is the individual or society or the world, all should observe the prescribed limits.

Man is born with many relationships, like father, mother, relatives and friends. All these are created by the world. When he gets married, he has a wife. Later, he has children. Thereafter, he has grandchildren. Thus, his relations go on increasing without any limit. As the relations grow, his desires also grow without limit. Man will be happy if he reduces his desires. Less luggage, more comfort. Reduce your luggage. Develop courage and confidence. These are not the qualities you can borrow from others. You yourself have to develop them with patience and perseverance.

Embodiments Of Love!

Sanctify your life by developing sense control. It is only because people have no control over their senses and no limit to their desires that there is a lot of unrest and agitation in society. Such people roam about freely in society like animals. You should not become animals. Whenever some evil thoughts arise in you, you should remind yourself that you are a human being and not an animal. Anger is an animal quality. When animals get angry, they fight with one another. Unfortunately, today human beings are also fighting among themselves like animals. In a way, animals are better than man today. Animals have a reason and a season, but man has no reason, no season. Thus, man today is behaving worse than animals. Being a human being, you should cultivate human qualities. In fact, a human being should not get angry at all! Even if anger overpowers you, you should try to become calm and quiet. Do not lose your cool. When you cultivate calmness, you will never become agitated and restless.

Peace is within you. It cannot be found outside. Outside, there are only pieces. Similarly, happiness is not outside. Many people come to *Swami* and pray, “*Swami*, I want peace of mind.” I tell them that they have to search for peace within themselves. I am

always full of peace and bliss. What is the reason for loss of peace in man today? His desires are the basic cause of his restlessness. Where there are desires, peace disappears from there. Therefore, reduce the luggage of your desires. Then you will have less burden in life.

Do Not Allow Evil Qualities To Enter Your Heart

Embodiments Of Love!

All of you know that man has to adhere to the path of truth. He should never adopt the path of untruth under any circumstances. Whatever happens in your life, think that it is good for you. Even if someone criticises you, you should think that it is good for you. If you consider everything good, then everything will become good for you. God is not outside, He is within you. Similarly, *Sathya*, *Dharma*, *Santi*, *Prema*, *Ahimsa* are not outside. They are within you. When you get angry, you lose your peace. Therefore, you should always remain peaceful and blissful. Being a human being, you should have human qualities. A true human being is one who is suffused with *sathya*, *dharma*, *santi*, and *prema*. When you develop these human qualities, you will enjoy peace at all times. Then you will always have a smile on

your face. But when the mind is disturbed, you cannot have peace.

You are not a mere human being. There is divinity immanent in you. Realise this truth. As long as you consider yourself as an ordinary human being, you cannot escape from restlessness. Changes occur in you due to your food and conduct. Sometimes, some bad qualities like anger and jealousy arise in you. But you should not give scope to these evil qualities. Suppose, you build a house and fix doors in it. Simply because you have fixed doors in your house, will you allow all sorts of animals and insects like donkeys, pigs, snakes and scorpions to enter your house? Not at all! Even if they try to enter, you will at once close the door. Similarly, control is the door of your heart. If you close the door of the heart on evil qualities, they cannot enter it. You should not get angry with anyone, nor criticise or harm anyone. If, for any reason, such circumstances arise, control yourself. When anger overtakes you, put it down immediately considering it as your enemy. It is said, anger is your enemy, patience is your shield of protection, happiness is your heaven. Fill your heart with love and compassion. If you have love in your heart, you will see God everywhere. Bereft of love, you will see only devil. When you develop firm faith that God is in you and

you are God and that your body itself is the temple of God, then there will be no scope at all for anger, jealousy, pride, etc., to trouble you. Hence, *Bangaru!* Develop love and compassion.

God is your sole refuge
 Wherever you maybe,
 In a forest, in the sky, in a city or in a
 Village, on the top of a mountain,
 Or in the middle of deep sea.

(Telugu Poem)

Truth is unchangeable, irrespective of time and place. Wherever you are, truth is truth, love is love! If you have love, truth will automatically become part of you and vice versa. You are all born with love. But unfortunately as you grow up, the love in you gradually starts declining and hatred and jealousy begin to increase. Jealousy is a very bad quality. It will harm not only others, but it will cause harm to you as well. Hence, do not at all give scope for such evil qualities. Strive to cultivate good qualities like love and truth. Then only can you experience uninterrupted peace.

Discourse on 2-5 2006, Whitefield, Bangalore.

8

Mother's Love Has Immense Power

When man emerges from the womb of his mother, one does not find any garland around his neck. There are no jewels made of pearls nor are there glittering gold ornaments. There are no chains studded with precious stones like emeralds and diamonds. But there is one garland around his neck. Brahma strings together the consequences of his past deeds into a heavy garland and puts it around his neck at the time of his birth.

(Telugu poem)

Embodiments of Love!

WHAT we have to understand today is that we are born with a garland of *karma*

around our neck. Brahma strings together every single action of ours, be it good or bad, to make this heavy garland. Hence, before performing any action, we have to enquire whether it is good or bad.

Make Sacred Use Of Your Senses

There is always a reward for our good deeds, whether we aspire for it or not. Likewise, we cannot escape from the dangerous consequences arising out of our seeing, thinking, hearing, talking and doing all that is bad.

Do you know the purpose for which
 The eyes are given to you?
 Is it to look at anything and everything
 That you come across?
 No, no, you are endowed with eyes
 So that you may attain the vision of the
 The Lord of Kailasa.
 Do you know the purpose for which
 The mind is given to you?
 Is it to wander in the lanes and bylanes?
 No, no, the mind is given to you
 To experience bliss by contemplating on
 The beautiful form and name of God.

(Telugu song)

In this manner, you have to enquire what is good and what is bad and act accordingly. No one can escape from the consequences of his actions. Everyone born in this world has to experience both good and bad. Some noble souls understand this truth, experience the bliss of treasuring in their mind all that is good and ignore all that is bad. Sometimes your vision is polluted by seeing bad things and bad people. In such a situation, you should at once exercise caution and remind yourself that eyes are given to you to have the vision of noble souls and not to look at all sorts of people around you. Some people indulge in evil talk and criticise others. It is the worst of sins to criticise others. Instead of criticising others, criticise your own evil qualities. How can you acquire merit when you criticise others? You will earn only sin.

The world has acquired the name *prapancha* as it is the manifestation of the panchabhutas (five elements). Man today is misusing them. He thinks it is quite natural for him to exploit them to his maximum advantage. But it is most unnatural and unsacred. It may seem to be good and natural for the time being but later on he will be faced with insurmountable difficulties. These five elements are present in every human being in the form of the senses of *sabda*, *sparsha*, *rupa*, *rasa* and *gandha* (sound, touch, form, taste and smell). Your life will be redeemed only

when you make proper use of the five senses and the five elements. Never use your senses in an unsacred manner. Today people are interested in seeing wrong things. They are all ears when someone indulges in vain gossip and evil talk. Never lend your ears to evil talk and get carried away by it. God has blessed you with two eyes and two ears so that you may see His beautiful form and hear His sweet and sacred name. It is only when you adhere to these principles can you lead the life of a true human being. Human birth is highly sacred. *Jantunam nara janma durlabham* (out of all living beings, human birth is the rarest). It has been called rare and precious because you can perform sacred deeds in it. But, if you do not sanctify your five senses and make proper use of the five elements, your life as a human being becomes unsacred and meaningless. Of what use is such a life? It is, in fact, a living death. Hence, it is very essential for boys and girls as also for elders to follow the right path and make proper use of the five senses.

Human life is highly sacred. What is the meaning of the term *manava* (human being)? *Ma - maya* (delusion), *na - without*, *va - varthinchuta* (to conduct oneself). Hence, true humanness lies in transcending *maya* and following the righteous path. Man is not new to this world. He is ancient and has been here many times before. It is unfortunate that he is yet

to understand the true significance of human life in spite of passing through a number of human births. He spends his entire life in eating, drinking, sleeping and enjoying worldly pleasures. Is this the purpose of life? Even the birds, beasts and animals do the same. Then, on what basis can man consider himself to be superior to animals? If you fight with your fellow beings and hurt them, then your behaviour is no better than that of wild animals. It cannot be called human behaviour. Do not hold others responsible for your suffering and point an accusing finger at them.

Students Should Follow Noble Ideals Of Indian Culture

Embodiments Of Love!

When you are born from your mother's womb, you are free from delusion. But as you grow up, you are overcome by delusion. Your desires also grow in number. You should exercise control over your desires. In fact, there should be a limit for everything in life. But man today is conducting himself without any restraint. World today has provided man with many modern means of comfort in life. No doubt, they have made his life easy and comfortable, but at the same time these very things are leading him on the unsacred and sinful path. You are aware that having a cell phone has become an obsession with

modern youth. Even the government is encouraging the use of cell phone as it is considered to be the most convenient way of communication. But no one is enquiring into the negative impact it has on the students. Once you have a cell phone, you can talk to anyone, anything, anywhere and at any time. When youth are given such freedom, they are bound to misuse it and ruin themselves. Even innocent youth are lured on the wrong path by the use of cell phones. If you do not put the students on the right path and do not inculcate virtues in them, these gadgets and means of comfort will certainly spoil their minds, and they will commit grave mistakes. It will take quite some time for them to rectify their mistakes and walk on the Godward path.

Modern students are highly intelligent. Their intelligence should be properly channelised. They should be made aware of what is important for them in life. That is the type of education we have to give them. But, due to the impact of western culture, students are being given such education that has no relevance to their life. Under the influence of western culture, they are developing limitless desires, unnecessary relationships and are crossing the limits of propriety. Indian culture is highly sacred and noble. It has demonstrated high ideals for the rest of

the world to emulate. Unfortunately, the *Bharatiyas* have forgotten their own culture and have become slaves to western culture. The difference that should be observed between men and women with regard to their conduct is totally forgotten. The history of Bharat is replete with examples of women who have demonstrated great ideals. Since time immemorial, the culture of Bharat has stood as a beacon light, showing the path of redemption to the people of the world. But these days, leaders themselves are unaware of our glorious culture. Bharat is the birthplace of men and women of great virtues who made great sacrifices to uphold this ancient culture. This is the land ruled by the noble king Harishchandra who considered truth as his very life-breath. This is the land that gave birth to Sita who proved her chastity by coming out of blazing fire unscathed. People today have forgotten the ideals as exemplified by noble and virtuous women like Droupadi, Savitri and Damayanti who proved that women were in no way inferior to men in terms of courage, determination and power. Hence, one should never look down upon women. They are endowed with infinite divine power.

“Forbearance is the real beauty,
In this Sacred land of Bharat.
The nectarous feeling in this country,
Is the feeling of Love towards one’s

mother.”

(Telugu poem)

There is no love greater than mother’s love in this world. It is imbued with immense power. But such a sacred principle of mother’s love is being neglected today. Mothers are being treated like servants. When parents grow old, they should be looked after with love and care. Instead they are being sent to old age homes. One who ill-treats his parents is bound to suffer a similar fate at the hands of his children. *Yad bhavam tad bhavati* (as is the feeling, so is the result). Whatever actions you do, they will come back to you as reaction, reflection and resound. Love your mother. Then you will be loved by all. As is the seed, so is the sapling. Hence, first and foremost, develop sacred and selfless love. When people share their love with each other, the whole world will be replete with love. But do not taint your love by selfishness and self-interest.

Love Is The Foremost Quality Of A Human Being

Everything in this world is subject to change except truth. There is none in this world who can change truth. Humanness is sustained by the twin principles of love and truth. Both are essential for

humanness to blossom. People have to open their eyes and recognise this fact. But they have become narrow-minded today. They should develop broad-mindedness and strive for the welfare of society and the nation at large. Bulbs may vary in size and shape but the electric current passing through them is one and the same. The physical bodies are like bulbs and the *atmic* power is the current that illumines them. Here you find a number of bulbs illuminating this place. When you put off the main switch, the light goes out from all the bulbs. Likewise, when the divine principle is withdrawn, all beings will become lifeless. The same truth is declared by Lord Krishna in the *Bhagavad Gita: Mamaivamsho jivaloke jivabhuta sanathana* (the eternal *atma* in all beings is a part of My Being). The same divine spark is present in all. When God says that you are a part of His Being, should you not cultivate divine qualities? Should you not behave like a divine being? Everyone born in this world is an aspect of divinity. Considering each being as divine, offer your salutations to him. There is nothing wrong in doing so. If you want to be respected by others, first of all you should respect them. You should love everyone. Only then will your life become a shining example for others to emulate.

Human life is highly sacred. The principle of love immanent in man is infinite. None can describe the

power of love. It is impossible. But worldly love has limitations. It diminishes with the passage of time. Take, for instance, the case of a newly married couple. In the first week of the marriage, the husband cannot bear separation from his wife even for a moment. If the husband happens to notice a thorn on the way, he at once pulls her aside with great anxiety, lest the thorn should prick her foot. A month after the marriage, he merely cautions his wife if he notices a thorn. Six months after the marriage, if a similar situation arises, he shouts at his wife, "Don't you have eyes? Can't you see the thorn?" Worldly love undergoes change in this manner. Due to the influence of modern times, the situation has become such that married couples resort even to divorce. But in olden days, people were not so fickle-minded. Their love for each other was steady right from the beginning till the end.

Steady and changeless love is true *atmaprema* (divine love). Worldly love is only *dehaprema* (physical love). It is tainted by desires and body attachment. Love with desires is like a passing cloud. Divine love alone is eternal. Why do you give up such an eternal love and crave for physical and momentary love? Even the elders and parents are not able to guide the children on the right path. In fact, the elders themselves are under the influence of modern times more than the youngsters. The elders cannot set ideals to the

youth and the youth do not strive for transformation. The *Vedas say: Matru devo bhava, Pitru devo bhava, Acharya Devo bhava, Atithi devo bhava* (revere your mother, father, preceptor and guest as God). But these days we do not find such respect and love among children towards their parents. In this way, they are losing their humanness even. Man is endowed with a pure intellect and a sense of discrimination. One who makes proper use of his intellect is a true human being. It is a sign of foolishness to be carried away by the tide of time in the name of modernism.

When there is transformation at the individual level, only then there can be transformation at the national level. The progress of a nation depends on the character of her men and women. But these days, the Bharatiyas have forgotten humanness and are trying to imitate the western culture. It is not the right thing to do. You have a culture of your own and they have theirs. Do not imitate the culture of others. Adhere to your culture and traditions. Do not change your culture to suit your whims and fancies.

Embodiments Of Divine Atma! Embodiments Of Love!

Love is the true human quality. Consider love as

your very life-breath. One without love is no better than one without life. Considering love as the basis of your life, follow the path of truth. Then you will not only find fulfilment in life, you will also attain purity and ultimately divinity. Wherever you are, whatever may be the situation, never deviate from the path of love and truth. Do not try to distort truth in order to fulfil your desires. When you say, “I want this”, you give expression to your compulsive desire. You will have satisfaction in life if you accept whatever Nature has to offer you. On the other hand, if you transgress the laws of Nature to fulfil your desires, you will ruin yourself. Leave aside your likes and dislikes.

Fulfil Noble Desires Of Your Mother

You are born from your mother’s womb. Hence, you should express your gratitude to her and bring her a good name. In a village, near the city of Kolkata, there lived a noble soul by name Ishwarchandra Vidyasagar with his mother. They were very poor. His mother used to do odd jobs to earn a meagre income. They did not even have proper food to eat. She would prepare one roti (bread), give half of it to her son, and she would eat the other half. Sometimes, she would starve giving to her son whatever little food she prepared. Vidyasagar used to study under streetlights at night as they could not afford to have

even a lamp in their house. He worked hard day and night and passed his examinations. In the beginning, he secured a small job and the salary he earned was sufficient for both of them to lead a comfortable life. One day, his mother was going to a fair. Vidyasagar felt sorry to see her wearing an old Sari. He told her, "Mother, today being a festival day, all are wearing new clothes. Why don't you also wear a new Sari?" He went to the bazaar and bought a white sari and requested his mother to wear it. But she told him, "Son! I have three desires. I will wear this new sari only after they are fulfilled."

Gradually, Vidyasagar earned a promotion in his job and his salary also increased. One day, he approached his mother and requested her to express her desires. She said, "Son, the children of our village are going to the neighbouring town to attend school. I am pained to see children walking such long distances carrying a heavy load of books. So, please construct a small school in our village." Accordingly, Vidyasagar established a school in the village. He asked her, "Mother, are you happy now?" She said, "Son, I have two more desires. I feel pained to see the women of our village trekking long distances to fetch water. I will be happy if you can get a well dug in our village." Vidyasagar immediately got a well dug and fulfilled

his mother's desire. After some time, she told him, "Son, you have provided water to the village and also established a school for children. But it is the lack of medical facilities in our village that is troubling my mind. Please build a small hospital here." As per her wish, he constructed a small hospital. She was highly satisfied. It was only then that she wore the new white sari bought by her son.

Gradually, Vidyasagar's name and fame spread far and wide. People used to gather in thousands to listen to his speeches. (*Bhagawan* here narrated the incident how Vidyasagar carried the suitcase of an I.C.S. officer to the place of his lecture, teaching a lesson of self-reliance and humility to the officer.)

Vidyasagar fulfilled all the three desires of his mother. Sathya Sai also fulfilled the wishes of His mother (loud applause). One day, I found mother Easwaramma in a rather pensive mood and asked her the reason. She said, "*Swami*, I am pained to see small children of our village walking all the way to Bukkapatnam to attend school. Please construct a small school in our village." Fulfilling her wish, I established a small school in Puttaparthi. After some time, she said, "*Swami*, people of our village are very poor. They cannot pay for the medical expenses to doctors in Bukkapatnam, where they are forced to

go even for a minor ailment. Therefore, please build a small hospital in our village.” Accordingly, I got a small hospital built. Her third wish was to provide drinking water to the village. She pointed out that the women had to undergo great hardship to get water from the Chitravathi river which had almost dried up. To fulfil her desire, I provided drinking water not only to Puttaparthi but to other surrounding villages also. The small school that I established is now a big university. The small hospital that I constructed has become a super speciality hospital.

Mother Easwaramma shed tears of joy when she saw that her desires had been fulfilled in a grand manner. She led a life of happiness and contentment and breathed her last peacefully. It is the foremost duty of children to fulfil the wishes of their mother and make her happy. Serve others to the extent possible. You need not take up any service activity beyond your means and capacity. If you find your neighbours suffering, give them solace. Help them to the extent possible and make them happy. This is what I expect you to learn today. On the occasion of Easwaramma Day, I exhort all of you to practise these three principles of service, experience bliss and share it with all.

Easwaramma Day-6-5-2006,
Brindavan (Whitefield), Bangalore

Love All, Serve All

In all religions birthdays of great personalities are celebrated, but the ideals for which they lived are not remembered and followed. If you do not care to follow their teachings, the celebrations lose their meaning and become artificial observances; it is not doing justice to the great men whose birthdays you celebrate. Jesus taught people to love all beings and serve all with compassion. It is only by practising these ideals that you can truly celebrate his birthday. You must live in love and lead a life of selfless service based on love. This is the only right way of celebrating the birth of Jesus.

- Baba

Attain Enlightenment By Renouncing Desires

All the names and forms are but the manifestations of the Supreme Being who is Existence Knowledge Bliss Absolute and non dual. He is the embodiment of Sathyam, Sivam, Sundaram (Truth, Goodness, Beauty).

(Sanskrit verse)

Embodiments Of Love!

ON this sacred day of *Buddha Purnima*, we talk about Buddha and purnima (full moon). But we seldom enquire into Buddha's teachings, his virtues and the exemplary way in which he led his life.

King Suddhodhana and his wife Mayadevi performed many spiritual austerities such as *japa*, *tapa*, *vratas* and *yajnas* for years together with the aspiration to have a son. They also consulted many astrologers. Suddhodhana had no peace of mind as the worry of not having an heir to the throne haunted him day and night. At last their prayers were answered when Mayadevi gave birth to a son at Lumbini. Unfortunately, Mayadevi died soon after giving birth to her son who was named Siddhartha. Gautami, the second wife of Suddhodhana, brought up the child with loving care like her own son. That is the reason why he was also called Gautam. The astrologers predicted that Siddhartha would not rule the kingdom; he would leave the kingdom and become a renunciant. The prediction of the astrologers was always ringing in the ears of Suddhodhana and caused him anxiety every as he watched his son grow. He took all precautions to see that his son did not step out of the palace and get into the company of others lest he should be influenced by them. Thus, he protected his son from the influence of others for twenty long years.

Siddhartha's Yearning For Ultimate Truth

One day, the parents of a girl came to Suddhodhana and expressed their wish to give their daughter in marriage to his son Siddhartha. The name of the

girl was Yashodhara. Suddhodhana accepted their proposal and performed the marriage of Siddhartha with Yashodhara. Owing to their loving insistence, Siddhartha continued to stay with his parents in the palace even after the marriage. One year after the marriage, he begot a son who was named Rahul. Both the husband and wife spent their time happily with their son.

In spite of all the comforts of the palace and happy married life, Gautam's mind became restless when he saw people afflicted with old age, disease and death after he ventured out of the palace one day. One night, there was a sudden transformation in his mind. As his wife was fast asleep, he got up at midnight, caressed his son and left for the forest. He had to undergo numerous hardships and difficulties in the forest. But he faced all ordeals with forbearance and determination. His parents were immersed in sorrow, unable to bear the pangs of separation from their son. Though Siddhartha was also undergoing a lot of anguish, he marched on his path of attaining self-realisation.

During the course of his journey, he once met a holy man. The holy man told him that the cause of his anguish was actually within him, and it was his anguish that was coming in the way of his self-

realisation. So saying, he gave him a talisman for protection and asked him to wear it around his neck. (At this point of time, *Bhagawan* materialised that talisman and showed it to the congregation amidst thunderous applause). This was the talisman given by the sage to Siddhartha. When Siddhartha put it around his neck, all his anguish disappeared instantaneously. Till the last moment of his earthly sojourn, Buddha had the talisman around his neck. When he shed his mortal coil, the talisman disappeared.

Siddhartha started doing intense penance which went on for a long time. He kept questioning himself, “Who am I? Am I the body? Am I the mind? Am I the *Buddhi* (intellect)? Am I the *Chittha* (mind-stuff)?” He came to the conclusion that he was none of these. Ultimately, he experienced the truth, “I am I”.

Recognise The Unity Of All Creation

The *Vedas* declare, *Aham Brahmasmi* (I am Brahman) and *Tat Thwam Asi* (That Thou Art). Even these two *Vedic* declarations state two things: I and *Brahman*, That and Thou. True wisdom lies in seeing oneness. *Advaita darshanam jnanam* (experience of non-dualism is true wisdom). It is a sign of ignorance to see duality ignoring the underlying unity. Duality is not the truth. In this manner, Buddha enquired

deeply and ultimately got the experience of “I am I”. That is true realisation. You may do penance for many years, you may do meditation and perform many *yogic* practices. But all these spiritual practices give only temporary satisfaction, not everlasting bliss. Some people talk about meditation. Even Buddha advocated the practice of meditation. What is that you have to meditate upon? What is meant by meditation? Does it mean concentrating upon a particular object? No, no. That is not meditation at all. To contemplate upon the principle of “I am I” is true meditation. No other *sadhana* (spiritual practice) can match this.

So long as you have the dualistic feeling of ‘you and I’, you cannot experience unity. Buddha recognised the principle of unity and based his life on this truth. Under the direction of many *yogis*, he had performed various kinds of meditation and penance, but ultimately he found them to be a mere waste of time as none of these could lead him to the ultimate experience of oneness. He regretted having wasted his time in such a manner. One should find fulfilment in life by making proper use of time. This is the primary duty of man.

Embodiments Of Love!

Many people perform different types of spiritual practices such as *japa* and *dhyana* without recognising

the principle of unity. The tongue utters the name of Rama but there is void in the heart. This is just waste of time. Instead of wasting your time in such a manner, undertake social service, seeing God in everyone. That is true spiritual practice. Recognise the innate divinity of all beings.

In creation, there appear to be two entities, you and I. But you and I are in reality one. *Vyashti* (individual) is a part of *samashti* (society), and *samashti* is a part of *srishti* (creation) which emerges from *Parameshti* (God). this *Parameshti* is *Parabrahma tathwa* (principle of *Brahman*). That is the fundamental basis of the entire creation. In this way, you have to recognise the unity of all creation. Only then can you attain *Parameshti* or the principle of *Brahman*. Everyone has to repeatedly remind himself, “I am *Parameshti*, I am *Parameshti*.” All are the embodiments of the atma and all are sustained by the atma. Buddha experienced the unity of all creation. There was total transformation in him once he attained the vision of *ekatma* (oneness of the atma). He realised that all worldly relations like mother, father, wife, children were false. He transcended body consciousness. That is why he earned the appellation Buddha (the enlightened one). Man should use his *buddhi* (intelligence) to understand this principle of unity. *Buddhi* is of two types. The *buddhi* that sees diversity in unity is worldly intelligence. Man should

develop *adhyatmic buddhi* (spiritual intelligence) in order to realise the underlying unity of all creation. It gives you the experience of the atmic principle which is the same in the entire creation. Buddha attained the vision of the *atma*. after this experience, he went on teaching that there existed only one divine principle in the world.

*Buddham saranam gachchhami,
Sangham saranam gachchhami,
Dhammam saranam gachchhami.*

Buddha taught that the principle of unity of the *atma* was the only true principle in the world. One who realised it by using his spiritual intelligence was true Buddha, he said. Other than the *atma* nothing existed in this world.

In this transient and ephemeral world, there is one thing that is true and eternal. That is divinity. That is what everyone should aspire to attain. *Sathyam saranam gachchhami* (I take refuge in truth). *Ekam saranam gachchhami* (I take refuge in the principle of oneness). Everything is the manifestation of divinity in this world; there is no second entity other than divinity. It is the divine principle that governs the entire world. Having realised this truth, Buddha, along with his disciples, went from village to village to propagate

it. He never felt the need to take rest. He thought that it was his duty to share this supreme knowledge with his fellowmen. Even his father Suddhodhana came to him. He also recognised this truth and was transformed. What did Buddha teach? Buddha taught that everyone was endowed with the same principle of divinity. *Ekam Sat viprah bahudha vadanti* (truth is one, but the wise refer to it by various names). The same message was conveyed by Lord Krishna in the Bhagavad Gita when He said that all beings were His own reflection, and no one was different from Him. Buddha had to undergo great hardships to realise this truth. Many noble souls who were the contemporaries of Buddha acknowledged the greatness of Buddha. They said that Buddha had experienced the truth which they were unable to realise. As he gave up all desires, Buddha became an epitome of total renunciation. There was nothing in him except love. He considered love as his very life-breath. Bereft of love, the world would turn into a void.

Try To Understand The Profundity Of Buddha's Teachings

When you offer your salutations to someone, understand that you are saluting your own self. That someone is none other than your own reflection. See others just as you see your own reflection in the

mirror. This is the message conveyed by the *mahavakya* (profound statement), *Aham Brahmasmi*. Names and forms may be different, but all beings are part and parcel of the same divine principle. You may call this a handkerchief. You may call this a robe. But both are made out of cotton. Likewise, divinity is the underlying principle in the apparent multiplicity of this world. Many so-called scholars are preaching only multiplicity today. They claim to have mastered the scriptures and try to interpret them in their own way with their limited knowledge. Their interpretations do not correspond to the reality. They only add to confusion.

Buddha taught that we should not have anger, we should not find others' faults, we should not harm others, because all are the embodiments of pure, eternal principle of the *atma*. Have compassion towards the poor and help them to the extent possible. You think those who do not have food to eat are poor people. You cannot call someone poor just because he does not have money or food to eat. Truly speaking, nobody is poor. All are rich, not poor. Those whom you consider as poor may not have money, but all are endowed with the wealth of *hridaya* (heart). Understand and respect this underlying principle of unity and divinity in all and experience bliss. Do not have such narrow considerations as so and so is

your friend, so and so is your enemy, so and so is your relation, etc. **All are one, be alike to everyone.** That is your primary duty. This is the most important teaching of Buddha. But people do not enquire into the teachings of Buddha and do not understand the sacredness of his heart. They only talk about his story. Truly speaking, Buddha is not just one individual. All of you are Buddhas. You will see unity everywhere once you understand this truth. There is unity in the apparent multiplicity. When you are surrounded by many mirrors, you see a number of reflections. Reflections are many but the person is one. Reactions, of yours. reflections, and resounds are many but the reality is one. When I am speaking here, My voice is heard through each and every loudspeaker in this hall. In the same manner, there exists the principle of unity in our hearts which we have to recognise. Man's life finds fulfilment only when his mind experiences the principle of unity. There is no point in bringing about unity among people without uniting their minds. *Manah eva manushyanam karanam bandhamokshayo* (mind is the cause for bondage and liberation of man). You see someone and say he is a bad person; you see another person and call him good. But, in reality, good and bad are present in your mind and not in the people around you. You call this handkerchief white and this microphone black. The difference in colour

is perceived by your eyes, but essentially black and white are one and the same. Everyone should make efforts to visualise unity in diversity. Only then can one experience divinity.

The principles taught by Buddha have profound significance, but people are not trying to understand them. You might have observed that Buddha had curly hair on his head. One lock of hair was entwined with the other. There is an underlying message of unity in this. He had only one feeling in his heart, the feeling of love. He taught, *Dharmam saranam gachchhami* (I take refuge in righteousness), *Premam saranam gachchhami* (I take refuge in love). Bereft of love, humanness has no existence. We should love all, irrespective of the fact whether one is a pauper or a rich man. Money should not be the criterion to share your love with your fellowmen. Money is not important. Money comes and goes, morality comes and grows. Do not hurt others. **Help Ever, Hurt Never.** Only then can you attain the state of Buddha. There is little use in giving lengthy lectures if you do not realise the principle of unity in divinity. You may call God by any name such as Rama, Krishna, Buddha, Sai, etc., but all of them embody the same divine principle. Keep the flower of oneness in the altar of your heart and let its fragrance spread everywhere.

Spiritual practices such as *japa* and *tapa* will not yield the desired result unless you recognise the principle of unity. Many people count the beads of the rosary. But, what is the use of rotating the rosary if the mind also keeps going round the world? Understand that the mind is most important. You should have a steady mind. Only then will your life be redeemed. What is the use if your mind hovers around on each and every object like flies which hover on dirt as well as *laddus*?

Do not allow your mind to vacillate between good and bad, unity and multiplicity. Focus it on all that is good and realise the principle of unity. That is the royal road which will lead you to the experience of truth. On the other hand, if you allow your mind to follow the crooked path, it will not lead you anywhere.

Embodiments Of Love!

The same divine principle of love is present in all of you. When you take to the path of love, you will become Buddha yourself. Today is *Buddha Purnima*. *Purnima* means full moon. The underlying message of *Buddha Purnima* is that the mind should shine with total purity like full moon. It should unite with its source, i.e., the atma which is pure and effulgent. There is no darkness on the full moon night. On this

auspicious day of *Buddha Purnima*, we should attain full purity of the mind.

*Purnamada purnamidam,
Purnat purnamudachyate,
Purnasya purnamadaya,
Purnamevavashishyate.*

(That is full, this is full. When the full is taken out of the full, what remains is again the full.) We have to recognise this truth.

Embodiments Of Love!

It gives Me great joy to see that all of you have gathered here today. You are united with each other with the bond of love. Love is only one; it is not different in you, Me and others. You have unified your love with that of *Swami*. **Love is one. Live in love.**

Buddha Purnima 13-5-2006. Brindavan,
(Whitefield), Bangalore.

Advent of Sai

This Sai has come in order to achieve the supreme task of uniting the entire mankind as one family through the bond of brotherhood; of affirming and illumining the inner reality of each being in order to reveal the divine which is the basis on which the entire cosmos rests; and of instructing all to recognise the common divine heritage that binds man to man, so that man can rid himself of the animal and rise to the divine which is his goal!

- Baba

Selfless Service To Society Is True *Sadhana*

All names and forms are the manifestations of the Supreme Being who is the embodiment of peace and auspiciousness. He is Existence, Knowledge, Bliss Absolute and non-dual. He is Sathyam, Sivam, Sundaram (Truth, Goodness, Beauty). (Sanskrit Verse)

Embodiments Of Love!

IT makes Me immensely happy to see that you have been experiencing bliss during the last three days. Three days have passed like three minutes (loud applause). Your hearts are full of devotion, bliss and steadfast faith.

Associate Yourself Only With Good Company

Vyakti (individual) is a part of *samashti* (society). *samashti* is an aspect of *srishti* (creation) which has emerged from *parameshti* (God). It is therefore the duty of every individual to undertake sacred and selfless service of society. True society is constituted by such individuals. All actions of man should be devoted to the service of society. All are the members of the same society. Though the individuals are different, they are endowed with the same heart. *Ekam Sat viprah bahudha vadanti* (truth is one, but the wise refer to it by various names). *Ekatma sarva bhutantaratma* (one *atma* dwells in all beings).

This is a blank paper. If you pack vegetables in it, it will acquire the smell of vegetables. If you pack fruits like plantain in it, it will acquire the smell of plantain. If you pack dry fish in it, it will emit the smell of dry fish. The paper has no smell of its own; it absorbs the smell of the substance that you pack in it. Man by nature is pure and sacred. But he acquires evil qualities by associating himself with bad company. It is said “Tell me your company, I shall tell you what you are.” Tell me the type of people you associate with, I can tell you the type of person you are. It is therefore necessary that you associate yourself with good people in all your activities. It is the company

that makes you good or bad. Therefore, keep away from bad company. Join the company of those who have a pure heart and sacred feelings. Man is a part of society. The evils that are present in the society are the result of evils of individuals who constitute it. Similarly, the evils of the society affect the individual. The entire creation is divine. All are essentially sacred. One's behaviour may, however, undergo change due to the impact of the environment.

Differences In Society Are Created By Man

Man is endowed with *panchapranas* (five life-breaths), *panchendriyas* (five senses) and *panchabhutas* (five elements). The five elements are present in man in the form of the senses of *sabda* (sound), *sparsha* (touch), *rupa* (form), *rasa* (taste) and *gandha* (smell). We will have the type of experience according to the type of path we follow. Therefore, we should associate with good people, earn a good name and lead a good life. Fill your heart with pure and divine feelings. These are the qualities that Buddha was endowed with. Buddha declared: *Dharmam saranam gachchhami* (I take refuge in righteousness), *Sathyam garanam Gachchhami* (I take refuge in truth). All our endeavours should be based on *sathya* and *dharma*. Even if you come across bad people, see only good in them. The same God is the indweller of all beings.

People attribute many names to God like Allah, Jesus, Rama, Krishna, etc., but God is one. Do not observe any difference between the different names of God. There are many sweets like *laddu*, *jilebi*, *mysore Pak*, but they have the same essential ingredient of sugar in them. Names and forms may vary, but the *atma* is the same in all. Rama and Krishna were not born with these names; they were given these names by their parents. God does not come down with any particular name. *Nirgunam*, *niranjanam*, *Sanathana Niketanam*, *nitya*, *shuddha*, *buddha*, *mukta*, *nirmala swarupinam* (God is attributeless, pure, final abode, eternal, unsullied, enlightened, free and embodiment of sacredness). It is the people who attribute names and forms to God and develop differences on that basis extolling one form and condemning the other.

Do not be carried away by names and forms. Rely on the principle of the *atma* which is formless. The *atma* is the embodiment of bliss. *Nityanandam*, *parama sukhadam*, *kevalam jnanamurtim*, *dwandwateetam*, *gagana sadrisham*, *tathwamasyadi lakshyam*, *ekam*, *nityam*, *vimalam*, *achalam*, *sarva- dhee sakshibhutam*, *bhavateetam*, *trigunarahitam* (The *atma* is the embodiment of eternal bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the *mahavakya Tathwamasi*, one without a second, eternal, pure, unchanging,

witness of all functions of the intellect, beyond all mental conditions and the three attributes of *sathwa, rajas and tamas.*) Differences arise when we attribute different names to the *atma*. These differences are created by you, not by God. God is the embodiment of love and truth. **Truth is God. Love is God. Live in Love.** Fill your heart with love and lead a life of love. Love everyone because God is present in all in the form of love. There is no one in this world without love. Love may appear to have many forms, but in reality it is only one.

Fill All Your Actions With Love

Embodiments Of Love!

Whomsoever you see, consider him as the embodiment of *atmic* principle. Do not be carried away by what others say. Whatever people may say about you, consider that it is good for you. When you develop your thinking like that, everything will become good for you. Even if someone criticises you, do not be afraid of it. Face it with courage. Fill your heart with courage. Walk on the path of truth and love with courage. Love is most sacred. It is the form of God. If you hate love, it is equivalent to hating God. There is no other name for God except love.

Embodiments Of Love!

In the last three days, the songs you sang and the activities you performed gave bliss to one and all (loud applause). You had waited for this opportunity for a long time and today your aspirations found fulfilment. Your love and your *sadhana* will never go waste. Love remains as love and truth remains as truth. Whatever activity you undertake, fill it with love. When you give food to a beggar, do it with love. Do not entertain disgust, anger or hatred towards anyone. If you perform all your actions with love, that is true devotion. Some people do *japa*, chanting Ram, Ram, Ram. As they turn the beads of the rosary, their mind also roams everywhere. That is no *Japa*. The name of Rama should fill your heart with delight. You will be able to visualise the divine form of Rama when you chant His name wholeheartedly with closed eyes. *Prema mudita manase kaho Rama Rama Ram* (Chant the name of Rama with heart full of love). The name of God should be imprinted on your heart.

God is the embodiment of love and beyond all attributes. It is only your imagination that assigns attributes to God. Desire, anger, hatred, greed, jealousy and pride are your own creation; they have not come from God. God always blesses you with love. You look at an object and want to possess it. That is due

to your covetousness. God has nothing to do with it. God is absolutely desireless. Some people even try to hoodwink God by superimposing their desires on Him. They accuse God by attributing to Him what is not there in Him. In spite of that, God always loves you. Attain the love of God through love. Similarly, attain truth through truth. When you lead your life in such a manner, that is true *sadhana*. Going to a forest and sitting in solitude is not true *sadhana*. Live in society and serve it selflessly, thinking that you are serving God. When you serve somebody in distress, consider that you are serving God Himself. There is no place where God is not there. Everything is pervaded by divinity. There is divinity in this cloth, microphone and, in fact, in everything in this world. From the worldly point of view, you may call this a cloth, but when you develop divine vision, you will see God in everything. The cloth is made of threads and threads come from cotton. Without cotton, there can be no threads and without threads there can be no cloth. Just as cotton is the fundamental basis of cloth, God is the fundamental basis of this world. There is no place in this world where God is not there. Wherever you look, He is there.

Recognise Your True Identity

Embodiments Of Love!

You are all embodiments of love; you are all embodiments of divinity. Do not go anywhere in search

of God. When you close your eyes and enquire, you will see God in yourself. People undertake many kinds of spiritual practices. All these spiritual practices lead to the same goal. As all the rivers ultimately merge in the ocean, the prayers of all will reach God. Do not consider yourself merely a human being. You are the embodiment of love. When you ask someone his or her name, he or she may say Ramaiah or Lakshamma. They are not born with these names; they are given these names by their parents. All other names keep changing. There is only one name that does not change and that is 'I'. When somebody asks you, "Who are you?", you should say with conviction, "I am I". You have no other name or form except this. You should develop this spirit of oneness. Do not identify yourself with the name given to your body. Your real name is 'I', 'I', 'I'. 'I' is the ultimate reality which remains with you for ever. So long as you have the body, people may call you by your name. When the body is gone, what happens to the name? In fact, you are not one person; you are three: the one you think you are, the one others think you are, the one you really are.

Embodiments Of Love!

You are all filled with love, devotion and truth. Therefore, you are all embodiments of God. Never forget love. Imprint it on your heart and assimilate

it. Do not feel bad that *Swami* did not speak to you during the last three days. *Swami* was always ready to speak to you. But the organisers did not provide any opportunity for *Swami* to speak. Otherwise, I would have spoken to you on all these three days at length (loud applause). I am happy to receive the love of all of you. It is your good fortune that you are the recipients of My love. The bond of love is the only relationship between you and *Swami*. All are born in love, are sustained by love and live in love. Never forget love; imprint it on your heart.

(*Bhagawan* sang the *Bhajan*, “*Prema mudita manase kaho Rama Rama Ram ...*” and continued the discourse.)

It is out of love for you that I have given this discourse and sang the *bhajan*. Your love is reflected in Me and My love is reflected in you. I accept your love and shower My love on all of you. Love is most important for all. Love is the binding force between all of us. Without love there can be no relationship, not even between mother and child. The love that exists between you and *Swami* is greater than even the love that exists between a mother and her children. *Swami* wishes you a happy and blissful life.

Kerala Youth Camp, 21-5-2006,
Whitefield, Bangalore

Shed the body consciousness

The Lord's first foot covered this world and the second foot covered the other world. How huge the Lord's foot would have been to cover the whole world! How can such a huge foot be kept on Emperor Bali's head for the third step of land? The inner significance of the three steps is that the Lord entered Bali's body, mind and soul as he offered them to Him. Once the ego or body consciousness is surrendered, there is no bar to one's realisation. It is the body consciousness that stands in the way and makes you forget God. Vamana opened Bali's eyes to help him realise the Divine.

- Baba

The Youth Should Follow The Path Of *Sathya* And *Dharma*

All names and forms are the manifestations of the Supreme Being who is the embodiment of peace and auspiciousness. He is Existence, Knowledge, Bliss Absolute and non-dual. He is Sathyam, Sivam, Sundaram (Truth, Goodness, Beauty).

(Sanskrit verse)

THERE are four entities: *vyashti*, *srishti* and *Parameshti* (individual, society, creation and Creator). *Srishti* emerges from *Parameshti*. *Samashti* is a part of *srishti* and *vyashti*, a part of *samashti*.

The Basis Of Creation

Being its part, the individual should serve society. In fact, service to society is the most important duty of man. It can endow him with divine power. Service to society is, in reality, service to Divinity. For whose sake is the existence of man? It is for the sake of society. Similarly, society has its existence for the sake of creation. This is the basis of the entire creation. The creation is the manifestation of God. Man has a unique position in it. But what is the use if man behaves like animals and birds? Divinity is immanent in every being. The same truth was proclaimed by Lord Krishna in the *Bhagavad Gita: Mamaivamsho jivaloke jivabhuta sanathana* (the eternal *atma* in all beings is a part of My Being). Since every being is a part of the Divine, all should be respected, loved and adored. You should not hate anybody and should not create distance between one another. Just as all the parts of the body form one organism, similarly, all beings are like various limbs of God. When there is an injury in the leg, it is the eye that sheds tears. The same type of intimate relationship exists between God and all the beings as exists between different limbs of the body. You may ask why man faces troubles and difficulties when he enjoys intimate relationship with God. God is essentially the embodiment of immortality and bliss. He does not cause difficulties and problems

for anyone. Some people think that God is the cause of their problems and difficulties, but this is a big mistake. All your troubles are the result of your own actions; they are not given by God.

Everyone has to face the consequences of
His actions, whoever he may be.

No one can know what lies ahead
Of him in future.

But this much is sure that everybody has
To reap the consequences of his actions.

(Telugu song)

Our joys and sorrows are the reflection of our own actions; they are not caused by others. To blame others for our sorrows is a big mistake. Everything in this world is reaction, reflection and resound. Every man is his own witness.

Acquire Education That Gives Knowledge Of The Self

It is only the youth who are capable of protecting this world. It is the youth and youth alone who can set this world right. No nation can stand without youth. Sometimes, the elders underestimate the capabilities of the youth, thinking that they are inexperienced and young. But the youth are endowed with immense

power. If they take a firm resolve, they are capable of achieving anything. If they realise their power, they can emancipate the nation. This does not need any education. What is education? Education means *Vidya* which connotes the knowledge of the Self. This is the foundation of all education. Today students are acquiring only bookish knowledge. Does a man become educated just by acquiring a college degree? Can a person who lacks wisdom and does not perform righteous actions be called educated? Education which does not confer wisdom is no education at all; it is only worldly and bookish knowledge. Modern youth are hankering after this type of education. They go to foreign countries like Germany, Japan and America to pursue this type of education. The education that is not there in Bharat is not available anywhere else (loud applause). *Yanna Bharate, thanna Bharata* (what is not there in Bharat cannot be found anywhere else). Some people have a mistaken notion that those who are educated abroad are great. In fact, many of them come back after acquiring evil qualities, evil thoughts and evil habits.

In Bharat, the students acquire sacred education; it begins with the thoughts of God. Even an illiterate driver in Bharat salutes the steering wheel before starting the vehicle. Similarly, a musician offers salutations to the musical instrument before playing

on it. In fact, all type of learning in Bharat begins with the name of God and prayer to Him and every activity is done as an offering to God without any artificiality and ostentation. People educated abroad come back with big degrees. What is that degree? It is only a piece of paper. They do not understand the essence of education. The students of Bharat have a pure and sacred heart. I feel blissful when I see Indian students. One can see the goodness of education reflected on their faces. The *Bharatiyas* are not inferior in any way; they are endowed with immense sacredness. Every individual in Bharat is imbued with divine feelings. Forgetting this type of sacred education, people these days are running after worldly and materialistic education. Today there is an influx of gadgets like calculators and computers. They are mere *yantras* (machines). These *yantras* do not stand any comparison with *mantra* (incantation). The real *mantra* is the name of God which gives immense bliss. The *Bharatiyas* are not able to understand this truth because of their delusion. But their heart is very sacred.

Bharat Is The Land Of Sacrifice

People today are ruining themselves by craving for worldly and materialistic possessions. Even those responsible for conducting the affairs of the government

are treading the evil path. They want only worldly type of education to be promoted in our country. They talk about science and technology. What is this technology? It is only trick knowledge. They say it is technology, but what they do is ‘tricknology’. Many people in Bharat are indulging in dirty business; they are cheating others and doing injustice to them. No *Bharatiya* should take to this type of business. Everyone should have divine feelings in his heart. All actions should be done to please God. When you start all your activities with prayer to God, you are sure to be rewarded with bliss. Today if you invite a music artiste to sing devotional songs, he will ask, “How much will you pay?” In this manner, all our activity has become business-oriented. Even food and drink have become a big business. The sacred land of Bharat is *annapurna kshetra* (land of plenty). The tradition of Bharat is to offer food free to every hungry person and water to every thirsty person. This sacred tradition seems to have disappeared these days. By imitating the culture of the West, the *Bharatiyas* today are casting a blot on the fair name of Bharat. It is the land of great culture. There is hardly any other country which can stand comparison with her so far as the sacredness of the culture is concerned. Having been born in this sacred land of Bharat, we should live like true *Bharatiyas*. The land of Bharat

which is known for *tyaga* (sacrifice) is being turned into a land of *bhoga* (pleasure) in mad imitation of western culture. That is why Bharat is facing many problems these days. What is needed in this country is not *bhoga* but *tyaga*.

Imagine the great sacrifice of Sakkubai who renounced everything for the sake of God. *Na karmana Na prajaya dhanena tyagenaike amrutathwamanasu* (immortality is not attained through action, progeny or wealth; it is attained only by sacrifice). Money is the root cause of many evils. Money makes many wrongs. The first priority of the moneyed people today is to send their children abroad for education. Even elders are encouraging the youth to go to foreign countries for the sake of earning money. Too much money leads man to the path of evil. **Money comes and goes, morality comes and grows.** So, we have to develop morality. The very foundation of Bharat is based on *sathya* and *dharma*. This is what we have to propagate. The *Bharatiyas* should consider adherence to truth as the greatest *dharma*. *sathya* and *dharma* are most important in the life of man. The youth should strictly adhere to them. What is *sathya*? It is the harmony of thought, word and deed. Where these three are in harmony, *sathya* is present there. People speak something on the platform, they have something else in their mind, and their actions are

entirely different from what they speak and think. This is the worst sin.

Service To Society Is The Sign Of Nobility

Embodiments Of Love!

Your very form is love. Love protects the whole world. The five elements that constitute the universe are based on love. Only when love combines with the five elements does the universe come into existence. But love is not to be seen anywhere these days. Today there is lack of love even between mother and children. What happened to that love? We are bartering it for money. When money is lost, nothing is lost. Instead of putting our faith in money, we should have more faith in love and should develop love to love relationship with others. When you have this type of relationship based on love, love will develop more and more. Only then will we be able to love everybody.

We should not observe such differences as so and so is mine and so and so is someone else. We should develop the feeling that I belong to all and all belong to me. All are the children of the same mother. Being the children of the same mother, all should live like brothers and sisters. There may be some differences, but they are temporary. They will come and go like passing clouds. The only thing that is permanent and

eternal is love. There is nothing great in acquiring education and amassing wealth. There have been many millionaires in this world, but what have they taken with them at the time of leaving this world? The great world conqueror Alexander did not carry anything with him when he left the world.

Even King Harischandra, who strictly followed the path of truth, had to leave this world ultimately leaving behind his vast kingdom and riches. Emperor Nala, who reigned over a great empire, could not take with him anything when he passed away. Did King Mandhata, who adorned the Krita Yuga, carry any wealth with him when he left the earth? Is Lord Rama, who built the bridge across the ocean, present on earth today?

(Telugu poem)

You may earn any amount of money, but as long as you are alive you should give joy to others by undertaking acts of charity. Those who have money should look after the poor and sick people. Utilise all your earnings in a proper manner. Consider social service as service to yourself. Those who undertake social service are noble people. On the contrary, those who do not take to the path of service are wicked. When somebody salutes you, you also salute him. Do not consider that since somebody is your enemy

you should not salute him. All are friends. Do not bear hatred or enmity toward anyone. Enmity is a wicked quality. Friendship is very important. You and I should become one. That is true *maitri* (friendship). All should become united. If you really want to see God, first see Him in everyone. The youth should greet and treat each other with love like brothers and sisters. But these days this type of relationship is not seen between people. They greet each other, saying “hello, hello”, but their heart is hollow without any feelings. Love everybody and develop faith in God. One without *viswasa* (faith) is actually without *swasa* (breath). Faith in God is our life-breath. If you want to develop faith in God, develop love. If you do not have love, you cannot be called a human being.

Humanness Blossoms In A Pure Heart

Embodiments Of Love!

Develop love. When we come into this world, it only love comes with us. From love comes truth. When love and truth come together, humanness finds its sustenance. The mansion of human life can be built with self-confidence as the foundation, self-satisfaction as pillars and self-sacrifice as roof. Only then can you have self-realisation in life. If you want to have self-satisfaction, first have self-confidence. Without self-satisfaction, there can be no happiness.

How can one without self-confidence have confidence in others? People doubt anything and everything. Doubt endangers life. A person with doubts will not achieve anything in life. He will not have faith even in his wife and children. Therefore, first and foremost, develop faith. We think we are great and highly educated. But what is the use of this education? Even animals like goats and monkeys can learn many things. A monkey can be trained to ride a bicycle. Man is much superior to animals. His conduct should be such that manifests this superiority. It is said, *Jantunam nara janma durlabham* (out of all living beings, human birth is the rarest). Man should therefore not behave like birds, animals and insects. People distribute sweets when they beget children. What is so great about it? Even a pig can give birth to ten offspring. Give up all wicked qualities and lead an ideal and blissful life. Only then will humanness find fulfilment.

Embodiments Of Love!

Face all difficulties with forbearance. Accept all trials and tribulations with love. Accept both pleasure and pain with love. Fill your heart with love and not with the poison of evil qualities. Even poison becomes *prasadam* (sacred food) if it is offered to God. When Mira was given a cup of milk mixed with poison, she offered it to Krishna. Krishna accepted the poison and

gave her the milk as *prasadam*.

(*Bhagawan* sang the *bhajan*, “*Prema mudita manase kaho Rama, Rama, Ram ...*” and continued His Discourse.) Rama, Rama, Rama, in fact, connotes *prema, prema, prema*. Rama and *prema* are one and the same. People adore many deities like Rama, Krishna, Sai, but the divine principle in all of them is the same. *atma* has neither a form nor a name. *atma* is also referred to as Brahma. *Brahma sathyam jagan-mithya* (*Brahman* alone is real, the world is unreal). God has no attributes. He does not punish or harm anybody. He is present in your heart in the form of pure and unsullied love. Develop love more and more. That will protect you always. There is no other greater protection than this. There is no weapon more powerful than love. Everything is love. The very word love is suffused with sweetness. Treat each other with love, converse with each other with love, lead a life full of love and enjoy bliss.

(*Bhagawan* referred to the drama “Ekalavya” which was to be enacted that evening and called upon the youth to follow the path of truth, obey the command of their preceptors and adhere always to righteousness like Ekalavya. Associate yourself only with Good Company. With this advice to the youth, *Bhagawan* concluded His discourse.)

Karnataka youth camp 27-5-2006
Whitefield, Bangalore

12

Develop Broad-Mindedness And Live In Bliss

The Lord shines resplendently in the universe; so also the universe shines in the Lord. The relationship between the Lord and the universe is intimate and inseparable. What else is to be conveyed to you?

(Telugu poem)

Embodiments Of Love!

THE people of Kerala celebrate the *Onam* festival today. *Onam* is very sacred, holy and divine. Several interpretations are given to the *Onam* festival. People celebrate the *Onam* festival by taking an oil bath and wearing new clothes. They also

cook a variety of special dishes and partake of them. Thus, all members of the family enjoy the festival, feasting and wearing new clothes. Some people also visit temples on this occasion. Of all the temples in Kerala the temple of Bala (child) Krishna Guruvayur is very dear and important to them. Many people also do *parayana* (reverential reading) of the Ramayana on this day. All these sacred activities are the result of their faith and devotion to God. They celebrate the *Onam* festival by contemplating on God, visiting temples and by undertaking sacred activities.

In the ancient times, Emperor Bali ruled the kingdom of Kerala. He treated his subjects as his own children and did a lot of service to them. The people, on their part, also loved and respected Emperor Bali. They led a happy and peaceful life, reposing their faith and hope in the emperor. Emperor Bali performed several *yajnas* and other *Vedic* rituals during his reign. Once, he commenced a great *yajna*. On that occasion, he announced his resolve to the people that whoever asked for anything would be granted without any hesitation. Having heard of this promise, Lord Vishnu assumed the form of Vamana (a dwarfish *brahmin* boy) and came to the *yagasala* (the pandal where the *yajna* was being performed), holding an umbrella made of coconut leaves. Ratnavali, the daughter of Emperor Bali was enchanted by the divine effulgence, radiance

and aura surrounding the young boy. She thought to herself, “Aha! Who is this brilliant young boy radiating divine effulgence? What a great wonder! How nice it would be if I had a son like him!” Thus, while everyone in the *yagasala* was spellbound on seeing this divine child, Vamana entered the *yagasala* and went near the altar. On seeing Vamana, Emperor Bali stood up and extended a reverent welcome to him and made him seated in a proper seat and enquired, “Sir! May I know on what purpose you visited us? What can I do for you?” The young Vamana replied, “Oh, Emperor Bali! I just need three foot step length of land. I don’t need anything more.” Emperor Bali was taken aback and spontaneously agreed to His request saying, “Oh! Is that all? All right, take it.” Vamana expanded in His stature and with one foot reached out over the entire skies. When he set his second step, the entire earth was transcended. He then enquired of Bali, “Where do I put my third step?” Emperor Bali replied, “*Swami!* You asked for just three foot steps of land. But, you covered the entire sky and earth with just two steps. All my domain is already exhausted. You please bless me by putting your third step on my head. Vamana then placed his foot on Emperor Bali’s head and sent him down to the netherworld (*Patala*). You may have a doubt in this context as to how Bali could be pushed down to the netherworld by Vamana simply by placing his foot on Bali’s head. When the

entire sky and earth could be covered with one step each, you can imagine how powerful and gigantic Vamana's steps were! The third step was equally powerful and gigantic. Its impact could therefore push Emperor Bali down to the netherworld.

Shun Anger And Ego

There are other reasons too! Emperor Bali was no doubt a great devotee with humility. However, there was an element of ego in him. God will tolerate anything but not anger and ego. He will not appreciate these qualities. What is this ego? What for is this ego? Is it for physical beauty or strength of the senses or intellectual acumen or wealth? None of these is permanent. Ego breeds several other evil qualities. God has gifted every human being with such sacred and noble qualities as *Sathya* (Truth), *Dharma* (Righteousness), *Santi* (Peace), *Prema* (Love) and *Ahimsa* (Non-violence). Develop these qualities. These are the *pancha pranas* (five vital airs) for a human being. Anger, jealousy, hatred, etc., are evil qualities befitting an animal. How can a person with such animal qualities be called a human being? A human being is one who has good qualities. Follow truth. Truth is God. Cultivate love. Love is God. Live in love. Unfortunately, today people are not making efforts to manifest sacred and noble qualities that are

inherent in them. Ignoring their innate nature, they lead a life with qualities acquired from outside. The human body is like an iron safe. The atma residing inside this iron safe is like a precious diamond. You are supposed to give value to the precious diamond-studded ornaments inside, not to the outer iron safe. There are invaluable ornaments like *sathya*, *dharma*, *santi*, *prema* and *ahimsa* inside the human body. The physical body which is made up of the five elements is bound to perish one day or the other.

The body which is made up of five elements
 Is weak and is bound to disintegrate.
 Though hundred years of life-span
 Is prescribed, one cannot take it for granted.
 One may leave his mortal coil at any time,
 Be it in childhood, youth or old age.
 Death is certain. Hence, before the body
 Perishes, man should make efforts
 To know his true nature.

(Telugu poem)

People repose their faith in such a frail and impermanent physical body. This body is like a puppet with nine holes in it, and it may collapse at any time with a mere sneeze. Reposing their faith in such a perishable body, people forget the invaluable ornaments stored in it. That is the reason why they

suffer mental agitation. You go to a millionaire and enquire, “Sir! You have everything in this world; but, do you have peace?” He will immediately reply, “I have everything in this world, but not peace.” Wherever you see in this world today, there are only ‘pieces’, not ‘peace’. Peace is very much in your inner self. Hence, search for it by inward journey. That is your duty. Unfortunately, you forget this sacred duty and desire for paltry and mean things. When you are able to manifest your own innate noble qualities, you can experience true and eternal peace.

Bereft of truth, righteousness, love and peace
 The value of all your education is zero;
 Bereft of truth, righteousness, love and peace
 The sanctity of all your acts of charity and
 Kindness is zero;
 Bereft of truth, righteousness, love and peace
 The utility of all your positions of
 Power is zero;
 Bereft of truth, righteousness, love and peace
 The result of all your good deeds is zero.

(Telugu poem)

The five human values of *Sathya*, *Dharma*, *Santi*, *Prema* and *Ahimsa* are the true and lasting property of a human being. Since time immemorial, the people of Kerala possessed such sacred qualities and

are worshipping God. What is the inner meaning of Vamana setting his foot on the head of Emperor Bali and pushing him down to the netherworld? The incident reveals the crushing of Bali's ego. Having realised this inner meaning, the people of Kerala shed their ego. That is the reason why the State of Kerala has earned a good name as a land of peace, purity and greenery everywhere.

Every human being has some desires. But, the people of Kerala do not have many desires. Their worldly desires are few. They always move with others amicably. Even if some differences crop up, they set them aside. They consider them as passing clouds. Truly, the people of Kerala are pure, selfless and steady in mind. Others have to emulate their qualities. In spite of their busy schedule, they do not forget to put on *vibhuti* on their forehead and visit the temple both in the morning and evening. People say, "Kerala is a communist State." I do not subscribe to that view. It is not 'communist', but 'come-you-next'! Their own sacred feelings have taken them nearer to God. The people of Kerala go to the temples on this auspicious occasion of '*Onam*' and perform special *pujas* (worship). They go in large numbers to the Bala Krishna temple. They enjoy singing devotional songs. Due to the effect of modern age, of course

some change has come in their attitude. It was not so before. They always used to be pure and steady in their heart. They always wished and prayed for the welfare of all people. They never developed any desires which, they knew, were not pleasing to God. The people of Kerala are broad-minded and they pray for the welfare of all people in the world (*Loka samastha sukhino bhavantu*). They are really good and noble.

When Lord Vamana pushed Emperor Bali down to the netherworld, the people felt very unhappy thinking, “Oh, God! Our emperor is no longer with us; who will look after us from now on?” Emperor Bali then made a promise to his people that he would visit them every year on this day. That auspicious day of Emperor Bali’s visit to his kingdom every year is termed as “*Onam*”. He would visit his people on this day and bless them. Goodness will always yield good results.

Character Is Real Education

We should not develop obstinacy. One should develop a sense of discrimination and enquire into things objectively. If you behave foolishly, you will earn a bad name for yourself. Study well. Perform well in your educational career, but along with this,

you should also develop good character and conduct. Character is real life; character is real education. Hence, one should develop good character. Students try to imitate one another. Mimicking others out of a false sense of values is bad.

Dear students! You must move in good company to enable you to develop good character:

*Satsangatwe nissangathwam,
Nissangatwe nirmohathwam,
Nirmohatwe nischalatathwam,
Nischalatathwe jivanmukti.*

(Sanskrit sloka)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers liberation.)

It is said “Tell me your company, I shall tell you what you are”. Hence, first and foremost, move in good company. Then only can you become a good individual. We need not acquire goodness from somewhere. It is inherent in our nature. We have only to develop it. We have to make efforts to develop such goodness, just as a small sapling is nourished and nurtured to become a big tree. You must earn a

good name to your parents, society and the country. The country of Bharat has another name “*Hindu*”. It stands for the following qualities:

- H – Humility
- I – Individuality
- N – Nationality
- D – Devotion
- U – Unity

It is only when we conduct ourselves in keeping with these ideals that we deserve to be called as real human beings. Having been born as human beings, it is a great sin to behave like animals. Whenever animal qualities raise their ugly heads, remind yourself, “I am not an animal; I am a human being.” You are a human being. Hence, develop human values. Unfortunately, today human values are very deficient in human beings. Wherever you see, animal qualities are rampant. Wherever you go and whomever you come across, there is only one desire for every individual – money, money and more money! Nowadays, everything is related with money only. Why is this craze for money? Money comes and goes, but morality comes and grows. Hence, cultivate moral values. Then only will you become real human beings. The people of Kerala are fostering moral values well. Of course, they also have a desire for acquiring wealth. But, when compared to others, their desire is less.

From Goodness To Godness And Ultimately To World Peace

Cultivate good nature, lead a good life and earn a good name for yourself. From goodness, one has to travel to ‘godness’ (*Madhavathwa*). First and foremost, ensure that the food you consume is good and *Sathwic*. Such food ensures good ‘head’ (mind). It is only when the ‘head’ (mind) is good, God will manifest before you. Thus, it is only when the food you consume is sattwic you will be able to realise God. Nowadays wherever you see, pollution is increasing. The air we breathe, the water we drink, the food we eat and the work we do – are all polluted. The *Sadhana* we have to undertake to cleanse this polluted atmosphere is *Bhagawath Prarthana* (prayer to God). It is only when we are able to remove this pollution and make our hearts pure, we deserve to be called as real human beings. Divinity can be attained only by purity. And, that purity can be achieved by unity. Unity, Purity and Divinity are interrelated. Hence, you should always remember the intimate relationship between these three. The country of Bharat will prosper only when such noble and sacred feelings manifest in you. The land of Bharat has earned a great name as ‘*Punya Bhumi*’ (the land of merit), ‘*Tyaga Bhumi*’ (the land of sacrifice) and ‘*Yoga Bhumi*’ (the land of spiritual practice), since ancient times. Unfortunately, today it

is turning out to be a '*Bhoga Bhumi*' (the land of worldly pleasures). What we need most today is a spirit of sacrifice. Then the question arises as to what is *Tyaga*? *Tyaga* is not going to the forest, leaving behind one's wife and children and property. What is to be sacrificed is the result fruit of desires. That is the real sacrifice. We have to renounce indiscriminate desires. Then only will our heart become pure like a piece of white cloth. God desires only such a pure and sacred heart. God does not desire anything from you. He has no desires at all! It is only you who have desires. If you develop sacred desires, God will be happy. It is only then your family, society and the country will experience peace and happiness. First and foremost, peace should reign in your own house. Then, that peace should be radiated to the society. When the society becomes good, the country will prosper. If peace is to be established in the country, the individual should experience peace in the first instance. World peace is possible only when peace is established at the individual level. If there is no peace in the individual himself, how can there be peace in the world?

Dear students! All of you must desire and work for establishing peace in the country. The greatness of Bharat is beyond words. It has been striving since

ancient times to establish peace in the world. However, due to fascination for western ways, knowledge of one's own religion and culture has declined. Peace has broken into pieces! You may learn any language. There is nothing wrong in it. But, you should not seek foreign habits at the cost of your own heritage. You must establish peace in your heart. You must always be happy and blissful. Sweet smile should dance on your lips. You should not put up a 'castor oil face' under any circumstances. You must always be smiling. When somebody sees you, he should also feel happy. Thus, you should always lead a happy and blissful life with a sweet smile on your face. You should be happy and at the same time make others happy. The people of Bharat led such blissful life with such noble qualities. There is, however, no dearth of such people even today. May be they are not wealthy economically. But there is no narrowness in their minds. When you develop broad-mindedness, you can achieve any great task. You must all realise the truth that this festival of *Onam* is observed for developing such broad-mindedness. You must experience bliss at the individual level and in the family and then share it with the society. Then all people will be happy. Happiness is union with God. You must realise such happiness. May all people be happy! May you all live like members of one family, sharing your love and happiness with

one another! You must all live in unity, wishing each other, “Hello! Hello!” lovingly. You should not become separate, saying ‘goodbye’. You must become ‘good boys’. You must develop such sacred feelings. Time is very important. Time waste is life waste. Hence, you should not waste your time. There is still some programme to be covered. I will not inconvenience you by giving a lengthy discourse.

Onam, 5-9-2006, Prasanthi Nilayam

13

Give Up Selfishness And Strive For Self-Realisation

The physical world as perceived by the naked eyes is considered as truth. But it is only illusory. Divinity is the only reality. Unable to realise this truth, people are wasting their time.

(Telugu poem)

Embodiments Of Love!

GOD is only one, now and forever. Not realising this truth, you are wasting your precious time thinking that all that you see in this objective world is true. No! None of these objects is real. Truth is eternal, beyond the three periods of time - past,

present and future. That is Divinity. How foolish it is to think that the worldly vision which is subject to change from time to time is real. You are a student today. Tomorrow you will become an officer in an organisation and after some years you will be a retired officer. Then, which is true? Is it the life as a student or as an officer or as a retired official? There is a boy and a girl, who wish to get married. Before their marriage, who is husband and who is wife? Once they are married, they are referred to as husband and wife. But, how long does this relationship last? It is only temporary. Thus, all that you see in this objective world and all the relationships between individuals are only temporary. They are never real and permanent. But, Divinity is not like that. Divinity is what it is - yesterday, today and tomorrow. It is Divinity always! Not reposing your faith in such a true and eternal God, you are deluded into thinking that what you see in this objective world is true. Hence, first and foremost try to recognise the eternal truth. It is only when you have recognised the Truth, you are deemed to have recognised everything else. All others are only transitory. The entire universe is subject to change. It is temporary and unreal. Today's mountain may be reduced to a mere hillock tomorrow. Today's rivulet may transform itself into a mighty river tomorrow. The country of Bharat was once beautifully described as: "lofty mountains, large rivers, huge trees with many

branches, which make it a beautiful country.”

God Is The Only Changeless Principle

People today repose their faith in that ephemeral and unreal world and forget God who is the embodiment of truth. That is the root cause for all sorrows and difficulties faced by humanity. You say you are encountering difficulties. From where did they come? Difficulties are the consequences of one's past deeds and thoughts. Everything in this world is susceptible to change. It appears to be unchanging, but it is not true. God is the only changeless principle. We have therefore to install such a changeless and eternal God in the altar of our sacred hearts and offer our love to Him. Thereby, we can experience bliss. That is the foremost duty of a human being. What is human life, after all? Is it merely eating, drinking, sleeping and dying ultimately? By doing so, how can the human life be termed as sacred? Man, at the time of his birth is very pure and sacred. As he grows old, gradually he loses his purity. This is not proper. A human being has always to maintain his purity. Take for example, My case. I was born. I grew up to be a boy, youth and old person. But, the childlike simplicity and purity are always there in Me. I am always like a child. As age advances, there might be

several changes in the physical body. They are all at the physical level. It is only out of our delusion that we are exposed to the *arishadvargas* (the six enemies of desire, anger, greed, delusion, pride and jealousy). As a result, we are unable to realise the *atma* (Self). It is said *Jantunam nara janma durlabham* (Of all living beings, human birth is the rarest). Having attained such a rare birth as a human being, we have to strive for self-realisation. We should not waste our energies in worldly pursuits. He who is a realised soul, is the liberated person in the real sense. Such a person constantly contemplates upon the *atma*. On the other hand, one who is constantly engaged in the pursuit of material comforts has his gaze fixed on the *panchabhuthas* (the five elements of earth, water, fire, air and space), *pancha kosas* (five sheaths of the soul) and *panchendriyas* (five senses). One who realises the truth that the physical body is ephemeral and the mind is like a mad monkey, will develop an insight into the inner Self. The physical body is like a water bubble. People know about it, yet they lead their lives reposing their faith in such a physical body. As long as one has attachment to the physical body, one has to experience sorrows and difficulties and sin and merit.

The body is made up of five elements
And is bound to perish sooner or later;

But the indweller has neither birth nor death.
The indweller has no attachment whatsoever
And is the eternal witness.

(Telugu poem)

Names And Forms Are Temporary And Unreal

The *dehi* (Indweller) in the *deha* (physical body) is eternal. It is referred to as the atma. We identify the physical body with certain names. For example, the name ‘Anil Kumar’ is an identification for a particular form. Similarly, the name ‘Sathya Sai Baba’ represents this physical body. It is not possible to identify the physical bodies, without names. A human being lives in the world, donning a physical body that is ephemeral. All that we see in the objective world are the creation of our own mind. What we cannot see with our physical eyes is the truth. That is the atma. Hence, when someone enquires, “Who are you?”, you should reply “I am the atma.” You should not refer to the name given to your physical body. The name given to your physical body is the one that is given to it by your parents. The whole world calls you by this name only. It is not the name that is important. Both name and form are temporary and unreal. As long as you live in this world, they are relevant. The moment you depart from this world, none cares for them.

For example, there is a millionaire. He has plenty of money and is, in fact, rolling in wealth. His end is nearing. He is undergoing great suffering. All his relatives surrounding him are restless. In fact, they are weeping. Exactly in that moment, wisdom dawns on him. He is reminded of Adi Sankara's verse:

*Punarapi jananam punarapi maranam,
Punarapi janani jathare sayanam.*

(Oh, Lord! I am caught up in this cycle of birth and death; time and again, I am experiencing the agony of being in the mother's womb.)

He has realised the fact that all his relatives and friends cared for him as long as he lived. He felt very sorry for his pitiable state and wailed, "My dear ones! All that I have earned during my life has been handed over to you. Even the palatial buildings and big mansions that I have built have also been handed over to you. My bank deposits have also been given away to you. Yet, you do not care to think about me and are worried about your own future." True. People are worried only about wealth and property as long as they live in this world. They do not think at all about what will happen to the life principle after their death. As long as there is life-force in the body, people are deluded to think, "It is my body,

my mind, etc.” You are now sitting in this hall. As soon as you get up and take two steps, you do not know what will happen to you. Once you depart from this world, who is related to whom? Who are your friends and relatives? No relationships at all! Hence, the physical body should not be given too much importance. The body should be purified by undertaking good deeds. Since people develop many kinds of relationship with the external world, they are afflicted with several impurities. It is only when such impurities are cleared to a certain extent will one keep good health. For example, there were rains a few days ago. Because of the rains, the water was polluted. Several people who drank the polluted water became sick. In many places, people suffered due to their ill-health. Today the food we eat, the water we drink and even the air we breathe, are all polluted. Hence, this widespread pollution has to be controlled at least to a certain extent by undertaking sacred activities. That is the reason why the nine forms of devotion have been prescribed as *sadhana*: *sravanam* (listening), *kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *padasevanam* (serving His Lotus Feet), *vandanam* (salutation), *archanam* (worship), *Dasyam* (servitude), *Sneham* (friendship), and *atmanivedanam* (self-surrender).

One has to adopt any one of these *sadhanas* for pollution control. Humanness is not confined merely to *jivathwa* (life force); it is associated with *Daivathwa* (divinity). Every human being, in fact every living being, is an embodiment of Divinity verily! Even the insects and bacteria!

Constant Contemplation On God Is Real Sadhana

What is the *sadhana* that a human being is expected to undertake? *Sadhana* does not mean mere physical exercise. It is an enquiry into Truth at the level of the mind and intellect. What is Truth? Is it the body or the mind or the intellect? No, none of these. The mind is a mad monkey. It is fickle in nature. If you follow such a fickle mind, you cannot reach your true destination. It has to be discarded one day or the other. However, food and recreation are necessary to a certain extent to protect the body. Even that food has to be pure and *satwic*. If you thus carry on your activities and lead a sacred life, what more *sadhana* is required? Whatever activities you may undertake, you must constantly contemplate on ‘*Soham*’ *mantra*, which reminds you of your innate divinity with each inhaling and exhaling process. The same principle has been explained in the *mahavakya*, ‘*Aham Brahmasmi*’

(I am Brahma) in the *Vedas*. From the time you get up from your bed till you go to sleep, you must constantly remind yourself that you are *Brahman* verily and not merely a human being made up of the five elements. You must develop the faith that God is your mother, father and everything else and that He alone is your sustainer and refuge. After all, who gave you the mother? Is it not God? Everything in this world is by God's grace only. If you forget God and concentrate on other thoughts, you will lose everything in life. If you constantly contemplate on God, all worldly thoughts will leave you. Hence, cultivate godly thoughts with love. *Prema muditha manase kaho Rama Rama Ram* (Sing the sweet name of Rama with your heart filled with love). Love is God. God is love.

Devoid of this love, there is no mother, no father, no brother, no wife. Everything is suffused with love. It is only for our convenience, for our pleasure and for our own selfish purposes that we develop worldly relationships. Hence, give up selfishness and strive for self-realisation. You must enquire into yourself, "Who am I? Body, mind, intellect, *chittha* or *ahamkara*?" You are none of these. You are yourself. "I am I." Recognise this truth. You are all pursuing education and acquiring academic degrees like B.A., B.Com, M.B.A., etc.

How many people are there with such degrees!

What service do they render to the society? They are all concerned with their own career and earning. They do not at all help others. All this worldly education is for making one's own living. That is not the purpose of one's education. We must render selfless service. The fruit of all actions must be sacrificed. It is only such a person who deserves to be called a *yogi*. A *yogi* is not one who merely sits under a tree and meditates, closing his eyes. Real sacrifice involves giving up your desires. One has to broaden his heart. One should not be narrow-minded. If you are inflicted with narrow-mindedness your whole life will become narrow. Develop broad-mindedness. Cultivate broad heart. The reference to 'heart' in this context is not to the physical heart. If the physical heart is enlarged, it needs surgery. Develop love. Only then can you be called a real human being.

Always Be In Good Company

Dear students!

You think *Swami's* discourses are very simple. But, the entire essence of the Vedas is contained in them. The essence of all the *sastras* is to be found in *Swami's* words. Why should you be proud of your education? However high academic degrees a person may have acquired, a human being must always conduct himself with humility and obedience. Education with humility is the watchword. At the mental level man must be desireless. Then only can

he be called a human being. Excessive desires lead to danger. You should not indulge in unnecessary desires. That will lead to waste of time. Time waste is life waste! Time is God, don't waste time'. Even the little time at your disposal must be spent in contemplation on the *Soham mantra*. Then only will your birth as a human being be sanctified. If you go on wasting your time in reading newspapers, all that you acquire will only be useless. Nowadays newspapers have degenerated into a nuisance. You will find all sorts of unnecessary things in the newspapers. You might have seen several advertisements with obscene pictures in the newspapers daily. What sort of pictures are they? Fie on them! We don't like to go through such newspapers at all! These are not the stuff we have to read. We have to visualise God, who is beyond name and form. God's name is sweeter than the sweetness of banana fruit and dates. What for all these festivals being celebrated? Every festival is meant to remind us about God. People of all religions have festivals to celebrate.

All religions teach only good things.
Realising this truth, one should conduct
Himself carefully with proper Understanding.
If you have a discriminatory
Intellect, which religion is bad?
Oh! The brave son of Bharat! Hear.

(Telugu poem)

Every religion preaches good only. Religion per se is not bad. Hence, you should respect people of all religions. It is only when your mind is distorted that you develop a bad opinion about a particular religion. Once you develop a discriminating intellect, you will realise that all religions lead to the same God.

Dear Students!

Please do not waste time. Sanctify every minute of your life and thereby experience bliss. Man is essentially the embodiment of bliss. Hence you must always be happy and blissful. Do not crave for unnecessary desires and feel depressed when they are not fulfilled. Happiness is union with God. You must always be happy and smiling. Even when you are faced with difficulties or during examination time, you should not put up a 'castor-oil face'. Always be smiling. The more you feel enthusiastic and energetic, the more you will be happy. After all, what is there for you to worry about? Nothing, to My knowledge. A student who did not prepare himself well will be worried during examinations. If you have prepared well, then why should you worry? You will surely get good marks. Hence, read well, pass the examinations with distinction and serve the country.

The festival that is being celebrated today is meant only to encourage you. The ten-day *Dasara* festival is meant to control your ten senses. The legend says that

Goddess Chamundi killed the demon Mahisha during this *Dasara* festival. What is the inner meaning of this story? We should not under any circumstances associate ourselves with demons. You are a human being and not a demon. How can there be friendship between a human being and a demon? A human being shall have relationship with another human being only.

*Satsangatwe nissangathwam,
Nissangatwe nirmohathwam,
Nirmohatwe nischalatathwam,
Nischalatathwe jivanmukti.*

(Sanskrit *sloka*)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers liberation.)

Always be in good company. If you join bad company, you will also become bad. Hence, you should never make friendship with a bad person. The moment you come across such people, just say 'goodbye' and move on. You need not develop hatred towards them. Whomever you come across, consider them as embodiments of Divinity and salute them. Even when you come across people who hate you, offer your *pranams* (salutations) to them. Enquire,

“How are you brother?” Then they will also respond, “How are you brother?” A human being is one with certain human values. What are those human values? *Sathya, Dharma, Santi, Prema and Ahimsa*. They are all interrelated. Always speak truth, observe *Dharma* (righteousness). Be peaceful. Be happy and blissful. You should conduct yourself with love in society. Love is God, God is Love. Hence, live in love. Then only can you acquire true knowledge. That is wisdom.

Embodiments Of Love!

I always address you as embodiments of love. The reason being, I am suffused with love. Love is My property. You all are heirs to that property. I will distribute that love to one and all. I do not hate anyone. I have no selfishness at all! My love is selfless love.

Dasara, 27-9-2006, Prasanthi Nilayam

Love of God Is True Education

Embodiments Of Love!

PEOPLE think worldly education is real education. This is not correct. Real education comes from the heart. Such an education is unwavering and lasting. *Atma Vidya* (knowledge of the Self) is the real education. Devoid of such *atma vidya*, what is the use of all your intelligence and education?

Contemplation On God Grants Divine Bliss

The *Gopis*, though lacking in worldly education and intelligence were pure at heart and deeply devoted to Lord Krishna. The ladies in Repalle used to go to the house of Nanda and Yashoda every evening

and light their oil lamps from the one kept in front of their house. That was the tradition in those days. Even now this practice is in vogue in some villages. The tradition had originated from the belief that if they lighted their lamp from that kept in the house of a wealthy householder, they would also become prosperous. Nevertheless, not all the mothers-in-law in Repalle would permit their daughters-in-law to go to the house of Yashoda for this purpose. They were afraid that if they were allowed to go and see Krishna there, they may out of their devotion get mad and run after Him. They, therefore, used to chide their daughters-in-law saying, “Can’t we light the lamp in our own house? Why should we get it from their house?” In spite of these restrictions, all the ladies used to gather near the village well and discuss about Lord Krishna only. Then a new bride of one of the houses arrived in the village. Her name was Suguna. She had heard a lot about the divine leelas of Lord Krishna. She developed a deep desire to have the *darshan* of Krishna, somehow. She did not reveal her desire to her husband or her mother-in-law. She kept it as a tightly guarded secret within herself. However, it is impossible to conceal the truth. The entire creation has originated from truth:

*The creation emerges from truth,
And merges into truth;*

Is there a place in the cosmos where

Truth does not exist?

Visualise this pure and unsullied truth.

(Telugu poem)

In spite of her keeping her desire as a closely guarded secret, it became known to all. One day, she went to the house of Yashoda and was lighting her lamp from that kept in front of their house. Suddenly, she could visualise Krishna in that flame. She lost her bodily consciousness in that divine experience and put her fingers in the burning flame. Her fingers were getting burnt, but, she had no body consciousness at all! Meanwhile, Yashoda came out smelling the burning finger. Immediately, she pulled out the hand of Suguna from the lamp and asked, “What is the matter with you girl? Are you asleep? Your fingers are burnt badly. Don’t you realise? Don’t you feel the pain?” Suguna then came to her senses and replied, “Mother! Lord Krishna gave me His *darshan* in that flame. I lost my body consciousness on seeing Him.” The other gopis heard her explanation. They were very happy to know about the divine experience of Suguna. They went round the village singing and dancing:

It seems our Suguna had
The Vision of Krishna,
In the house of Nanda;
Krishna appeared to her
In the flame of the lamp.

(Telugu poem)

Thus, if you constantly contemplate on God, you can forget your sorrows and difficulties and experience divine bliss. Devotees, since ancient times, have experienced bliss by constant contemplation on God and shared their experiences with the world.

Today, intelligence has increased but educational standards have declined. Wherever you see, the students refer to newspapers and magazines from abroad. They do not however evince the same interest in their textbooks. They do not at all think about their own customs and traditions. Students in this modern age are accustomed to such false sense of values. They would like to engage themselves in discussion about all unnecessary things. For example, they discuss about novels making comments like “so and so author has written a book; how great it is!” They involve themselves in discussions and argumentation over such trivial matters. But, they forget about their lessons in the textbooks. Thus, they go on acquiring knowledge about all and sundry and try to increase their worldly knowledge. They do not have any concern for the glory of real education.

Our *Karmas* Are Resopnsible For Our

Happiness Or Sorrows

We should desist from aspiring for the fruits of our *karma* (action). The *Gita* exhorts us “*Karmanyevadhikarasthe ma phaleshu kadachana*” (you have right only on action, not on its fruit).

Man is born in action, sustained by action and ultimately merges in action. Action is the cause for pleasure and pain. Truly speaking, action is God for man.

(Telugu poem)

The *karmas* (actions) that we perform are responsible for all the happiness and sorrow we experience. When we perform good deeds, we get good results. When we perform bad deeds, we get bad results. Good deeds will result only in good results and bad deeds in bad results. That is why it is said, “DO GOOD, BE GOOD, SEE GOOD; THIS IS THE WAY TO GOD.” When you cultivate good thoughts and undertake good activities, you will experience good results. Therefore remember that the result of our own actions is responsible for all our sorrows and difficulties. All our elders have experienced peace and happiness by following our ancient traditions. But, today’s children gave up those good traditions, forgot the path shown by their elders and are exposed to various kinds of unrest due to modern education.

They are not only exposed to unrest, but they do not also have contentment and satisfaction in life. With the result, they are becoming sick mentally and physically.

Man's thoughts and resolutions are the root cause for his ill-health. For all the unrest and agitation he suffers, the *gunas* (qualities) are responsible. Hence, our thoughts must always be good. You may observe that a person taking good and sattwic food, drinking pure water and breathing unpolluted air is always healthy. In contrast, people consuming unsacred food, drinking impure water and inhaling polluted air are exposed to various kinds of diseases. The root cause of man's ill-health today is unsacred food and impure water. All that we consume must always be pure and sacred. The *Dasara* celebrations are meant to foster good and noble qualities in us. We can always lead a happy life by taking a good bath, performing *puja* in our house, partaking of sanctified food and drinking pure water. If we follow this routine, our face will also be radiant. On the other hand, if we consume unsacred food, drink impure water and move about in a polluted atmosphere, there is the danger of forgetting our humanness even! In such a situation, we may lose our divine nature and acquire demonic qualities.

Several people wonder, “*Swami* is nearing 81 years, yet, his physical body does not reveal any signs of old age.” My answer to those people is: “My dear devotees! I am not taking unsacred food or breathing polluted air. I am breathing the air of prayers of the devotees. How then can I lose My divine effulgence?” I have no ailment of any kind. I have no pain at all! Sometime back, I fell down on the floor on account of an inadvertent error committed by a student. I broke My leg then. Hence, I feel a little difficulty in walking. That is all! There is another reason too! Nowadays I don’t feel like walking. Nevertheless, I am coming to Sai Kulwant Hall daily and giving *darshan* to the devotees. What difficulty or pain is involved in this routine? I do not have any pain or suffering. When I am able to make the devotees happy, I too will be happy. Sorrows, difficulties and pain are nowhere near Me. I am always happy and blissful. Bliss is My food. There is no greater happiness than My bliss. If for any reason I am unable to come out and give *darshan* to the devotees, I feel very sad: “Alas! How much the devotees are pining for My *darshan*! For how long they have been waiting in the hall! How much suffering they are undergoing?”, etc.

Sometimes I may be late in coming to Sai Kulwant Hall due to some urgent work. Still I do

not miss giving *darshan* to the devotees. Hence, you should not feel that *Swami* has not come due to pain or suffering. I am revealing these facts to you today, so that you may not feel any distress because of My absence and always be happy and cheerful.

Be Rooted In The *Atma Tathwa*

I expect that you should face difficulties boldly, reposing faith and devotion in God. If you constantly contemplate on God, no other thoughts will trouble you. Sorrows and difficulties will not affect you. I am always happy. You should also be happy always. Happiness is union with God. When you are associated with God, you will not feel any pain or suffering. You may have some physical pain or mental anxieties. But, you should ensure that they do not disturb your *Atma Tattwa* (the principle of the *atma*). If you are thus firmly established in the *atma tathwa*, nothing can bother you. This is the message of *Navaratri*. We encounter several difficulties, sorrow, pain, etc. We are mentally disturbed day in and day out due to several reasons. But, we should ignore them with a detached feeling, “They are not mine, they are somebody else’s.” They just come and go like passing clouds. As for Myself, I do not at all attach importance to them.

We should not think that someone else is putting us to all these difficulties. We should not blame others for our difficulties and suffering. Our sorrows and difficulties are of our own making. The Kauravas tried their best to cause suffering to the Pandavas. But, the Pandavas did not relent. What was the reason? It was only because of their unwavering faith and devotion to Lord Krishna. They felt that when Krishna Himself was constantly protecting them, any number of difficulties and obstacles could not cause any fear in them. Similarly, you also develop firm faith that *Swami* is always with you, in you and around you. Do not at all worry about these sorrows and difficulties. These are all like passing clouds. None of them can shadow the blazing sun. It is only during rainy season that the clouds come in the way of sun rays. Similarly, it is only when our mind is wavering and disturbed we suffer from sorrows and difficulties. When our mind is steady and firm, no ‘clouds’ can disturb us. Hence, keep your mind pure and steady. Develop courage and fortitude.

How does a man lead his life today? He is enacting his role in the cosmic drama, singing the songs of *kama* (desire) and *krodha* (anger) and playing games obsessed with *mada* (pride) and *ahamkara* (ego). Several people appreciate their acting as “very good”. But, some people are not carried away by this ‘acting’.

Unconcerned with the reaction, reflection and resound of this drama, they repose their faith in ‘reality’. And that ‘reality’ is Divinity. Divinity is unwavering, invisible and beyond delusion. We must hold on to that ‘reality’, firmly. When we rely on such reality, our thoughts, words and actions will always be pure and sacred. Hence, Dear Students! You should not at all be afraid of these ‘passing clouds’. You should not be concerned with them. You perform your duty well. You fulfil the aspirations of your parents. Your parents have sent you here with great expectations. If you go against their wishes, you yourself can imagine how much they will feel. If you cause pain to your parents, it amounts to causing pain to *Swami*. Are you not praying daily.

*Thwameva mathacha pitha Thwameva,
Thwameva bandhuscha sakha Thwameva,
Thwameva vidya dravinam thwameva (You
alone are the father and mother, Friend
and relation, wisdom and wealth).*

(Sanskrit sloka)

There is no difference at all between God and parents. Hence, keep your parents happy. *Swami* is always happy. Establish that truth firmly in your heart. Then only can you be called true students.

Once, Hiranyakasipu called his son Prahlada close to him and enquired, “Dear son! I have placed you in the hands of the gurus. I requested them to teach

you good things. What did they teach you?” Prahlada then replied,

Father! The teachers have taught
 Me many many things;
 I have understood the four objectives
 of life – *Dharma* (righteousness),
Artha (wealth), *Kama* (desire)
 And *Moksha* (liberation).
 I have studied manythings;
 In fact, I have Understood
 The very essence of education.

(Telugu poem)

Hiranyakasipu felt very happy at his son’s reply and told him, “Son! Please explain that secret of all education”. Prahlada then replied “Dear father! All that we see and experience in this world is unreal and impermanent. Only Divinity is real and true.” The father got angry. He held his son by his neck and pushed him down. He commanded his officers to throw him into the sea, saying, “a son who flouts the commands of his father does not deserve to be in my presence. Take him away and dump him in the sea, immediately.” Thereupon, the demons took Prahlada to the top of a hill and pushed him down into the sea. Even then, Prahlada chanted the name “Narayana! Narayana!” Lord Vishnu then emerged from the sea and saved Prahlada from drowning. Hiranyakasipu

noticed that Prahlada was still alive. He fretted and fumed with anger on seeing Prahlada. He then ordered him to be thrown into the fire. Immediately, the flames subsided. Even the fire was not willing to consume him. What is the inner meaning of this episode? Good people will always encounter problems from bad people. Nevertheless, the good people will not be affected by them. It is only the fruit-laden tree that receives stones. Similarly, good people will always face certain obstacles. However, one has to face such difficulties boldly reposing faith in God.

Durga, Lakshmi And Saraswati Represent Thoughts, Words And Actions

Dear Students! You should obey the commands of your parents and God meticulously. Cultivate good behaviour. Then, everything will turn out to be good for you. Nothing will deter you. No difficulty will ever bother you. It is only to enable you to put such good thoughts into practice that goddesses Durga, Lakshmi and Saraswati are worshipped during these *Dasara* celebrations. Durga is not to be understood as a ferocious goddess. She is the goddess supreme who protects you.

Lakshmi is the embodiment of all wealth. Then, Saraswati is the goddess of speech. Good thoughts, good words and good actions (behaviour) represent

the *tathwa* (nature) of these three goddesses. He who teaches good things to you is verily the embodiment of goddess Saraswati. He who teaches evil is verily a demon. Goddess Durga destroys only such demons. Durga, Lakshmi and Saraswati are, in fact, not different from you. They are very much installed in your own heart. They exhort you to lead the life of a human being, since you are a human being. Durga, Lakshmi and Saraswati are the three mothers to a human being.

You should treasure these good words in your heart and put them into action. Thereby you should come up in life and set an example to others. You should, by your example, spread the message to the world that *Bharatiya Vidya* is great. There are several people in the modern world imparting education that leads to evil ways. You should denounce such education. You should not go after it. You must enquire, “will it help to purify my heart or not.” If you feel it is not conducive to your progress, you must give it up immediately. It is only when you are able to satisfy your conscience that your life will be happy, peaceful and contented. Do *namasmarana* incessantly.

Dasara, 28-9-2006, Prasanthi Nilayam

Be My Instrument

Krishna was born during the Krishna paksha (the dark fortnight of the month). The effulgence of the Lord is seen with greater effect when it is dark. In a world of disorder, Krishna was born to establish order. He was born on Ashtami day. Ashtami is associated with troubles and difficulties. When do troubles arise? When righteousness is forgotten. Krishna's advent therefore signifies removal of darkness, end of troubles and effulgence of Supreme Wisdom. Krishna's primary role was that of a teacher. He taught the Gita to Arjuna. He told Arjuna: "Be only My instrument." Krishna thereby declared : "Using you as an instrument, I am reforming the whole world."

- Baba

15

Expel The Six Enemies And Elicit Values

Embodiments Of Love!

SINCE I came a bit late today for this afternoon programme, you all had some misapprehensions about My health. I want to assure you that I am perfectly alright. I cannot be idle, that is my nature. There were a few devotees waiting for Me there. I therefore spoke to them for sometime and made them happy. Thereafter, I started for giving darshan to the devotees in Sai Kulwant Hall. Whatever I do, it is only for satisfying the devotees. I have no other work. There is no work you can call My own. I have not come down for eating and drinking. Eating food and drinking

water are of no importance to Me. Occasionally, I just sip a few drops of water and continue My talk. After all even a brand new car, needs petrol in its tank to keep it moving. Is it not?

What Is Educare?

These days the world is taking to strange ways. In every field - physical, moral, spiritual and worldly - there is rampant pollution. We are of two minds with the way in which the world is moving. We are both amused and sad at the state of affairs.

Humanness is very sacred. There is no greater force than humanness. Man has to pursue two kinds of education - 'Education' and 'Educare'. Education is acquiring knowledge from textbooks written by someone else. Educare is manifesting the divinity latent in a human being. This is by self effort. It involves bringing out something which is already there from within, by one's own sadhana not bringing out evil qualities that are carefully and perversely preserved in one's bosom. Educare is bringing out or manifesting the human values of *Sathya*, *Dharma*, *Santi*, *Prema* and *Ahimsa* by *sadhana*.

The first among the five human values is *Sathya* (truth). Who is the author or who spoke and taught about this *Sathya*? It is said *Manasyekam vachasyekam karmanyekam mahatmanam* (those whose thoughts, words and deeds are in perfect harmony are noble ones). Such noble souls have preached this truth since

time immemorial. *Sathya* (truth) manifests from one's own heart.

The second value is *Dharma* (righteousness). Who created this *Dharma*? What is *Dharma* and what is *Adharma*? If you go on enquiring, it becomes clear that *Dharma* is not something that is created by someone. *Sathyannasthi paro dharmah* (there is no *Dharma* greater than adherence to truth). *Dharma* originated from *Sathya*.

The third value is *Santi* (peace). You enquire from any millionaire, "Sir! You have everything in this world for a happy living. Are you happy?" Pat comes the reply, "I have everything, but I have no peace." Peace is not something that a person passes on or gives in charity to another person. It has to come from one's own heart. Today, wherever you see, "only pieces, no peace."

The fourth value is *Prema* (love). Where did this love come from? Did it come from mother or father or some friend? Did anyone gift it? No! Love is your very life-breath. Devoid of love, the world cannot exist.

The fifth human value is *Ahimsa* (non-violence). Gautam Buddha taught *Ahimsa paramo dharmah* (non-violence is the supreme *dharmah*). But, today wherever you see, there is only violence. Like the other human values, the heart is the seat of non-violence.

The five human values *Sathya, Dharma, Santi, Prema and Ahimsa* are not independent of each other. They closely follow one another. These five qualities are the gift of God to a human being. We as human beings have to manifest these five human values by putting them into practice. That is 'Educare'.

Values Are Natural To Humans

What is the foremost quality of a human being? Speaking truth is the foremost quality of a human being. To speak untruth and talk irresponsibly does not behove a human being. If you indulge in useless and indiscriminate talk, how can it be called truth?

In fact, truth has to dance on your tongue. Before you speak something, you must enquire whether it is truth or not. "Truth is one, not two." If there is duality, it cannot be truth. We have to speak only truth which emerges from our heart. The entire world has emerged from truth and everything merges into truth.

The clouds moving in the sky sometimes obscure the Sun. It is not possible to remove the clouds. They just come and go. Once the clouds move away, the resplendent Sun is fully visible. Similarly, it is only when the dark clouds of resolutions and confusions in our heart are cleared, truth manifests.

The *panchabhutas* (five elements) are natural phenomena in creation. Similarly, the five human

values of *Sathya*, *Dharma*, *Santi*, *Prema* and *Ahimsa* are natural to human beings. Man has to manifest them from his heart and lead a natural life. They should flow from the ‘source’ and not extracted by ‘force’. Truth is pure and unsullied. Love is selfless. We have therefore to lead a selfless life. That is real love. Love does not expect anything in return. Selfishness troubles a human being in subtle ways. It is very cunning. Hence, one should not allow selfishness to come near him. If you are suffused with love, selfishness cannot approach you. Hence, develop love. Love is divine. When you are able to develop love, non-violence will come to you of its own accord. Where there is love, there can be no trace of violence. Thus, when man is able to manifest the five human values of *Sathya*, *Dharma*, *Santi*, *Prema* and *Ahimsa*, then his intellect becomes steady and he can walk the straight path.

Everyone has to face the consequences
 Of his *Karma* (actions).
 Who has made the bats to hang
 From the branches of a tree
 With their heads downwards?
 Has Anyone tied them upside down
 Out of Hatred? No, it is their fate.
 Likewise, Nobody can escape from
 The Consequences of *Karma*.

(Telugu poem)

None Can Escape *Karma PHALA*

The bats will be hanging to the branches of trees with their heads downwards. They move about in darkness only. Their entire life is spent in darkness. Is it anybody's malice that makes the bats hang heads down from their perches on the branches? No, this is not anyone's making. It is God's leela. Similarly, man has to follow his destiny. While experiencing the result of his past karma, it is possible that some changes can occur. Sometimes, the ways of *karmaphala* (fruits of action) appear to be rather strange. Once, Lord Vishnu enquired of sage Narada, "Narada! How is the world?" Narada replied,

The stories of the Lord are amazing ;
 It purifies the lives of the people in
 All the three worlds.
 It is like the sickle that cuts the creepers
 Of worldly bondage ;
 It is like a good friend who helps you
 In times of need,
 It is like a shelter for the sages and Seers
 Doing penance in the forest.

(Telugu poem)

Karmaphala makes the human beings dance to its tunes in several ways. People cry when someone close to them dies. Similarly, they feel happy when

a child is born in the family. Is it not a fact that happiness and sorrow are the result of *karmaphala*? Is it not true that they are part of the divine *lilas*? Hence, develop the faith that whatever happens is as per the divine will. It is a common practice in the present-day world to blame others for all their ills and praise themselves when they are happy. This is not correct. Develop the attitude that everything is God's gift and whatever happens is for our own good. Happiness and sorrow, losses and gains are all like passing clouds!

Develop Good Vision And Good Thoughts

Embodiments Of Love!

First and foremost, control your thoughts. The clouds of these thoughts are moving about in the sky of your heart. The clouds, as they move will cover the sun called the intellect and the moon called the mind. It is said, *Chandrama manaso jataha* (the moon was born out of the mind). The moon reflects the mind's nature. The intellect is the reflection of the sun. Both of them move about in the sky of the heart. Sometimes, our own thoughts form 'dark clouds'. More so in the youthful stage. The 'dark clouds' are water-borne, meaning they are associated with desires. When such 'dark clouds' gather, the sun and the moon are hidden by them. It is only in

the youthful stage you are troubled by an excess of thoughts. You will be drowned in them literally and will forget your very humanness. Hence, first and foremost, you have to remove those 'clouds'. From where do these 'clouds' come? They are formed on account of your *sankalpas* (resolutions) and *vikalpas* (indecisiveness). Hence, first and foremost, you have to control your thoughts. If you are able to do it, then your mind and intellect will shine brightly. The mind is a bundle of thoughts. When the thoughts and resolutions are controlled, it will be clean like a placid lake. Narendra (*Swami Vivekananda*) tried his best to control his thoughts, when he was a youth. When he finally succeeded, he acquired a pure heart. He constantly reminded himself, "I am very proud of my birth as *Bharatiya*. How great and sacred is this country Bharat! How pure it is! "To whichever country he travelled, he used to teach the people of that country about the greatness of Bharat. The very thought of the sacredness of Bharat would make you great. Hence, you must constantly remind yourself of the greatness of Bharat. The students of the present times are not at all reading the life history of great people like Ramakrishna Paramahansa and *Swami Vivekananda*. They read all trash novels. They consider them as great literature. I want that you should throw away such cheap literature.

God is immanent in every human being. God is everywhere. It is said, *Ekatma sarva bhutantaratma* (one *Atma* dwells in all beings). The same Atmic principle is present in all human beings. You may have a doubt in this context, “if that is so, then why should I not make friendship with such and such person?” When his age, behaviour and thoughts are not conducive to your moral and spiritual development, you should not make friendship with such a person. If you do so, you will also become like him. “Tell me your company, I shall tell you what you are”, Its said. We should make friendship with good people. It is only in keeping with this principle, Adi Sankara in his famous treatise *Bhaja Govindam* declared as under:

Satsangatwe nissangathwam,
 Nissangatwe nirmohathwam,
 Nirmohatwe nischalatathwam,
 Nischalatathwe jivanmukti.

(Sanskrit *sloka*)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers

liberation.)

You should move with good people, speak good words and see good things. It is only when you develop good vision and good thoughts and undertake good activities, you will become a good person. You should not read bad and cheap literature. Reading such trash is like moving in bad company.

Values Are Like Vital Airs

Especially today, I don't wish to dilate upon such topics as Divinity, spirituality, etc. What I am interested in is that you should lead your daily life in accordance with the principle of truth. The five human values of *Sathya*, *Dharma*, *Santi*, *Prema* and *Ahimsa* are embedded in you. They are like the five vital airs in you. They are, however, enveloped by the arishadvargas, the six enemies of *kama* (desire), *krodha* (anger), *lobha* (greed), *moha* (delusion), *mada* (pride) and *matsarya* (jealousy). What you have to do is to throw away this outer layer of *arishadvargas* and bring out the five human values latent in you. If you want to draw water from a well, you have to tie a rope to a bucket and with the help of this bucket you can draw water. In the well of your heart, there is the pure water of human values. In order to draw that water from the well, you have to secure the rope of

firm faith. However, people today lack such faith and become blind.

The loss of the spiritual eyes of faith leads to spiritual blindness. You should not become blind. It is only when you develop firm faith in God, will humanity be transformed into Divinity. Many people can deliver ‘speeches’. But, we do not derive satisfaction merely by listening to such speeches. We just listen to them and forget them soon after that. It should not be so. What has been listened to has to be contemplated upon and then put into action. The most important aspect is you should develop firm and unwavering faith. When the rope of faith is strong and secure, the bucket can draw out the water of the five human values from the well of your heart. **This process is called ‘Educare’.** Educare is to bring out that which is in the depth of one’s heart. It is not something external. It cannot be purchased from the market. Nor can it be taught by a teacher. You yourself have to strive for it. Only then can you attain self-realisation. For this, the prerequisite is self-confidence. In order to gain self-confidence, you must develop noble qualities.

Embodiments Of Love!

Your education may help you to achieve a sharp intellect. But, real happiness comes from ‘Educare’ only. That should in fact, be the basis for our life.

Bookish knowledge is not very important. Even those who have acquired high academic qualifications have to give importance to 'educare'. Devoid of 'educare' all the education and academic achievements are useless. You may acquire high degrees, but your education is not complete without 'educare'. Of what use is all your education? Is it only for making a living? There is no shortage in this world of highly educated people. What is it that they are doing? Did they contribute anything for promoting non-violence in the world? Do they protect dharma in any manner? Are they fostering *santi* (peace)? At least, are they able to live in peace? No, not at all! They are unable to live in love and harmony even with their own children. Hence, first and foremost, cultivate love and share it with all. Only then will you experience its taste. Students have all the capabilities at their disposal. They have a strong and healthy body and mind. But, if they do not put them to proper use, they will become weak physically and mentally. Such weak people cannot achieve anything in their life. A strong will is a prerequisite in the spiritual field.

“Having resolved on what ought to be
Resolved, hold on to your resolution
till You have succeeded. Having desired
What Ought to be desired, hold on to it

Till Your desire is fulfilled. Having asked
What Ought to be asked, do not leave
The hold till you attain it.
Having thought what ought to be Thought,
Hold on to it till you have Succeeded.
With heart mellowed,
The Lord must yield to your wishes or
With no regard for yourself, you should
Ask Him with all your heart.
Persevere, be tenacious, and never give up;
For it is the quality of a devotee Never to
retreat, abandoning his resolve.”

(Telugu poem)

If you wish to secure good marks in the test given by God, you must have a firm resolve. This is necessary even in your worldly education. You should not, however, be satisfied with getting high academic degrees. You should not be elated by good marks; avoid bad remarks. Only then will your education have value.

Dear students! I am teaching you many things daily. But, you are not giving proper thought to them. You are forgetting the purpose for which you have joined our Institution. You have to recognise that purpose in the first instance. You came here with a purpose, but your actions are different. There is no

use at all by such behaviour. For example, you wish to have a breakfast of idli and sambar. But, you go to a military (non-vegetarian) hotel to get those items. You have joined this Institute to sanctify your heart and make it pure. But, you are taking part in unholy activities. The reason is your mental pollution! You should not at all pollute your mind and thoughts by involving yourselves in such activities. These are the things that our elders have been teaching us since ancient times. You are students of the modern age. Along with the modern education, you should sustain our ancient traditions. It is only when you conduct yourself accordingly, will you be able to attain the happiness you wished for. Then only will your life be sanctified. Worldly education is for the life here and spiritual education is for the life hereafter. You have come here to acquire *Brahma Vidya* (knowledge of the *Brahman*), not merely worldly education. Along with academic education, you also learn spiritual education. You have to strike a balance between these two. Only then will your life be sanctified.

Dasara, 29-9-2006, Prasanthi Nilayam.

Cultivate Sacred And Noble Thoughts

Embodiments Of Love!

MANY ladies are eager to hear *Swami's* discourse in Telugu. They have expressed that "The students are highly educated and speak in fluent English about some technical and engineering topics. Swami is also encouraging them. But, we are unable to understand them. We will be happy to hear *Swami's* discourse in simple Telugu."

Sweeter than sugar, tastier than curd,
Sweeter indeed than honey is
The Name of Rama.

Constant repetition of this sweet Name
 Gives one the taste of divine nectar Itself.
 Therefore, one should contemplate on
 The Name of Rama incessantly.

(Telugu poem)

Embodiments Of Love!

The country of Bharat is ancient and has a glorious history. There is no village in Bharat where there is no temple of Lord Rama. In whichever village you see, you will come across at least a few persons with the name 'Rama'. Since ancient times, the Rama Nama has been shining brilliantly in the entire length and breadth of the country of Bharat without undergoing any change. The *astikas* (theists), *nastikas* (atheists) and *asthika nastikas* (theistic atheists) are all chanting the name 'Rama'. For example, a person while getting up from his seat utters the name 'Rama'. The Rama Nama is so popular in the daily life of people in Bharat. Not only here, even in China, *Rama Nama* has become popular. In fact, Rama Nama has spread to the entire world.

The Rama Story

King Dasaratha did not have children for a long time. He had three wives. He was very hopeful that he would beget a son through any one of his three

wives and that he would uplift his clan. But, he was disappointed. He did great penance for getting a male child. Then as well as now, it is only through *tapas* that one can fulfil one's wishes. He also performed the *Putra Kameshti Yaga*, along with his three wives. At the conclusion of the *yaga*, the *Yajna Purusha* appeared before him and handed over a vessel containing *payasam* (sweet pudding). He told King Dasaratha, "Dear son Dasaratha! Distribute this *payasam* to your three wives in equal measure." Dasaratha did accordingly. This incident is described differently in some texts. It is mentioned that King Dasaratha did not distribute the *payasam* equally between his three wives. This is not correct. He arranged to bring three golden cups and filled them with the *payasam* in equal measure, in the presence of Sage Vasishta. He then handed over the cups one each to his three wives, Kausalya, Sumitra and Kaikeyi. Sage Vasishta blessed them, "May your desire be fulfilled!" The queens were happy and took the cups filled with *payasam* to their respective prayer rooms. Sumitra, however had different thoughts about begetting a son. There was a valid reason for her disturbed mind. When the king of Kekaya kingdom gave his daughter Kaikeyi in marriage to King Dasaratha, he laid down a condition that the son born to his daughter only shall rule the Kingdom of Ayodhya. Dasaratha agreed to this condition and

married Kaikeyi. Hence, he could not go back on his word any way. Queen Kaikeyi was therefore very happy that the son to be born to her would be the king of Ayodhya in future. As for Kausalya, she was very happy and sure that her son to be born would definitely be crowned by King Dasaratha, since she was the first among the three wives. Thus, both Kausalya and Kaikeyi were happy. Sumitra, however, was not entertaining any hopes. She took a head bath and went upstairs to dry her hair. As you know, in those days, fans or hair dryers were unknown. She kept her cup of *payasam* on the parapet wall of the terrace and was drying her hair. Meanwhile, a kite descended over the cup and carried it away. Sumitra was very much afraid and thought to herself, "It does not matter if the cup of *payasam* is lost. I am afraid that my husband and our Guru Vasishta may scold me for my negligence." She came down immediately. Kausalya and Kaikeyi were waiting there for her. Kaikeyi enquired, "Dear elder sister! Why are you so much disturbed?" Sumitra related the entire incident. In those days, the wives never fought with one another, as in the present times. They used to move about like sisters with mutual love and affection. Kaikeyi then told Sumitra, "Dear elder sister! You don't worry. I will give you some quantity of *payasam* from my share." So saying, she brought a cup and poured some quantity in that cup.

The broad-minded Kausalya too shared some of her *payasam* with Sumitra. They then took the three cups of *payasam* to Sage Vasishta for his blessings. He blessed the cups saying, “May you beget sons with noble qualities, long life, supreme valour and who are capable of ruling the kingdom in a manner that will please the subjects.”

He Who Pleases Is Rama

First Kausalya gave birth to a male child. The child was extremely charming and resplendent. Sage Vasishta therefore named him ‘Rama’. He was so beautiful, charming and attractive. He made everyone who came to see him, happy and blissful. Hence, it is said, *Ramayathi Ithi Ramah* (He who pleases is Rama). The second wife, Sumitra gave birth to two sons, while Kaikeyi too had a son born to her. Sage Vasishta was wondering, “How come? Kausalya and Kaikeyi has one son born to each while Sumitra gave birth to two sons?” He contemplated over the matter and realised with his *yogic* vision, what exactly had happened. He realised that the two children born to Sumitra were born out of the two shares of *payasam* given to her by Kausalya and Kaikeyi. The four children were named Rama, Lakshmana, Bharata and Satrughna. Lakshmana was an *amsa* (part) of Rama and Satrughna that of Bharata. Sumitra then thought to

herself, “If Rama becomes the king, my son Lakshmana should be his servant. Similarly, if Bharata were to be the king, my other son Satrughna should serve him. I don’t want that my two sons should ever aspire for kingdom. It is enough if they serve Rama and Bharata, respectively.” She did not however reveal her thoughts to anyone.

Both Lakshmana and Satrughna were crying incessantly, right from the time of their birth. They neither took food nor slept. Sumitra could not understand the reason for their restlessness. She tried various methods like *mantra*, *tantra* and *yantra*. But, they did not yield any result. They did not stop crying.

Finally, she approached her *Guru* Sage Vasishtha and prayed to him, “Oh! divine *Guru*! I am not able to understand why my sons are crying incessantly. Kindly let me know the reason.” Sage Vasishtha closed his eyes for sometime and with his *yogic* vision tried to understand the reason for their incessant crying. He then explained, “Mother! Lakshmana is the *amsa* (part) of Rama and Satrughna that of Bharata. Hence, please make Lakshmana lie in the cradle of Rama next to him. Similarly, in the case of Satrughna, make him lie beside Bharata.” Sumitra, after obtaining the permission of Kausalya and Kaikeyi made the two boys lie in the

cradle beside Rama and Bharata, respectively. The very next moment both Lakshmana and Satrughna stopped crying and started to play happily. Thereafter, they drank milk and slept peacefully. Since then Lakshmana followed Rama like a shadow and Satrughna followed Bharata.

After the marriage ceremony of Rama, Lakshmana, Bharata and Satrughna was over, Bharata left for his maternal uncle's (King of Kekaya's) house. Satrughna followed him. Here in Ayodhya, Rama was preparing to leave for His fourteen-year exile to the forest, as per the command of His father, King Dasaratha. Sita and Lakshmana followed Him, voluntarily. Thus, when Lakshmana was following Rama and Satrughna was moving in the company of Bharata, people thought that the two pairs were separate. But, the fact was that the mutual love among the four brothers was unparalleled.

During their exile in the forest, while Rama, Lakshmana and Sita were moving about, they came across an *asram* (hermitage). On enquiry, they came to know that it belonged to Sage Agastya. Agastya and his disciples extended a warm welcome to them. They conveyed their grateful thanks to them for visiting their *asram*. During the course of their conversation, sage Agastya advised, "Rama! You cannot be comfortable in this *Asram*. There is a forest called Dandakaranya,

nearby. There, you will be comfortable. Mother Sita will also be happy there, without any inconvenience. You will get a variety of fruits in plenty there for eating. The sacred river Godavari is flowing in that forest. Hence, you build an *asram* and live there.” As per the advice of Sage Agastya, Sita, Rama and Lakshmana built a small *parashala* (cottage) on the banks of the river at Panchavati in the Dandakaranya forest and started living there happily.

Destiny Is Invisible

All species of animals used to move about in the surroundings of that ashram. One day Sita happened to see a golden deer in the vicinity of their *parashala*. She was enamoured by it. How can Sita who left all her gold ornaments in Ayodhya and followed Rama to the forest, have a desire for a golden deer? She thought for a moment and concluded that it might be her illusion. But, destiny is invincible. In spite of her knowing that there is no possibility of a golden deer living, she requested Rama to catch the deer and bring it to her so that she could play with it. She prayed, “Rama! How beautiful that deer is! If You can catch that deer and bring it to our *parashala*, I can play with it and spend my time happily. When You are moving in the forest, I am alone in the *parashala*. Why don’t You fulfil this small request

of mine and make me happy?” Rama said, “All right, your happiness is My pleasure.” So saying He left to catch that golden deer. Lakshmana then counselled Rama, “Dear elder brother, this is a strange animal. It is not really a golden deer. I think some demon must have donned the form of this golden deer to trick and delude us. You need not go after it to catch it. I will go.” However, Sita insisted that only Rama should go and catch the golden deer. That was how her mind worked during that crucial period. As per Sita’s prompting, Rama went after the deer, chasing it. After going for some distance, Rama released an arrow on the deer. Once Rama’s arrow struck the deer, the demon donning the form of the golden deer assumed his real form. He shouted, “Ha! Sita! Ha! Lakshmana” and died instantly. Sita, who was at a distance from that spot heard that voice and mistook it as that of Rama’s. She advised Lakshmana, “Oh! Lakshmana! Please go immediately to help Rama. I feel Rama is in some trouble and is seeking our help. I think He is calling us.” Lakshmana then explained to Sita, “Mother! This must be some trick played by the demons. No danger can ever befall Rama. Don’t lose heart. Please maintain your poise.” Sita was angry that Lakshmana did not move, in spite of her repeated requests. She cast several aspersions on him. She went to the extent of slandering Lakshmana, saying, “Do

you wish to take me as your wife, if Rama dies?” Unable to bear her words, Lakshmana moved out at that very moment and went in search of Rama. However, before leaving the *parashala*, he drew a line around it and advised Sita, “Mother! I am not worried about the accusations hurled at me. But, you please don’t come out of this line under any circumstances. The demons, animals or for that matter any kind of insects cannot enter the *asram*, crossing this line. You remain in the *asram* only.” You might have noticed a product called “*Lakshmana Rekha*” being sold in the market even today. If a line is drawn with that stick, no ants or insects can cross over. Similarly, the demon Ravana who came to the *asram* with the intention of abducting Sita during the absence of Rama, could not cross the Lakshmana Rekha and enter the ashram. He therefore stood in front of the ashram beyond the line drawn by Lakshmana and begged for alms crying, *Bhavati bhiksham dehi* (mother, give alms). Sita took pity on him, thinking, “Alas! Poor fellow! He must be hungry. It is not fair on my part to turn him away.” She therefore came out crossing the Lakshmana Rekha to offer food to Ravana. The moment she crossed the *Lakshmana Rekha*, Ravana abducted her and took her away to Lanka. After Rama and Lakshmana returned to the *asram*, they noticed that Sita was abducted. They were anguished. In Lanka, Sita too felt very sorry that

she had to encounter this pitiable situation because she did not pay heed to Lakshmana's words. Sitting in *Ashoka vana* in Lanka, she was pondering,

“Will I ever move out of this prison?
Will I ever be able to see Rama?
Oh! My dear brother-in-law Lakshmana!
I hurled several abuses at you,
Oh! Noble one!”

She was repenting, “Lakshmana! I am undergoing this punishment for having hurt your feelings.” Sita spent ten months thus in Lanka. But, she never looked at the face of Ravana. Ravana donned several kinds of vestures, played several tricks and made several promises to Sita during those ten months. But, Sita was unrelenting. She abhorred his very presence castigating him, “Fie on you! You don't even match the nail of the foot of Rama.” When Ravana started abusing Rama, she lost her temper and declared, “Rama is a man of supreme valour. He is courageous and profound in character. You are a mean fellow and trivial in nature. You don't deserve to utter even the name of Rama.” Unable to make her submit to his overtures, Ravana left that place giving her time of ten days to bow to his wishes.

The Glory Of Chastity

Sita, however, was spending her time with courage and confidence constantly contemplating on Rama. She assured herself that her own conscience was her witness and none could do anything to her. Among the ladies belonging to the demonic community appointed to guard Sita in the *Ashoka vana*, there were two by name Ajata and Trijata. They were the daughters of Vibhishana, the younger brother of Ravana. One day while consoling Sita who was weeping, Trijata told her “Mother! Last night, I had a dream. I saw one monkey entering Lanka and setting the city ablaze. I also saw very clearly that Rama invaded Lanka, killed Ravana and took you to Ayodhya.” Ajata too counselled Sita saying, “Oh! Mother! It is true. I too had a similar dream. You need not be sorry any more.” Both of them gave a lot of love and kindled faith in Sita. In fact, their father Vibhishana was a devotee of Rama. Hence, his daughters too developed devotion towards Rama.

Thus, ten months passed by. Suddenly, one day there was a big commotion in Lanka. On enquiry, it was known that the battle between Rama and Ravana had started. In a few days’ time, the news that Ravana was killed in the battle also spread. Sita felt very happy that she would soon be free from confinement and would join the divine presence of Rama. However, she had a doubt in her mind whether she had to go herself

to Rama or Rama would come to her and take her along with Him. In the meantime, Rama sent a word that Sita be brought to His presence. All the *vanaras* gathered there. They are by nature fickle-minded. No further elaboration is required about their behaviour. They were dancing and jumping to have a glimpse of Mother Sita. On having her *darshan*, their hearts were filled with joy. At last, Sita was taken to the divine presence of Rama. But, Rama did not look at her. He bent His head and was sitting quietly. He commanded the people around him to prepare a fire so that Sita could enter into it and prove her chastity. Rama knew that Sita was a very chaste and noble woman but He wanted the fact to be made known to the world too. Someone may later question, “How did Rama accept Sita back into His fold, when she had spent ten months in Lanka in the captivity of Ravana?” Is it not a fact that He has to answer such questions? That is why He ordered Sita to undergo the fire test. Having realised this truth, Sita went round the fire three times and chanting Rama’s name jumped into the fire. The very next moment, the God of fire appeared and handed over Sita to Rama with the request, “Oh! Rama! Sita is a woman of supreme chastity. She is the noblest. It is not fair on Your part to doubt her chastity. Kindly accept her.” The chastity of Sita was thus made known to all. This incident established the

glory of truth and chastity.

Vibhishana, the younger brother of Ravana took Sita, Rama and Lakshmana along with their entourage to Ayodhya in the *Pushpaka Vimana*. The coronation of Rama as the king of Ayodhya was celebrated on a grand scale. The people of Ayodhya lived in peace and happiness during the reign of King Rama. The Ramayana story is most sacred. The *pathivratha dharma* (chastity) itself protected the ladies in those times.

“This land of Bharat has given birth to many noble women like Savitri who brought her dead husband back to life; Chandramati who extinguished wild fire with the power of truth; Sita who proved her chastity by coming out of blazing fire unscathed and Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity. This land of piety and nobility attained plenty and prosperity and became the teacher of all the nations of the world because of such women of chastity.”

(Telugu poem)

The noblest quality of chastity is unique to the culture of Bharat. You don't find it anywhere else in the world. In those days, whenever the men came across women, they used to move on bending their

heads in reverence to them. But, today both women and men stand in the middle of the road, gossiping. At the fag end of the *Dwapara Yuga*, Dharamaraja witnessed such a scene one day. He felt very unhappy and immediately called for a meeting of his brothers. He expressed his anguish to them thus: “Oh! Bhima! Arjuna! Nakula! Sahadeva! The *kali yuga* (age of *kali*) has begun. Yesterday while I was taking a stroll in the city, I saw a woman talking to a man in public. I am sorry I cannot bear witness to such immoral behaviour.” On another day, his younger brother Arjuna narrated another incident, “Today, I saw a farmer returning from his field carrying his plough on his head. I asked him why he was carrying it, as he could have left it in the field itself while returning to his house. He replied, “Alas! *Swami*! It cannot be left there. If I leave the plough in the field itself, the thieves may take it away. Hence, every day I am taking it home and bringing it next day to the field.” On another day the Pandava brothers noticed some woman locking the door of her house before going out. On enquiry, the woman replied, “If I don’t lock the house, someone will enter the house and carry away our articles.” All these were signs heralding the advent of *kali* age.

Uphold ***Dharma***

During the time of Rama Rajya, there was no practice of locking the houses or carrying the agricultural implements back home or ladies and gents chit-chatting in public places. It is only due to the effect of the *kali* age, such incidents have started happening. That is why the Pandavas decided on their *Mahaprasthan*a (final journey in the northward direction). “The *kali* age has begun. Let us therefore depart,” that was their resolve. Accordingly, they returned to their heavenly abode. The Pandavas led a sacred life. It is only on account of such noble and sacred souls, the country of Bharat has earned the name of a sacred country. Today, however, such purity and sanctity has declined. Of course, it is still there, but it is not manifest. It is only *Dharma* that protects one and all! Both, men and women have to protect *Dharma* (righteousness). In order to do so, the mind has to be kept pure and steady. You should not allow evil thoughts enter your mind.

Ahalya, the wife of Sage Goutham was a great and noble lady, yet, she had to suffer on account of the curse of her husband. He cursed her on one occasion, “May you become a stone and lie in the dust!” It is only due to the grace of Lord Rama at a later date that she could come out of the curse. The moment Rama’s feet touched the stone, the stone

transformed itself into Ahalya. God can turn even a stone into a human being and sanctify it. He can purify the impure. However much you suffer from evil thoughts, the moment you think of God, all your impurities will be removed. Mind is the root cause for everything. Hence, ladies and gentlemen, everyone should cultivate sacred and noble thoughts. You must purify your heart. Only then can humanness survive. Otherwise, it degenerates into demonic nature.

Dasara, 1-10-2006 Prasanthi Nilayam

Vyakti

The sun derives its energy and effulgence from the Divine cosmic source. It is the same cosmic source that accounts for the power of the human mind and the marvellous power of the eye to see the most distant star. With this power of sight, man is able to see the entire creation. There is no greater power than this. This boundless power is being recognised and exercised by each according to the level of his development. Because of man's ability to manifest the divine boundless cosmic energy, man is described as a manifestation of the Divine (Vyakti). Humanness lies in manifesting what is hidden and invisible to man.

- Baba

17

Put Human Values Into Practice

MAN today feels proud that he has mastered many branches of knowledge and studied a number of texts. But he does not try to understand the essence of education. Nowadays, learning is limited only to physical and worldly aspects; moral, ethical and spiritual aspects are left out.

A Test Of Intelligence

Today the parents make strenuous efforts to provide education to their children. But nobody is trying to know the real meaning of education. People think that those who can speak eloquently and have studied a number of books are highly educated. But the fact is

that it shows just the knowledge of the alphabet and nothing else. Mere knowledge of the alphabet cannot be called education. Besides knowing the letters, one has to know the meaning of the words and the sentences constituted by them. Having realised this truth, King Krishnadevaraya convened a big assembly. He posed a question to all the assembled poets and scholars. Also present in this assembly were eight renowned poets of his court known as *ashta diggajas* (eight eminent scholars). They were: Allasani Peddana, Nandi Thimmana, Madayyagari Mallana, Dhurjati, Ayyalaraju Ramabhadhrudu, Pingali Surana, Ramarajabhushanudu and Tenali Ramakrishna. Krishnadevaraya wanted to know who among them was the best. He wanted them to frame a meaningful sentence consisting of five words, each word having the same meaning in five different languages. “Whoever comes out with an answer to this question by tomorrow morning will be suitably rewarded”, he declared.

Since his house was far away, Tenali Ramakrishna decided to spend the night in his brother-in-law’s house. When he was provided with a comfortable bed for the night, Ramakrishna refused to sleep on it. He said, “I have to think of an answer to a question put by the king by tomorrow morning. A bed like this is sure to put me to sleep in no time. So, provide a

cot for me in the cowshed.” As he was lying on the cot, at one o’clock in the night, one of the cows in the shed gave birth to a calf. Ramakrishna called out to inform his brother-in-law about this. His brother-in-law wanted to know which cow it was since he had given different names to his cows like Lakshmi, Saraswati, Radha, etc. He asked Ramakrishna, “*Ye Aav Ra Bava*” (Oh! brother-in-law! Which cow is that?). When Ramakrishna heard this, his joy knew no bounds since he had found an answer to the king’s question. So, he repeated the phrase again and again. His brother-in-law thought that Ramakrishna was behaving in this strange manner due to lack of sleep.

Next morning, Ramakrishna went to the royal court and found that no one else had the answer to the question. All others were convinced that it was not possible to frame such a sentence. “*Ye Aav Ra Ba Va*. This is the answer”, he said. Everyone was intrigued. Then he explained, ‘*Ye*’ in Marathi, ‘*Aav*’ in Hindi, ‘*Ra*’ in Telugu, ‘*Ba*’ in Kannada and ‘*Va*’ in Tamil convey the same meaning, i.e., ‘come’. All the five languages were represented in this sentence.

In this manner, one should know the meaning of every letter. People today read many books without knowing the real meaning of the words. But in ancient times, people knew the meaning of every letter that they studied. Pleased with the answer of

Tenali Ramakrishna, Krishnadevaraya presented a bundle of gold coins and precious diamonds to him. Ramakrishna was happy to receive the precious gift from the king, but he was worried how he should safeguard it. Therefore, he requested the king to provide him with two bodyguards to enable him to carry the bundle safely to his house. Accompanied by the bodyguards, he carried the bundle safely to his house. On reaching there, the thought of keeping the bundle safe in the house caused him a lot of worry since he did not have any iron safe. His wife came near him and saw the bundle. At that time, Tenali Ramakrishna noticed two thieves who had followed him all the way and were now hiding in the backyard of his house. Then he told his wife that he was going to drop the bundle of gold coins and precious gems into the well in the backyard of his house for its safety. He spoke loudly so that the thieves could overhear him. Instead of putting the bundle of precious gems in the well, he actually put a bag of stones in it. All through the night, the thieves kept on drawing water out of the well in expectation of getting the bundle of gold coins and precious gems. All their attempts proved futile. They left the place at daybreak. Tenali Ramakrishna was happy that he could save the precious bundle from the clutches of thieves and in the process his garden was adequately irrigated.

One who knows the meaning of every letter, every word and every sentence is a true poet. Tenali Ramakrishna was one such great poet.

*Kavim Puranamanushasitaram
Anoraniyansamanusmaredya,
Sarvasya Dhataramachintyarupam
Adityavarnam Tamasa Parastat.*

(He who contemplates on the all-wise, ageless, the ruler of all, subtler than the subtle, the universal sustainer, possessing a form beyond human conception, refulgent like the sun and far beyond the darkness of ignorance, reaches verily that supreme divine *Purusha* (God).

Acquire The Knowledge That Makes One Immortal

Today people try to know the meaning of sentences without trying to know the meaning of letters and words that constitute the sentences. Even the preceptors today give only the worldly meaning of the sentences, but none gives the moral, ethical and spiritual import of the sentences. It is the responsibility of teachers to disseminate the knowledge pertaining to moral, ethical and spiritual principles. That is true education. Today the students pursue their studies,

but if you ask them what they are doing, they reply, “*Chaduvu-Kontunnamu*”, which also means, “We are buying education”. That is no education at all. We have to know the meaning of every letter, every word and every sentence and act accordingly. Despite acquiring all this worldly knowledge, one has to meet one’s end which is inevitable. One should acquire that knowledge which makes one immortal. It is the knowledge of the five human values, namely, *sathya*, *dharma*, *santi*, *prema* and *ahimsa*.

The first one is *sathya* (truth). Truth is deathless. Truth is one, not two. *Dharma* (righteousness) is eternal. *santi* (peace) is the source of bliss. Next is *prema* (love). Right from a child to an old person at the verge of death, everyone is endowed with love. But love has no death. The last, but not the least, is *ahimsa* (non-violence). Where is the death for *ahimsa*? Buddha propagated this principle. He declared: *Ahimsa Paramo dharma* (non-violence is the highest *dharma*). Knowledge and practice of these five principles is real education. Speak truth, follow the path of righteousness and experience peace. Share your love happily with all and lead your life with non-violence. This is the essence of education. These are the five main human values which should be propagated in the world. They are eternal and immortal. Today we run after all that is perishable, ignoring that which is

immortal. The President of India has told you many important things. You can achieve great heights if you put his teachings into practice. Every human being is endowed with these five human values. If we promote these five human values, we become God. The Vedas declare: *Tat Thwam Asi* (That Thou Art). This profound statement of the *Vedas* contains the essence of all knowledge. Therefore, these five human values have to be inculcated in everyone right from childhood.

When you rely on truth, you can achieve anything in life. *Daivam manusha rupena* (God is in human form). God is not separate from man. All are the embodiments of divinity. The same principle of the *atma* is present in all. But it assumes many names. Develop self-confidence. Face all difficulties with self-confidence. Whomsoever you see, consider him as your own reflection. God is beyond all attributes and actions. Develop the spirit of sacrifice. *Na karmana na prajaya dhanena thyagenaike amrutatthwamanasu* (immortality is not attained through action, progeny or wealth; it is attained only by sacrifice). You should be prepared to make any sacrifice. Have the firm conviction that you are God and God is not separate from you. Wherever you see, God is there. There is nothing else except God. Names and forms may be different, but the same principle of the *Atma* is present in all.

Practice Of Human Values Promotes Unity And Harmony

All that man experiences is the result of his actions. It is already very late now. I do not want to cause inconvenience to you by speaking at length. It is enough if you know these five principles and put them into practice in your daily life. It is only by practising these five principles that you can know them, not merely by reading or writing about them. Any knowledge that is not put into practice is no knowledge at all. Put into practice at least one or two principles in your life out of all that you have learnt. Then only will your life be redeemed and you will acquire merit. Then you would have followed the right path. You have heard many things from Me and Kalam. What is the use of all your listening if you do not put anything into practice? It is your rare fortune that you got the opportunity of listening to such sacred talks. Make the best use of the opportunity and attain the goal of your life.

Lord Krishna declared in the Bhagavad Gita, *Mamaivamsho jivaloke jivabhuta sanathana* (the eternal *atma* in all beings is a part of My Being). You are all sparks of divinity. You are not mere mortals. You are not separate from Me. Being an aspect of My Divinity, you should conduct yourself accordingly. Do

not waste your time in vain gossip. These five values have originated from God. Wherever you see, there is the principle of unity. You and I are one. Many people ask Me about My true identity. I tell them, “You and I are one. You are not separate from Me.” Consider all your fellowmen as your brothers and sisters and strengthen the bond of love with them. You should all stand united. Never give room for evil qualities like anger, hatred and jealousy. These qualities will create only differences. We should develop the five human values which will promote harmony and unity in the world. We should develop those qualities which will bring us closer to each other and not the ones which will distance us from each other. Leave the burden of all your responsibilities to God. This is My message to you today.

Benedictory Address, Sri Sathya Sai
International Centre for Sports, 22-11-2006.
Prasanthi Nilayam

Acquire Self-knowledge

Self-knowledge is that knowledge by acquiring which everything else becomes known. A person with self-knowledge can indeed be acclaimed as all-knowing. Secular learning cannot confer on us abiding and absolute peace. Self-knowledge alone can help us cross the sea of sorrow. So, all should strive to attain self-knowledge which can be acquired through purity of mind. And purity of mind can be attained through sacred deeds, charity, compassion and devotion.

- Baba

18

Service To Society Is Service To God

When the child emerges from the womb of its mother, one does not find any garland around its neck. There are no jewels made of pearls nor are there glittering gold ornaments. There are no necklaces studded with precious stones like emeralds and diamonds. But there is one garland around its neck. Brahma strings together the consequences of his past deeds into a heavy garland and puts it around its neck at the time of birth.

(Telugu poem)

Embodiments Of Love, Students –Boys And Girls!

IT is not possible to describe how fortunate a human being is. *Jantunam nara janma durlabham* (of all living beings, human birth is

the rarest). Man is not able to realise the value of humanness and is deluded by the sight of ephemeral and transitory objects of the world. The basis of man's life is not the transitory and ephemeral world. His life on earth is a synthesis of moral, ethical and spiritual values. Man, in fact, is the image of divinity. *Mamaivamsho jivaloke jivabhuta sanathana* (the eternal atma in all beings is a part of My Being). All of you are a part of Myself, you are not different from Me. Unable to realise the value of his humanness, man becomes a victim of his many delusions. All your learning and your strenuous efforts should be directed towards realising this truth. You don't need anything else after realising this fundamental truth. All the material possessions of this world are a cause of bondage for man and so long as man is in bondage, he has to suffer. Therefore, man should try to achieve freedom from this bondage. He should get rid of the feeling of attachment. Nothing is 'mine' and 'thine', everything is one. Develop the feeling in your heart that all are one. Only then can you experience truth, peace and bliss.

The One Dwells In The Many

Embodiments Of Love!

Your life is full of ambitions and desires. You have to enquire whether you are making appropriate

efforts to attain fulfilment in life. First search your heart to know what your thoughts and feelings are – whether they are pure, steady and selfless or are they tainted with desires. Desires are like luggage which is a heavy burden in the journey of life. Less luggage more comfort makes travel a pleasure. Therefore, gradually reduce your desires. If you have less luggage, you will be more peaceful. On the contrary, man today is increasing his baggage of desires instead of lightening it.

Thousands of people have assembled here. Heads are many, but the feeling is one. *Ekatma sarva bhutantaratma* (one *atma* dwells in all beings). Because of your body attachment, you are subjected to too many troubles. Today you are a single person. After completing your studies and securing a good job, you will try to get married. Then you become two. When one wears one bangle, no sound is produced. Only when one wears two bangles sound is produced. After marriage, you are inclined towards worldly acquisitions. You will have children and your family will expand. With this type of ‘progress’, how can you have peace? All these worldly attachments are the result of your deluded thinking. There is no reality in them. When your thoughts and feelings are not in the right direction, you are bound to suffer. Instead of getting yourself entangled in worldly life, you should

engage in the service of society. Once you take to the path of service, your problems will gradually decrease. **LOVE ALL, SERVE ALL.** Do not consider anybody as other person. Develop the feeling that he and you are one. The entire mankind is one. What you see in this world is only the reaction, reflection and resound of the reality that is one. Once you understand this truth, you will be peaceful. Only then will your mind be steady and one-pointed in the pursuit of your study and profession. Therefore, first and foremost, engage yourself in the service of society. What is society? Society is your own reflection. Therefore, do not distance yourself from society. Keep yourself always engaged in the service of society. Why has God given hands to you? They are not given to scribble something on paper. They should be fully engaged in the service of God. Work is worship. Duty is God. Do your duty.

Embodiments Of Love!

You are now young and all your limbs are healthy and strong. First is the body. Next come the senses. Higher than the senses is the mind, and the intellect is higher than the mind. The *atma* is the highest. When you understand and contemplate on the principle of the *atma*, you will be free from all suffering and bondage. It is the perversion of the mind that is the

cause of all your sufferings and bondages.

The Devaki And Yashoda Of *Kaliyuga*

Once the mother of this body, Easwaramma, went to a well to fetch water. Suddenly, she felt giddy and heard an ethereal voice, “I am entering your body.” She was fear-stricken and was at a loss to know what was entering her body, whether it was a ghost, a spirit or an angel. She heard the voice again, “I am entering your body for the welfare of the world.”

Easwaramma was not the name given to the mother of this body at the time of her birth. This name was given to her by Kondama Raju, the grandfather of this body. He was a noble soul who had realised My Divinity even when I was a child. Realising that she was the mother of *Easwara*, he changed her name to Easwaramma (mother of God). Easwaramma was not an ordinary woman; she was a high-souled person who was loved and admired by one and all. Wherever she went, people greeted her with great love.

Karanam Subbamma was one of great virtues. She had a highly respected position in the village. As time passed, there was great transformation in her. She prepared food for all the devotees who came for My *darshan*. Whatever she made, she made it for the sake of *Swami*. Those days, I did not stay at home most

of the time. I moved about in the adjoining hills and valleys. Subbamma made many preparations, put them in a tiffin box and went searching for Me wherever I was. Her love for *Swami* was great. In the *Dwapara Yuga*, it was Devaki who gave birth to Krishna, but Yashoda had the great good fortune of being called the mother of Krishna. Similarly, Subbamma had such great good fortune in this Age.

Once *Karanam* Subbamma performed *Sathyanarayana Vrata*. She invited Easwamma also to participate in it. As I was born after Easwamma partook of the *Prasadam* (sanctified food) of *Sathyanarayana Vrata*, I was given the name of Sathyanarayana. Right from My birth, people did not consider Me as an ordinary person; they always considered Me as a Transcendental Being endowed with great divine powers. When I was a child, all the children in the village used to surround Me. I used to ask everyone of them what he wanted. Each one of them wanted to have something or the other like a pencil, a pen, a sweet or a peppermint. Whatever they asked, I used to take it out of My empty bag. I did not have even a single *paisa* with Me. On receiving the items they asked for, they used to wonder how I was able to give them all those things. There was no possibility of My mother giving them because she too had no money. One day, I left My bag and

went inside. Finding this as an opportune moment, the boys searched the bag all over. They were not ordinary boys. They wanted to make sure if there was anything hidden in the bag. After making a thorough search, they could not find even a single pin. Then they realised that all these things were coming from some unknown source. They were wonderstruck. In this manner, I was always surrounded by boys right from My childhood. Gradually, My name spread far and wide. This created jealousy in some people. In spite of the jealousy of people, My name and fame spread to all corners of the world. People from many countries of the world representing various faiths started coming to Prasanthi Nilayam in large numbers and started celebrating their festivals here. Now December is coming and Christmas is approaching. Christians from all parts of the world will assemble here and celebrate this festival. Likewise, Mohammedans also will come to Prasanthi Nilayam and pray for My permission to celebrate their festivals. People belonging to all faiths have been coming to Prasanthi Nilayam to celebrate their festivals here. As I have always been telling you, “All are one.”

Religions are many, but the goal is one.

Clothes are many but yarn is one.

Jewels are many but gold is one.

(Telugu poem)

Develop Human Values To Insure Peace

Likewise, there are many beings, but the indwelling atma in them is the same. However, there are certain people who are creating differences. As the name and fame of *Swami* is spreading, many people have developed jealousy and they are making false propaganda. Recently, a meeting was held in London in which Air Chief Marshal (retd.) Suri repudiated all such false propaganda. There he told the critics that they should go to Sathya Sai Baba, observe and experience the truth personally and then only make any comments. He further asked them not to listen to all sorts of gossip and start talking about it. What do you gain by listening to others? Those who spread rumours have themselves not seen or experienced anything. But they started false propaganda and it spread to many countries; it reached India also. Without ascertaining the facts, some Indian newspapers also published these false articles, imitating the foreign newspapers. In fact, these critics don't have faith in what they themselves speak. Then, why should they believe in what others say? Their only intention is to defame *Swami* by foul means. But it is not possible for anyone to defame *Swami*. Not only now, but for all times to come, nobody can tarnish *Swami's* name. Everybody has to surrender to *Swami's* love one day or the other (loud applause). The Name of Sai is eternal

and changeless. One can speak whatever one likes. Boneless tongue can be twisted in any way. Stones are hurled only on a fruit-laden tree. Like a fruit-bearing tree, all noble people are subjected to many ordeals and difficulties. But when one firmly adheres to truth, nothing can shake one. Let any number of people fight against truth; they can never win. Therefore, hold on to truth firmly, come what may. One who stands by truth is bound to be victorious. Therefore, never give up truth. Who is God? Truth is God. Truth is unshakable. *Sathyannasti paro Dharma* (There is no *Dharma* greater than adherence to truth). It is *Dharma* that leads man to peace. Without peace man cannot live. Saint Thyagaraja said, "One cannot have happiness without peace." When you attain peace, you will experience love and bliss. Truth is the origin of bliss. Non-violence also emerges from truth. A man of love will not entertain even a thought of violence. *Sathya* (truth), *Dharma* (righteousness), *Santi* (peace), *Prema* (love) and *Ahimsa* (non-violence) are like the five life-breaths of man. These are the prime qualities of a human being. The need of the hour is to develop these human values. Only when these values are developed can there be peace in the country. Wherever you see today, you find limitless desires in people. Take any area of human endeavour, man's desires have no limit. There is no limit even in reading of books. People

keep reading books all the time. This reading of all sorts of books is a mere waste of time. What is the use of reading if it does not give you self-satisfaction? Your bookish knowledge can help you only in earning a living. *Bharatiya* culture emphasises the inculcation of morality, ethics and spirituality. But our modern authors are ignoring these three principles. That is why in spite of widespread academic learning, there is no real progress.

Oh, man! Do not feel proud of your
Education. If you do not offer your
Salutations to God and do not think of
Him with devotion, all your education
Will become useless.

(Telugu poem)

Therefore, man should develop love for God. If you have love for God, you will have everything. Without love for God, everything will come to nothing. Love for God is like the main switch. If the main switch is put off, no other switch can function and there will be no light. Once the main switch is on, you will get light by pressing any switch.

Humanness is the main quality of a human being. Mother Easwaramma was fully endowed with humanness. All her thoughts were always focused

on *Swami*. The Summer Course was going on at Brindavan. Easwamma had her breakfast and coffee. After that, she was chewing betel. Suddenly she shouted, “*Swami, Swami, Swami*” three times. I said, “I am coming, I am coming, I am coming.” I came down immediately and she breathed her last. She had an easy death without any suffering at all. The body has value so long as there is life in it. Once the life goes out of it, it is just like a log of wood. The body of Easwamma was taken to Puttaparthi according to My instructions and the final rites were performed. Many people said that I should also go. But I did not go. I do not have any body attachment. Body attachment is a big bondage. Once you surrender your body to God, your wayward senses will also lose their power and you will be free from bondage. There may be some ups and downs in life, but once you have surrendered to God, nothing will disturb you.

Do Good To Society. *Swami* Will Be Happy.

Embodiments Of Love!

Study whatever you are expected to study. Earn a good name in society. Your parents have high expectations from you. You should satisfy their aspirations. *Matru devo bhava, Pitru devo bhava, Acharya devo bhava, Atithi devo bhava* (revere your mother, father, preceptor and guest as God). When you

make your mother, father, preceptor and guest happy, then God will give you more happiness. All your learning is useless without love for God. You are all young. You should study well and earn a good name in society. This is what I expect from you. I do not want you to merely acquire high academic qualifications. There are many highly educated people in the world. But what good have they done for the world? You should work hard and make others happy. You will have fulfilment in life only when you make the society happy. Kalam is highly educated and is devoted to the service of society. Render all possible service to society. That alone will make *Swami* happy.

Yesterday, Ram Setty said that he did not want to go back to America. He wants to spend the rest of his life here in the service of *Swami*. His son is as worthy as his father. He is also a doctor. He told his father that he did not want to come in the way of his father's wish. This stadium is built by the munificence of Ram Setty, his wife, son and daughter. He sold all his property and donated the entire money for the construction of this stadium. He is a man of great sacrifice. He has donated 40 crore rupees for the construction of this stadium. How many will have the spirit of sacrifice of such a high order? In this Age when people turn away even a beggar without giving him anything, this family has made such a great

sacrifice. He has a son and a daughter. Even then he has donated such a huge amount. Both his son and daughter are not interested in worldly enjoyments. Their only objective is to obey *Swami*. Peace and happiness lie in spirituality and in nothing else. You may study, get married, have children and lead a happy life. There is nothing wrong in it. But never forget God. Without forgetting God, you may follow any path. This is My blessing to you. Spread the divine Name of Sai to every nook and corner of the world. That will lead to manifestation of divinity within everyone. The closer you come to *Swami*, the divinity within you will become more pronounced. Then your life will be sanctified. The worldly pleasures are no pleasures in the real sense of the term. Today you may enjoy pleasure, tomorrow you may experience difficulties. You may be happy when a son is born, but you will be grief-stricken when some mishap occurs to the son and he dies. One day you smile, another day you cry. There is only a little gap between happiness and sorrow. Everything in man's life is transient and temporary. *Ma kuru dhana jana yauvana garvam, Harathi nimeshath kalah sarvam* (do not be proud of your wealth, progeny and youth; the tide of time may destroy them in a moment).

Students!

May you live long and lead a happy life! Serve the society. Consider service to society as service to God. Service to society alone can confer peace on you.

81st Divine Birthday, 23-11-2006
Prasanthi Nilayam.

19

Earn Eternal Peace With Eternal Truth

The pompous person
With unclear mind;
What chance has he
Of realising the true self?

An intellect pure alone
Is able to comprehend
The true principle of self ;
No more is there to be said on this.

(Telugu poem)

EVERYTHING is contained in purity of
consciousness. Here is a bouquet of flowers.
Outwardly, it appears like a single flower. But, there

are a number of flowers in this bouquet. Similarly, the world appears to be a single entity. But, it consists of many individuals with diverse names and forms. All such individuals stay together like the flowers in a bouquet. The *Panchabhuthas* (five elements) are the most important characteristic of the world. The world is a conglomeration of individuals. All are one. There is nothing like I am *Deva* (God) and you are *Jiva* (individual). You and I are one only. Not realising this, you perceive unity as diversity.

Embodiments Of Love!

Love is one. The same feeling of love permeates every human being. Nevertheless, depending upon the mental make-up, the state and destiny of different human beings it assumes different forms. A child is called a 'baby'. When she grows up, she is called a 'girl'. Later, when she is married and goes to her in-laws' house, she is referred to as daughter-in-law. The same woman after giving birth to children is called mother. She also becomes grandmother in due course.

God Is Beyond *Gunas*

Is it not a fact that the lady being referred to by so many names is only one? Similarly, all human beings living in this world belong to only one

category. Jesus Christ exhorted: “All are one; be alike to everyone.” We should love all. We should take everyone into our fold. In fact, that is My way. But, some people may not agree. That is due to their lack of maturity; the reflection of their inner feelings. God assumes different forms in consonance with the inner feelings of the devotees. For example, when someone calls Me ‘*thatha*’ (grandfather), I appear to them so. Some people call Me ‘father’ and I appear to them as ‘father’. Yet some others address Me as ‘*Swami*’ and I will be *Swami* to them. By whatever name and form the human beings contemplate on God, He will appear to them in the same name and form.

In this Age of *Kali* even good appears to be bad. The same individual loves one and hates another. He develops enmity with one and friendship with another. This sort of friendship or enmity is not something that he has acquired from outside. Such feelings are of his own heart. When you consider someone as your ‘enemy’, he becomes so. On the other hand, when you consider someone as your ‘friend’, he becomes a friend. Supposing you come across a girl, you call her a ‘college girl’. After sometime when you marry her, you call her as ‘my wife’. Your ‘wife’ of today and the ‘college girl’ sometime ago are one and the same. Is it not a fact? Thus, man develops a number

of relationships based on names and forms. In fact, it is the mind that is responsible for so many changes in the world. Man, per se is faultless. It is love that permeates all human beings. It is true that human beings exhibit qualities like anger, hatred, jealousy, pomp, etc., sometimes. But, God is not affected by them. God is beyond *gunas* (attributes), whereas human beings are with *gunas*. Those *gunas* may be positive or negative. Good and bad are only in a human being, not in God. We often come across people who are by nature angry, displaying feelings of intense love sometimes. In the *Kali* age we find several such people with such paradoxical behaviour. When you witness such changes, you think that God is bringing about such changes. No; God is only a witness. He is not responsible for these changes. God is like milk, which, when added to the decoction, becomes coffee. The same milk can become a sweet pudding too. All the changes that are taking place in the human beings are only due to their *gunas*.

A person called Paul was inimical towards Jesus Christ in the beginning. The same person became an ardent devotee later. The qualities in a human being bring about a lot of changes. For example, this African devotee has been devoted to Me since his childhood. He used to love Me intensely from the beginning. I advised him that he was still young and he should

return to his country to pursue his vocation. Bowing to the wishes of *Swami*, he returned to his native land. But, there is no change whatsoever in his devotion. He has been constantly praying to Me, calling ‘Baba! Baba!’

Pure Love Has No Barriers

Some years ago, when I went on a tour to East Africa, several Africans came to Me for darshan. Each one of them prayed, “*Swami!* Please spend some time with us”. There were a few hundred children among them. All of them had their vision glued to My form. You know the then President of Uganda, Mr. Idi Amin. He was a military officer. He was young and very energetic then. He was tall and hefty. He had a number of wives. He was very fond of *Swami*. He used to have the *darshan* of *Swami* both in the morning and evening. I was very short before that giant. The sight of Me beside him was like the view of a deer by the side of a camel. People were surprised at his love and devotion towards *Swami*. He was well educated and was the President of his country, Uganda. He was known for his stern nature. Such a person shed tears when I started on My return journey. He told Me, “*Swami!* I have never shed tears since my birth. Today, I am very sad and have a feeling of separation because *Swami* is leaving us.” He covered his face

with a handkerchief so that others may not notice his feelings. His hands were very strong. He held My hands firmly, expressing thanks for My visit. He also prostrated before Me. He held My feet so tightly that it became difficult for Me later to climb the ladder for boarding the aeroplane. At the time of My departure, he pleaded with Me “*Swami!* I will surely come to have Your *darshan* shortly. Otherwise, You please visit our country again. I cannot bear the separation from You.” The situation in Uganda then was such that he could not leave the country.

During My stay in Uganda, he planned to host a dinner for Me in his house. He therefore came to the house of Dr. Patel to personally enquire about the arrangements to be made in this regard. He collected all information as to how to organise the dinner, what should be the menu, who are to be invited as guests, etc. He arranged for brand new utensils for cooking various dishes. He also arranged for new tumblers for the guests. Finally, when I visited his palace for the dinner, all his wives stood in rows on either side and greeted Me with veneration. He introduced them to Me, one by one. I stayed in Kampala, the capital of Uganda. The last day was *Guru Purnima*, an important occasion for Sai devotees. I had earlier promised to return to Bombay by that date. But, the Africans did not allow Me. They fell at My feet and

prayed: “*Bhagawan!* Please spend this holy day with us”, with tears in their eyes. In answer to their prayers I stayed back to spend *Guru Purnima* with them. On that day, they wished to take photos with Me. I told them that they might silently pray in their hearts so that their request would be fulfilled. To their joy, each one of them found a photo with *Swami* standing beside them. The devotion of Africans is indescribable. Even now, I feel very happy when I think of their devotion. My next visit was to the country of Tanzania. There also, everyone who came to have My *darshan* felt very happy. Ladies and gents came in large numbers to welcome Me, wearing their traditional dresses. They danced in ecstasy on seeing Me. On the day of departure, just before the plane took off, all of them stood in front of the aircraft and pleaded with Me, “*Swami!* You should not go from here. You must be here only.” How can I accede to their request? I had to leave. The pilots and other officers in the airport counselled them saying, “You should not obstruct *Swami's* aircraft like this. This is not good.” They then moved away. I was observing all this from the window of the aircraft. Finally, when the plane started to take off, many of them nearly fainted in grief. That scene was fresh in My memory till I reached Bombay. During that trip, I visited three countries - Kenya, Uganda and Tanzania. They are all neighbouring

countries. I was very happy and felt deeply touched at the devotion of African people. During My return journey, the aircraft was filled to the brim with the articles gifted by the African devotees. What are those gifts any way? They brought all sorts of articles like dinner sets and tea sets in gold colour. They are still with Me. We are making use of them while hosting high dignitaries like Prime Ministers and Governors.

There are several devotees in foreign countries who love *Swami*. Their love towards *Swami* is incomparable. The devotees of East Africa enjoyed a lot during My visit to their places. I had decided then itself that I would make no further visits abroad. Since then, I never visited any foreign country. Even for My visit to East Africa, there was a reason. Dr. Patel prayed to Me from the depth of his heart that I should pay a visit to Africa. He prayed “*Swami!* Your visit is not exclusively for us. There were several wild animals in these parts. Kindly confer the good fortune of Your *darshan* to these animals and bless them too.” When I went to that place, he arranged for some small aircrafts for our journey through the wild life habitats. He saw to it that only two people sat in each aircraft, with plenty of space to move about in it. Sitting in those small aeroplanes, we saw a number of places abounding in scenic beauty. The huge Lake Victoria is spread over a vast area. It took us one and half

hours to cross that lake by those aeroplanes. There are several crocodiles in that lake of extraordinary size. Unable to find enough space to move about in the lake, they were falling on one another. Later, we had a boat ride in the lake. The crocodiles were looking at us with jaws wide open while we were moving in the lake. We threw apples towards them. Surprisingly they did not eat those apples, till we completed our boat ride. They were holding the apples in their mouth and gazing at us. There were several Hippopotamuses in that lake. Some of them were suckling their babies. It was a charming sight of wild animals in their natural habitat. The beautiful scenery was a feast to our eyes. The animals also have desires like human beings. But, their love towards us was unparalleled. By the time we reached the shore of that lake, we could see big herds of elephants moving about. The African elephants have enormous fan like ears. The wind caused by a quick swaif of their ears was enough to make people fall down. I went into their midst in a car. On seeing Me sitting in the car, they raised their trunks in veneration and paid obeisance to Me. The noble qualities in those wild animals are not to be found even in human beings. There is no feeling of hatred at all in those animals! All those animals are living together happily. Normally, an elephant fears a lion. But, the lions and elephants are living together

happily in those forests. We went to a small hillock, where there was a group of ten lions. The elephants were moving about in their presence without any fear. We went near them and took photographs. There may be fear and anxiety in the human beings now and then. But, not even one wild animal displayed any fear on seeing us. There were some lions relaxing there. Our jeep passed over their tails. But, they were not bothered. On the other hand, they drew their tails near their mouths and kissed them. I was really moved by their love and affection. I could not come out of that place. Such intense feeling of love is not to be found even among the human beings today. The humans hate one another. Even the mother and child hate each other. The husband and wife hate each other. But, we could not find even a trace of hatred in those wild animals. I could witness an unparalleled and intense feeling of love and equality in those wild animals.

The Agony And The Ecstasy

It was time for us to leave that wonderful place and people. The agony of separation suffered by the people, especially the devotees living in those countries at the time of our return journey is indescribable. In fact, I also felt sad to leave those loving devotees. Our plane reached Bombay very late. Sri K.M. Munshi was waiting there for our arrival. You know, who Munshi

was? He was the chairman of *Bharatiya Vidya Bhavan*. He was suffering from a paralytic attack of his right side and his mouth. The moment he had My *darshan* on alighting from the plane, he could raise his hand. With boundless joy, he shouted, “*Bhagawan Sri Sathya Sai Babaji Ki Jai*”! The people around were surprised that Munshi could raise his hand and speak. Munshi took Me to the *Bharatiya Vidya Bhavan*, straight from the airport. The world conference of the Sathya Sai Organisations was to be held there. A large number of devotees and public had gathered there. Munshi addressed that gathering without any difficulty. He declared: “The invisible Lord is standing right in front of us and speaking to us today.” He made a small request that I should stay in his house for three days. Acceding to his request, I stayed in his house for three days. Those three days passed like three seconds to him. He was very happy.

After My return from the East African tour, I tried to explain the intense love and devotion of the African people and the wild animals residing there, to the people in these parts. If the animals could develop such intense love, why not the human beings? The animals have no *prajnana* (divine wisdom), *vijnana* (discriminatory intellect) and *sujnana* (higher level of consciousness). But, human beings who are endowed with all these noble qualities and read a number of

texts are bereft of even an iota of love. Hence, oh! human beings! I wish that all of you should lead a life of mutual love. “Love all! Serve all!” - this is My exhortation to you. If only there is love, you can achieve anything. Love is everything. “Love is life; life is love”. Life is associated with love, not hatred. Today, wherever you see there is hatred, hatred, hatred! This is not a good sign. Having been born as human beings, it is not proper to possess animal qualities, throwing to wind the human qualities. Sometimes, the animals seem better than human beings in this regard. The animals seem to possess human qualities. Today, the animals are transforming themselves into humans and the humans degenerating into animals. This is not proper. The human beings should lead the life of human beings. They should strengthen their human qualities.

Be Courteous And Loving

The person who spoke a little while ago is an African. He is engaged in propagating the human values. The world is full of such people. But, persons imbued with human values are very rare. In fact, some people do not know how to talk courteously. Even if you enquire with love, “Sir! Where did you come from?” They will give a curt reply, “I came from somewhere.” Whatever they talk, will be discourteous

and harsh. This is not correct. A human being should talk sweetly and softly. The words must be suffused with love. Only then will you experience peace. When your behaviour and talk is bad, how can you expect peace to reign in your heart? Peace is not in the outside world. It is very much in your own heart. There are only pieces outside, not peace. You say “I want peace”. Let your behaviour be good and courteous. Then, peace will flow from you. Wherefrom do you get truth? Can you obtain Truth from the text books you read? No! Truth is very much in you. Truth, righteousness, peace, love and non-violence are the innate qualities of a human being. Love is the very form of God! We can experience God’s love only with love from our side. Love and peace are the most essential qualities for a human being. A millionaire may build several residences, purchase a number of cars and have several conveniences. But, whomever you come across, they say that they have no peace. Of what use is all this wealth and comforts and conveniences, if there is no peace within?

Give Up Attachment

Nowadays, there is a real estate boom all over the country. How much land does a human being require? Only six feet! Nothing more. There was a rich landlord who went in search of some land. He

wanted to purchase an additional piece of land. Having come to know of this man's efforts, a person came to him and advised, "Sir! You may please go to the Himalayan region where plenty of land is available free of cost." This man went to the Himalayas and contacted the king of that region. The king told him: "I promise to give you all that land which you cover by walking from sunrise to sunset." The landlord was very happy. Next morning, he set out on his expedition, enthusiastically. In fact, he began to run greedily with a view to acquire more land. He was thus running continuously from morning till evening. It was sunset. He was very tired and weak. Yet, he did not give up his greed. Just when he was at a distance of six feet before his final goal, he swooned and fell down. The king came to that spot, saw his condition and commented: "Alas! What this man requires now is only six feet land!" In fact, what every human being requires is only that much land!

King Alexander conquered several countries and finally set his foot in Bharat. As he was crossing a river, he had a heart attack. The doctors who examined him confirmed that he was nearing his end and any medicines will be of no use. King Alexander then lamented, "I am the king of such a vast kingdom. I acquired gold in plenty. I have a great army by my side. Is there no one who can save me from the clutches of

death?” Immediately, he called his ministers and told them, “Oh, ministers! After my death, you take my dead body to my native country. Wrap it with a white cloth keeping my hands in a raised position and take it in a procession through every street.” As per the king’s wish, his dead body was taken in a procession through the streets. The people were rather surprised at this strange act and enquired, “Why are you taking the dead body of the king in procession, with his hands raised?” The ministers replied, “Alexander the Great, who was rolling in great wealth left this world empty-handed. It is only to make this fact known to the people as per the king’s last wish, his dead body is being taken in procession like this.” Not only Alexander, but every human being has to ultimately depart from this world empty-handed. One may acquire a vast kingdom; one may have a great army behind him; one may have a number of friends and relatives; but, none will accompany one during one’s last journey.

Several kings and great souls spread this truth in those days and exhorted people to give up attachment to the body. Unfortunately, you are not reading the stories of such great people. What you are learning now is not ‘history’, but ‘hysteria’. No one reads history. What is history in the real sense? His story is History!” Man today is pursuing high education.

He is learning science and technology. But, today's 'technology' is mere 'trick-nology'. What you read may not remain in your brain. Only what you have actually put into practice lasts long. It is enough if you put into practice at least one aspect of what you have read. That will help you in every way.

Embodiments Of Love! Dear Students!

You may pursue any type of education; but, do not forget the human values. Truth, righteousness, peace, love and non-violence are the five human values to be cultivated by a human being. You learn these five human values and put them into action. Then your life will go on smoothly. This is what I wish to communicate to you today as an important message. Truth is eternal. It is only when you follow this eternal truth that your name will remain in the annals of history forever. Eternal truth will earn eternal peace for you. If you succumb to bad qualities like anger, jealousy, envy, arrogance, etc., your entire life will become miserable with unrest and agitation.

Christmas, 25-12-2006 Prasanthi Nilayam