

Nine Gems



STUDY GUIDE

Guru Poornima
2021

Foreword

We are blessed and fortunate to have received the divine love, grace and blessings of our Guru and God, Bhagawan Sri Sathya Sai Baba who is the universal teacher, divine teacher, and teacher of teachers, who has shown us the goal of life and the way to attain it through the path of love and service. His every word is a mantra, and His writings are the essence of all scriptures. In His infinite love and grace, He has given us a treasure-house of knowledge through His divine discourses and writings in the form of Vahinis – practicing which, our life will be redeemed. His discourses, writings, and conversations, as well as His exemplary life, are unparalleled in human history, both with respect to their content and their efficacy in transforming countless lives for the better.

This Study Guide, in preparation for the Guru Poornima celebrations, presents selected letters of Swami which He has written to the devotees, His students, teachers and spiritual seekers, guiding them in various aspects of life. We are very happy to share nine letters which are precious gems, giving us guidance on various spiritual practices – like Namasmarana, the path of knowledge, meditation, and surrender to lead us to the goal that we are divine and everything is Brahman. Let us dive deep into these words of our beloved Lord Sai and enjoy peace and bliss therefrom.



Table of Contents

Within You is the Real Happiness	5
Spiritual Hunger	7
Truth Alone is One's Real Friend and Relative	9
Man is God	11
Life Without Goodness is Not Real Life	13
Assert your Godhead	15
The Whole Universe is a Mere Dream	17
God is Always With You	19
Take Refuge in Sai	21



Bhagawan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.
ANANTAPUR DT. (A.P.)
PHONE NO. 30

Message

You as body, mind or soul are a dream.
but what you really are is existence, knowledge,
Bliss. You are the GOD of This universe. you are
creating the whole universe and drawing it in.
To gain the infinite universal individuality, the
miserable little prison individuality must go.
Bhakti is no crying or any negative condition.
it is seeing of all in all we see.
it is the heart that reaches the goal. follow the heart.
A pure heart seeks beyond the intellect. it gets
inspired.
Whatever we do reacts upon us. if we do good,
we shall have happiness and if evil, unhappiness.
within you is the real happiness, within you is the
mighty ocean of nectar divine. Seek it within you,
feel it, feel it; it is here, the self, it is not the body,
the mind, the intellect, the brain. it is not the desire of
the desiring. it is not the object of desire. Above all
these, you are. All these are simply manifestations.
You appear as the smiling flower, as the twinkling
stars. what is there in the world which can make
you desire anything?

With Blessings
Baba

Within You is the Real Happiness

Message

You as body, mind or soul are a dream, but what you really are is Existence, Knowledge, Bliss. You are the God of this universe. You are creating the whole universe and drawing it in. To gain the infinite universal individuality, the miserable little prison individuality must go. Bhakti is no crying or any negative condition, it is seeing of all in all we see.

It is the heart that reaches the goal, follow the heart. A pure heart seeks beyond the intellect, it gets inspired.

Whatever we do reacts upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the real happiness, within you is the mighty ocean of nectar divine. Seek it within you, feel it, feel it, it is here, the self. It is not the body, the mind, the intellect, the brain. It is not the desire of the desiring. It is not the object of desire. Above all these, you are. All these are simply manifestations. You appear as the smiling flower, as the twinkling stars. What is there in the world which can make you desire anything?

With Blessings

Baba

(A letter given to a group of devotees from USA. First published in Sanathana Sarathi of 1973)

Q: How do you “follow the heart” in your life, and seek beyond your intellect to realize you really are “Existence, Knowledge, Bliss”?

Q: How do you nurture the feeling that within you is real happiness as an ocean of divine love – above and beyond your body, mind, intellect, brain, and desires?

Prasanthinilayam

16-12-73

My Dear! Have you got any
spiritual hunger?

Spiritual hunger is the
ultimate meaning of every
activity in life. The dissatis-
faction and the restlessness
that remain even after obtain-
ing all the necessities of life
show that everyone conscious-
ly or unconsciously, does
suffer from spiritual hunger
and it is not appeased until
the spirit within is realised.
Without this divine discontent
there is no real progress.

World peace is possible when
all the people of the world wake
up to the facts governing
universal life and when
there is a heart to heart
feeling of goodness, love and
oneness among the inhabitants
of the world.

With Blessings
Sri Sathya Sai Baba

Spiritual Hunger

16-12-75

My Dear! Have you got any spiritual hunger?

Spiritual hunger is the ultimate meaning of every activity in life. The dissatisfaction and the restlessness that remain even after obtaining all the necessities of life show that everyone consciously or unconsciously, does suffer from spiritual hunger and it is not appeased until the spirit within is realised. Without this divine discontent there is no real progress.

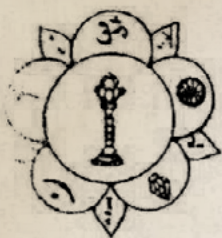
World peace is possible when all the people of the world wake up to the facts governing universal life and when there is a heart to heart feeling of goodness, Love and oneness among the inhabitants of the world.

With Blessings

Sri Sathya Sai Baba

Q: Once you first understood that the restless dissatisfaction in your life is from spiritual hunger... how have you tried to satisfy that spiritual hunger?

Q: How has the divine discontent prompted you to wake up to the heart-to-heart feeling of goodness, love, and oneness?



Bhagavan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.
ANANTPUR DT. (A.P.)
PHONE NO: 30.

30-8-75

After long searches here and there, in temples and in churches, in earth and in heavens, at last you come back. Completing the circle from where you started, to your own soul and find that He, for whom you have been seeking all over the world, for whom you have been weeping and praying in churches and temples, on whom you were looking as the mystery of all mysteries shrouded in the clouds in nearest of the near, is your own self. The reality of your life, body and soul. That is your own nature. Assert it, manifest it. It is truth and truth alone, that is one's real friend. relative. Abide by. Truth tread the path of righteousness and not an hair of your body will ever be injured. Meditation is nothing else but rising above desires. Renunciation is the power of battling against evil forces and holding the mind in check.

With Love and Patience
Sri Sathya Sai Baba


~~~~~

# *Truth Alone is One's Real Friend and Relative*

30-8-75

After long searches, here and there, in temples and in churches, in earths and in heavens, at last you come back. Completing the circle from where you started, to your own soul, and find that He, for whom you have been seeking all over the world, for whom you have been weeping and praying in churches and temples, on whom you were looking as the mystery of all mysteries, shrouded in the clouds, in nearest of the near, is your own self, the reality of your life, body and soul. That is your own nature. Assert it, manifest it.

It is Truth and Truth alone, that is one's real friend and relative. Abide by Truth. Tread the path of righteousness and not a hair of your body will ever be injured.

Meditation is nothing else but rising above desires. Renunciation is the power of battling against evil forces and holding the mind in check.

With Love and Blessings

*Sri Sathya Sai Baba*

Q: How would you describe your journey of circling back to where you started to realize your own original God-nature?

Q: How do you get unstuck from moments of believing that the source of happiness and fulfillment lies outside yourself?

To Huslop with Balemyer

My Dear! you will find it deep within yourself. Think it many times. Ponder it, it tells you about your true nature, it gives you hope, it gives you new life, it points the way, it proves to you that GOD is within you and you are not man, man is GOD, it shows you that it is possible for you to realize GOD (Swamiji) but you and you alone must ponder this work deeply, you will find that you will begin to know what is meant by the statement: "The Self" cannot be explained, the mind knows of its existence, "The Self-GOD" is within man, you are that Self, all else is illusion of the mind's creation, the mind that creates, preserves, and destroys.

My Love! The great joy, the subtlety of the bliss, that you will feel as you come closer and closer to your Real Self; if you strive to find your self by using your mind, you will strive and strive in vain. Because the mind, cannot give you the truth; a lie cannot give you the truth; a lie can only entangle you in a web of deceit, but if you sensitize your self, awaken your true, fine, beautiful qualities

above you - nothing below you - nothing, to the right of you - or to the left of you - nothing; and dissolve your self into that nothingness, that would be the best way you could explain the realization of the Self. and yet that nothingness would not be the absence of something like the nothingness that nothingness is the fullness of everything, the power of the existence of that appears to be everything. - Baba -

# Man is God

To Hislop With Blessings

My Dear! You will find it deep within yourself. Think it many times, ponder it, it tells you about your true nature, it gives you hope, it gives you new life, it points the way, it proves to you that God is within you and you are not man, man is GOD. It shows you that it is possible for you to realize God (Swamiji) but you and you alone must ponder this work deeply, you will find that you will begin to know what is meant by the statement: “the Self” cannot be explained, the mind knows of its existence, “the Self-God” is within man, you are that Self, all else is illusion of the mind’s creation, the mind that creates, preserves, and destroys.

My Love! The great joy, the subtlety of the bliss, that you will feel, as you come closer and closer to your Real Self; if you strive to find your self by using your mind, you will strive and strive in vain. Because the mind, cannot give you the truth; a lie cannot give you the truth; a lie can only entangle you in a web of deceit, but if you sensitize yourself, awaken your true, fine, beautiful qualities.

Above you – nothing. Below you – nothing, to the right of you or to the left of you – nothing; and dissolve yourself into that nothingness, that would be the best way you could explain the realization of the Self and yet that nothingness would not be the absence of something like the nothingness. That nothingness is the fullness of everything, the power of the existence of that appears to be everything.

*Baba*

**Q:** How do you “ponder deeply” that “God is within you and you are not man, and man is GOD”?

**Q:** When have you had glimpses of “the great joy, the subtlety of the bliss” as you are coming “closer and closer to your Real Self”?





Bhagawan

Sri Sathya Sai Baba



TRINEAVAN  
WHITEFIELD  
PHONE NO. 33

Dear Rajagopal! Accept my salutations and love

All are happy days to a man of true knowledge  
Happiness is an internal conscious experience  
which comes as the effect of the extinction of a  
mental or physical desire. The lesser the desires,  
the greater is the happiness, so that perfect happi-  
ness consists in the destruction or  
satisfaction of all desires in the Absolute being  
Greatness is really independent and does not  
depend upon externals. It is the sense of perfec-  
tion or the consciousness of the achievement of  
the highest end of life that is called greatness.  
Fame among many people is not called greatness  
in its strictest sense. The answer is more a  
question of definition, and the definition depends  
on the view-point, culture and experience of each  
man.

Goodness is not false or impossible, but is the  
one factor which gives real value of life. Life  
without goodness is not real life, but only a scene  
of the destructive dance of the evil forces which  
shall drown the individual in grief. Goodness is  
the way to true happiness. In the ultimate  
analysis there is no separate entity as goodness  
it obtains only in the relative plane, where duality  
is transcended, no question of pairs of opposites  
arises. Raja, God is always with you. in you be happy

— Baba —

---

Raja: I am sending little prasada (vibranda)  
for your health your health is not good

Be healthy and happy

With Love

Prish

~~~~~

Life Without Goodness is not Real Life

Dear Rajagopal! Accept my Blessings and Love.

All are happy days to a man of true knowledge. Happiness is an internal conscious experience which comes as the effect of the extinction of a mental or physical desire. The lesser the desires, the greater is the happiness. So, that perfect happiness consists in the destruction or satisfaction of all desires in the Absolute Being.

Greatness is really independent and does not depend upon externals. It is the sense of perfection or the consciousness of the achievement of the highest end of life that is called greatness. Fame among many people is not called greatness in its strictest sense. The answer is more a question of definition, and the definition depends on the view-point, culture and experience of each man.

Goodness is not false or impossible, but is the one factor which gives real value of life. Life without goodness is not real life, but only a scene of the destructive dance of the evil forces which shall drown the individual in grief. Goodness is the way to true happiness. In the ultimate analysis, there is no separate entity as goodness. It obtains only in the relative plane, where duality is transcended, no question of pairs of opposites arises. Raja, God is always with you, in you. Be happy.

Baba

Raja! I am sending little Prasad (Vibhuti) for your health. Your health is not good. Be healthy and happy

With Love

Baba

Q: When in your life have your mental or physical desires prompted you to feel unhappy?

Q: How do you nurture goodness in your daily life and how does this help you to transcend duality and experience oneness?

SATHYA SAI DADA'S BLESSINGS

Dear Nanjundaiah! Accept my Blessings
The best method of spreading vedanta
Philosophy is to live it; There is no other
royal road.

Live in GOD - All is right. Make others live
in GOD - All shall be well. Believe This Truth
you will be saved.

In The Lowest worm as well as in the
highest human being the same divine
nature is present. The worm is the lower
form in which the divinity has been more
over shadowed by Maya; that is the
highest form in which it has been least
overshadowed. Behind everything the same
divinity is existing and out of this comes
the basis of morality.

Assert your GOD head. Fling into utter
oblivion the little bubble bursts, it finds
itself the whole ocean. you are the whole,
The infinite, The All.

you are Divinity itself, The holy of Holies.
The world is no world. you are The All
in All, The supreme power which no words
can describe. ~~The pure~~ nobody or mind
you are the pure 'I am' that you are
Heaven is within you Seek happiness
not in the object of senses. Realise that
happiness is within yourself.

With Blessings
Sri Sathya Sai Baba
24-4-74.

Assert Your Godhead

Dear Nanjundaiah! Accept my blessings.

The best method of spreading Vedanta philosophy is to live it. There is no other royal road.

Live in GOD. All is right. Make others live in GOD. All shall be well. Believe this truth, you will be saved.

In the lowest worm as well as in the highest human being the same divine nature is present. The worm is the lowest form in which the divinity has been more over shadowed by Maya; that (human being) is the highest form in which it has been least overshadowed. Behind everything, the same divinity is existing and out of this comes the basis of morality.

Assert your GOD head. Fling into utter oblivion the little bubble bursts, it finds itself, the whole ocean. You are the whole, the infinite, the All.

You are Divinity itself; the holy of Holies. The world is no world. You are the All in All, the supreme power which no words can describe; nobody or mind. You are the pure 'I am'. That you are. Heaven is within you. Seek happiness not in the object of senses. Realize that happiness is within yourself.

With Blessings

Sri Sathya Sai Baba

24-4-1974

Q: When you look around at the state of the world, what spiritual practice most helps you to know the truth that "All is right" and "All shall be well"?

Q: How can you shift from feeling you're a separate self, to knowing without doubt that "You are the whole, the infinite, the All... the pure 'I am'"?



Bhagawan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.
ANANTPUR DT. (A.P.)
PHONE NO: 30.

My Dear's! The time will come when the whole of this dream will vanish. To everyone of us there must come a time when the whole universe will be found to have been a mere dream, when we shall find that the soul is infinitely better than its surroundings. In this struggle through what we call environments, there will come a time when we shall find that these environments were almost zero in comparison with the power of the soul. It is only a question of time, and time is nothing in the infinite. It is a drop in the ocean. We can afford to wait and be calm.

With Paluney's

(Bala)

Sri Sai; Sai Baba

~~~~~

# *The Whole Universe is a Mere Dream*

My Dears! The time will come when the whole of this dream will vanish. To everyone of us there must come a time when the whole universe will be found to have been a mere dream, when we shall find that the soul is infinitely better than its surroundings. In this struggle through what we call environments, there will come a time when we shall find that these environments were almost zero in comparison with the power of the Soul. It is only a question of time, and time is nothing in the infinite. It is a drop in the ocean. We can afford to wait and be calm.

With Blessings.

*(Baba) Sri Sathya Sai Baba*

- Q: How do your senses and mind create the “dream” (illusion) of a universe composed of “environments” separate from yourself?
- Q: What is your way to nurture your journey towards an eventual awakening to the power of the Soul?





5. 4. 88  
Camp "Porindavan"

Dear Rajagopal! Accept my love and Blessing. How are you? don't worry about your health? GOD is always with you, in you, around you, Be always happy, Bend the body, mend the senses, and the mind this is the process of attaining immortality. where there is faith there is devotion where there is devotion there is purity where there is purity there is GOD where there is GOD there is Bliss.

GOD is with you. you are GOD. why worry?  
Raja! I am sending prasadam with your wife. She is very worried about your health she is very good woman!

With Blessings  
Baba

~~~~~

God is Always With You

5.4.88

Camp “Brindavan”

Dear Rajagopal! Accept my Love and Blessing. How are you? don't worry about your health. GOD is always with you, in you, around you, Be always happy, Bend the body, mend the senses, end the mind, this is the process of attaining immorta-lity. Where there is faith there is devotion where there is devotion there is purity where there is purity there is GOD where there is GOD there is Bliss.

GOD is with you. You are GOD. Why worry? Raja! I am sending *prasadam* with your wife. She is very worried about your health, she is very good woman!

With Blessings.

Baba

Q: In your life, what are the clouds of worry that hide the sun of being always happy?

Q: What spiritual practice helps you to shift into directly knowing that “God is always with you, in you, around you... You are GOD”?

Bhagawan Sri Sathya Sai Baba



PHONE NO. 30
PRASANTHI NILAYAM P.O., ANANTPUR DISTRICT, (A.P.) PINCODE 515134

To

Sri Sathya Sai Hostel, Brindavanam

My Beloved Teachers and Boys! Accept my love and Blessings!

In this world of change we meet with various vicissitudes of life, both pleasant and unpleasant we are afflicted with diseases both mental and physical. The body is stricken with diseases and the mind filled with worries. In this state of our unhappiness, turmoil and misery, there is only one way and that is to take refuge in SAI.

SAI alone can remove these difficulties and diseases and bring us health, peace and prosperity.

He who has got SAI's Name on his lips is a jivan - Mukta, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI)

With love

Your SAI, Your own SAI
(Sri Sathya Sai)

Take Refuge in Sai

To: Sri Sathya Sai Hostel, Brindavanam

My Beloved Teachers and Boys! Accept my Love and Blessings!

In this world of change we meet with various vicissitudes of life, both pleasant and unpleasant. We are afflicted with diseases both mental and physical. The body is stricken with diseases and the mind filled with worries. In this state of our unhappiness, turmoil and misery there is only one way and that is to take refuge in SAI. SAI alone can remove these difficulties and diseases and bring us health, peace and prosperity.

He who has got SAI's Name on his lips is a *jivan-mukta**, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI).

With Love.

*Your SAI your own SAI
(Sri Sathya Sai)*

Q: What difference does it make for you to remember that SAI is the refuge for all unhappiness, turmoil and misery in life?

Q: What spiritual practices have most helped you to diminish your ego-sense and realize your immortal, changeless Self?

*jivan-mukta: self-realized



Sri Sathya Sai Scriptural Studies Committee
©2021 Sri Sathya Sai International Organization, All Rights Reserved

sathyasai.org