



BHAGAVAN'S INAUGURAL DISCOURSE SRI SATHYA SAI WORLD YOUTH CONFERENCE

Only Love for God Is True Love

We see a large number of living beings in this world. But none of them has the greatness, wisdom and discrimination of man. That is why it is said, *Janthunaam nara janma durlabham* (of all living beings, human birth is the rarest).

Develop the Power of Discrimination

Everything in this world is constituted by five elements. These five elements are present not only in man but in animals, birds, insects and trees also. But what is the use if he does not make proper use of these five elements? Today man is engaged in the pursuit of knowledge. How vast is his knowledge? It is as vast as an ocean. Similarly, man makes efforts to develop common sense. His common sense touches the height of the Himalayan mountains. In spite of all his knowledge and common sense, man's discrimination power is zero. What is good and what is bad? What should be done and what should not be done? This power of thinking is zero in man today. That is why humanness has suffered a great decline. **The value of humanness depends only on discrimination power.** Man may possess anything and everything, but what is the use if he has no discrimination? People keep on comparing themselves on their own with others in many ways. But nobody is making efforts to know if his discrimination power is more or less. Today man is engaged in amassing money. But he does not use his knowledge of discrimination to know whether he needs that much money or not. Wherever we see today, we find people hankering after money.

The mind of man is very powerful. But man today has filled it with delusion. (Bhagavan showing His handkerchief) What is this? This is cloth. How does it take the form of cloth? It becomes cloth by weaving thread. But where does this thread come from? It comes

from cotton. So, first cotton, second thread and third cloth. In the same way, you are not one person but three: the one you think you are, the one others think you are, the one you really are. The thread and cloth come only from cotton. Similarly, man is constituted by five elements. Krishna declared in the *Bhagavad Gita: Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal *Atma* in all beings is a part of My Being). It means that we all are parts of the Divine. All of you are in search of God. **But there is no need to search for God because you yourself are God.** When you have light in your own house, where is the need to go to the houses of others in search of light?

Body Attachment Is the Cause of All Delusions

You develop the feelings of I and mine due to the delusion caused by body attachment. Body is, in fact, the cause of all attachments. But, how long does this body last? It is wanted till there is life in it. When life principle goes out of it, the body is mercilessly put on fire. Then, whom does this body belong to? Therefore, you are not the body. You say, "This is my body, this is my hand, this is my leg, this is my mind, this is my *buddhi* (intellect)." Everything is my, my, my. Then, who is that 'my?' When you say 'my leg,' you are separate from your leg. Then you are you. In this way, man today is deluded by his attachment to his body and senses. But you are not the body, you are not the senses, you are not the intellect, you are you. **You should realise, "I am I." That universal 'I' principle is only one.** *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). The individual 'I' represents ego. When you cut this 'I,' it becomes the cross which is worshipped by the Christians. It means, when you give up your ego, you become your true self.

You are not an ordinary person; you are God yourself. There is no need to search for God. Wherever you see, God is there. This cloth is God, this flower is God, this table is God, everything is God. It is only due to your ignorance that you give scope to differences like 'I' and 'you'. You are not a separate entity. I am I. I am not Sathya Sai Baba. Sathya Sai Baba is the Name given to this body. I don't have any particular Name. Your body is the gift of your parents. This body is endowed with *Pancha Bhuthas* (five elements), *Panchendriyas* (five senses) and *Pancha Pranas* (five life principles). These *Pancha Pranas* are *Prana*, *Apana*, *Vyana*, *Udana* and *Samana*. They are the same in everyone. Therefore, you are not different from others. Those who are unaware of this spiritual principle become victims of ignorance and are subjected to delusion.

Everything in this world is reaction, reflection and resound. Where does the resound come from? Here I am speaking. Where do My words come from? They come from My heart. You think, you hear with your ears. But it is not so. All your senses are, in fact, like decorations to your body; they cannot function on their own without the life principle within you. There is no need to search for God. Have faith that God is within you. When you have faith in God, you develop love. From love emerges peace; peace gives rise to truth. This truth is God. Truth does not exist separately. There is no need to search for truth. Truth has no form. Truth is truth. Who has created peace? Peace is peace. It also has no form. Love is love. It is not anybody's creation.

Educare Manifests Your Innate Values

What are the human values? They are *Sathya*, *Dharma*, *Shanthi*, *Prema* and *Ahimsa* (Truth, Righteousness, Peace, Love and Non-violence). They have no form. These formless principles are imprinted on your heart. All that we read and write corresponds to physical and worldly education. It cannot be called education in the true sense of the term. What is true is Educare. Educare means to bring out our latent values. They are immanent in our heart, but we cannot see them. They have to be manifested through self-enquiry. **True sadhana lies in recognising and manifesting peace, truth and sacrifice that are present in our heart.** You undertake various spiritual practices like meditation and *japa*. What do you understand by *japa*? You think *japa* means counting the beads of a rosary. But it is not so. All these spiritual practices are merely our imagination. They are all artificial, not real. Science teaches many things. It gives only that knowledge which we acquire through our senses. There can be no science without senses. We are leading artificial and mechanical life by acquiring this knowledge. It is not true life.

True Love Originates from God

First and foremost, you must have faith. You can recognise your true form only when you have faith. From faith comes peace. Truth emerges from peace. This truth is God. God does not have any separate form. God manifests from the truth within you. You undertake many spiritual practices. In spite of all practices, you are unable to experience truth. Do not waste your time in unnecessary pursuits. *Time waste is life waste*. First of all, you should understand that truth is your goal. You will have no obstacles when truth is on your side. Your senses and mind are very strong when you are young. Your intellect is also very sharp. Having been endowed with such great power, why should you feel weak and helpless?

Love is not your individual property. It is universal and belongs to all. Love is in everyone. Love is there in you, Me and everyone. We attribute various names to this love and try to experience it. You should not think otherwise. Today even school children develop a tendency for artificial love. But this is not correct. This artificial love makes man weak. This weakness can cause many diseases. Do not have such love which gives rise to diseases.

The principle of love is the principle of Divinity, nothing else. Accept that love which comes from God. Do not accept that love which comes from others. **Your love for God is true love.** Whomsoever you love other than that, it cannot be called true love. Man develops attachment to many people, but he is unable to experience true love. True love originates only from God. God is the embodiment of Love. *Love is God. Live in Love*. You should experience only Divine Love, not worldly love. I will explain to you this principle of love in detail later. We have already exceeded the time limit. Therefore, I don't want to cause inconvenience to you.

It is very easy to attain God. If you ask which is the easiest thing to attain in this world, it is only God. You can attain God in no time without undergoing any strain. It is very easy to experience love. **Love is very powerful.** There is nothing in this world which can surpass it. When you look at it, the word love appears to be very small. But love is as deep as an ocean and as high as a mountain. It is inexhaustible and infinite. **You should realise this principle of love.** Nobody can describe the principle of love because of man's limitations of circumstances and experiences.

From Bhagavan's Inaugural Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 26th July 2007 on the occasion of Sri Sathya Sai World Youth Conference.



BHAGAVAN'S VALEDICTORY DISCOURSE SRI SATHYA SAI WORLD YOUTH CONFERENCE

Always Be Happy and Peaceful

Every living being in this world, be it an animal, bird or even a small insect, has emerged from truth. Those who realise this truth are real *Yogis*. There can be no activity in this world without truth. And that *Sathyam* (truth) is embodied in only one person, that is in this Sathyam (Swami) (Here Bhagavan materialised a *Hiranyagarbha Linga* – showing it to the entire congregation). Look at this pure and unsullied principle. Who else can manifest such pure consciousness?

Always Contemplate on Truth

Truth is present everywhere. It can manifest in you also when you think of it and contemplate on it. Therefore, you should always contemplate on truth. Why has this body been named Sathya Sai? It has assumed this Name because *Sathya* (truth) has emerged from it. *Sathyam* manifests in the heart of one who keeps contemplating on truth. Therefore, never forget truth. *Dharma* is the reaction, reflection and resound of *Sathya*. *Sathyannasthi Paro Dharma* (there is no *Dharma* greater than adherence to truth). Today we impart many types of worldly knowledge to students. But this is not true education. **True education is related to the truth that emerges from the heart.** Truth has no name and form. What can be the form of truth? What is the form of *Dharma*? What is the form of *Shanthi*? *Sathya*, *Dharma*, *Shanthi*, *Prema* and *Ahimsa* have no form. These values which are enshrined in the heart of man have to be manifested. The powers that are not present in man are not to be found in any living being or even in a celestial being. Hence, consider man as God. *Daivam Manusha Rupena* (God is in the form of a human being). You consider man as a mere human being. That is why you commit so many mistakes. You are not a human being; you are God. Think that

you are God and God you become. ***Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result).** When you think of something bad, you will have only bad thoughts.

Day before yesterday, I told you that everyone in this world has love. But love is of many kinds. A student loves a student; a woman loves a woman. God is present in both. Both are the embodiments of God. Divinity that is enshrined in each body is one only. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). We should love everybody since God is present in all. *Love All, Serve All*. God is present everywhere; there is no place where God is not present. He is present in the sky and in water, in sound and light. Therefore, everything in this universe is suffused with Divinity. Forgetting this Omnipresent Divinity, we worship the idols in temples. There is no mistake in worshipping the idols. But one must realise that the same God that is present in these idols is also present in every human being. I do not say that it is wrong to worship idols, but the fact is that you yourself are God. **Therefore, first consider yourself as God and then recognise the same God in everyone.** Then there will be no mistake. In fact, your body itself is a temple which is invested with Divine energy. One should exercise discrimination while making use of this energy. We should enquire whether this energy is God or this body is God. In fact, this body is also Divine since it is suffused with Divine energy.

Never Forget God

God is present in every particle, every atom of the universe. There is no place where God is not present. Hence, do not forget God. And do not forget yourself. If you forget yourself, it amounts to forgetting God. It is for this reason that you are advised, ***Always Be***

Careful. This is the A B C of life. **Be careful never to forget God.** Every moment of your life you should enquire, “Am I forgetting God?” Always remind yourself, “I am I.” You should be firmly established in this truth. If you do so, evil thoughts against others will have no scope to enter you. Only ignoramuses and those lacking in knowledge will think otherwise. God is present in all human beings. The heads of all human beings are, in fact, God’s heads. That is why God is called *Virataswarupa* (Cosmic Being). The creation is the manifestation of His Cosmic Form. Individual forms appear to be different from each other, but the same Divinity is present in all forms. Krishna said, *Mamaivamsho Jivaloke Jivabhutha Sanathana* (the eternal *Atma* in all beings is a part of My Being). So, I alone am present in each one of you. **I am not different from you; you are not different from Me. I am you; you are I.** Therefore, do not entertain any kind of differences. The only thing that you have to do is to strengthen your love. When the fruit of love becomes fully ripe in your heart, you should share its juice with one and all. Therefore, first and foremost bring the love in your heart to fruition. When your heart is saturated with love, then all others will also be suffused with love. We should not hate or hurt anybody. Today wherever we see, there is hatred and hatred only. We do have differences of opinion between one another, but from the spiritual viewpoint all are one. In fact, all the people in the world are merely zeros; only God is the hero. God is like the digit 1, because of which all zeros get value. Any number of zeros added to 1 will get value. When you take out 1, then all are reduced to zeros only. **Therefore, give prime importance to God in your life.**

Purify Your Mind by Namasmarana

There is one cause of all your sorrows as well as your joy and happiness. That is your mind. Many people have an adverse view of the mind; they call it monkey mind. But it is not monkey mind; it is mankind. It is a source of kindness and joy. If only we keep our mind in proper state, nothing bad can happen to us. Consider the mind Divine. Then you will always be happy.

Whether you call *Atma* or mind or consciousness, all are one. We ascribe different names to the same principle just for the sake of identification, not to describe its true nature. For example, this body has been given the Name Sathya. But this Name relates to the body and not to Me. I am not the body; I am not the mind; I am not the intellect, I am not the *Chittha* (memory and will power), I am not imagination. Bhagavan is Bhagavan. Develop this firm faith. Changes occur in the minds of some people due to the effect of their food and habits as well as due to the effect of their company. **Tell me your company, I shall tell you what**

you are. Whatever is the type of your company, you will develop the same kind of thinking. Therefore, join only good company.

*Satsangatwe Nissangatwam,
Nissangatwe Nirmohatwam,
Nirmohatwe Nischalatatwam,
Nischalatatwe 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.)

Liberation can be attained by anyone. But, when? When your faith in the truth, “I am the *Atma*” becomes firm, you will attain liberation in a moment. “Swami is in me; I am in Swami,” think like that. But thinking about this truth with a wavering mind is of no use. Think with stable mind, “I am Swami, I am God, I am God.” When your conviction becomes firm, you will attain the Divine who is *Nirgunam, Niranjanam, Sanathana Nikethanam, Nithya, Shuddha, Buddha, Muktha, Nirmala Swarupinam* (God is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). However, if the filth of impurity enters your mind, everything will become bad. When your mind gets polluted, it will require proper treatment. What is that? That is the Name of God. Similarly, our body is also afflicted with diseases by drinking polluted water and eating improper food. It is necessary to protect the body. Why has God given you this body? It has been given to you to realise yourself. But you forget this real purpose and concentrate your mind merely on the body. After all, what is there in the body? Body is impermanent and short-lived like a water bubble. If you understand this, your life will be blessed.

Do not be carried away by what others say. Purity of mind results in the fruition of knowledge. When your mind becomes pure, you will attain true knowledge. Purity of mind is therefore very necessary. **Keep your mind always in a state of purity.** Whenever evil thoughts enter your mind, remind yourself, “This is not good; this is not mine.” **Drive away those evil thoughts,** telling yourself, “This is not my property. My property is good thoughts, good ideas, love, love, love!” *Love is God. Live in Love.* When you are firmly established in this principle, everything will turn out to be good for you.

Make Your Mind Steady for Eleven Seconds

You are afflicted by many delusions. Your mind is no doubt pure and there are only pure thoughts in it. But from time to time, some pollutants enter your mind. See to it that they do not enter it. That is the

sadhana you have to undertake. What is *sadhana*? Is sitting in meditation and doing *japa* (recitation of God's Name) *sadhana*? No, this is not *sadhana*. What is meditation and what is its meaning? Is sitting in a posture and reciting any Name of God meditation? No, no. What you have to do is to contemplate on the sacred feelings of your heart. You should contemplate on your truth. If you really wish to know the essence of *sadhana*, it can be explained in a simple way. Just make your mind steady for eleven seconds. **Even this much practice will surely lead you to self-realisation!** If your mind keeps oscillating like the pendulum of a clock, it cannot be called meditation. It is enough if you can make your mind steady for eleven seconds. But you are not able to do even that much. Your mind travels to eleven *Lokas* (worlds) in eleven seconds. Much can be achieved even in this short period of eleven seconds. There is no need for you to expose yourself to too much strain in the name of *sadhana*.

You strain your body too much and also waste your time. *Time waste is life waste*. Not only time, you waste money also. Money waste is evil. **Therefore, do not waste money and time. Time is God, God is time. Therefore, whatever time you get, contemplate on Swami. Then you will surely have My Darshan.** Not only *Darshan*, you will get the opportunity of *sambhashan* (conversation) also. Many letters come to Me from devotees, stating, "Yesterday, Swami came and talked to me." You should also develop such unflinching faith in Swami and do *sadhana* like them. Then you will surely attain success. All those who come here call themselves devotees. They do have some devotion, but they are not aware of the attributes of devotion. They should first of all understand the true meaning of devotion. First and foremost, one should develop faith.

*Where there is faith, there is love;
Where there is love, there is truth;
Where there is truth, there is God.*

Truth is God. Consider truth as nothing but God. There is no need for you to make any special efforts to know truth. Contemplation on truth for eleven seconds is enough. Fix your mind on truth just for eleven seconds and you will have *Darshan* of the Lord. You are unnecessarily straining your body hard by sitting for hours, and thereby suffering from pain in the feet, legs and back. Do not give room to such joint pains. Many doctors may diagnose these as rheumatic pains. But these are not rheumatic pains at all; these are the pains caused by your misguided *sadhana*. You will have no pains whatsoever if you stick to the time schedule of eleven seconds.

Develop Good Food Habits

Moreover, you should have timely food in a regulated manner. There are some subtle considerations with regard to food. Do not eat meat or fish. But foreigners are too much addicted to non-vegetarian food. Diseases like cancer are caused by eating non-vegetarian food. Therefore, give up eating non-vegetarian food completely. Not only that, people of foreign countries like cheese very much. The more you eat cheese, the more you become weak. Do not drink too much milk also. Too much milk is also harmful. Observe certain limits with regard to drinking milk. Dilute milk by adding an equal quantity of water in it. The same rule should be observed with regard to curd. It should not be very thick; it should be made thin by mixing water in it. In this way, you should control your food habits. Prayer to God before eating food is also very necessary. If you observe this discipline regarding your food, you will surely have *Darshan* of the Lord instantly. There is no need for prolonged *sadhana* for months and years.

You can always remain in a state of bliss. God is the embodiment of bliss only. *Nithyanandam, Parama Sukhadam, Kevalam Jnanamurtim, Dwandwateetham, Gagana Sadrisham, Tattwamasyadi Lakshyam, Ekam, Nithyam, Vimalam, Achalam, Sarvadhee Sakshibhutham, Bhavateetam, Trigunarahitam* (God 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 Tatthwamasi*, 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*).

People say, "I want bliss." Where does this bliss come from? Is it possible to purchase it from a shop in the market? Or, is it something that you can eat in a hotel? No. **Bliss comes from within.** In fact, you yourself are the embodiment of bliss. Man is full of bliss at the time of his birth. Later on, when he develops attachment to worldly desires, he suffers and starts crying. Hence, reduce your attachment to the world. *Less luggage more comfort makes travel a pleasure.* Therefore, give up all unnecessary attachments. When you develop attachments you are drowned in worries and you suffer from physical weakness also. Worries are bad for your health. **Hurry, worry and curry weaken the heart of man.** Therefore, give up hurry, worry and curry. When you are faced with difficulties, you should think: "They will go as they have come. I have nothing to do with them." Whatever has come is bound to go some time or the other. Same is the case with your body also. Therefore, you should have attachment to the body only to the extent necessary. You should observe certain limits, otherwise this

undue attachment will affect your body adversely. You should always be cautious.

Love Is the Most Powerful Medicine

Those who are doing *sadhana* and aspire to see God and converse with Him, they should act upon My advice. Then they will surely see God and converse with Him. *Bhakthi* is not limited to the performance of *puja*, *vratha* and *japa* (worship, rituals and recitation). **True devotion is unwavering and unflinching love for God.** Develop such love for God. There is nothing greater than this. You may give up your body but you should never give up this love. Love is eternal, imperishable and infinite. Preserve love carefully. Then you will surely attain Divinity.

Because of man's attachment with the world, he is developing a demoniac nature. Lust and anger are man's worst enemies. **You should always be full of love with a smile on your face.** When you are cheerful, love will come to you on its own. But some people always put on a 'castor-oil' (morose) face. Always have a smiling face. God always has a smiling face. He does not have any trace of worry or misery even for a moment.

I always keep smiling. I have no suffering at all. I was hurt because of the mistake committed by a boy. My hip bone developed four cracks. Doctors came and wanted to put so many bandages. I said 'no' to them. I came walking and gave *Darshan* to the devotees from the balcony. Many doctors came and examined Me. Dr. Pillay and his son also came from Singapore. Many specialists also came from America and various other places. They said, "Swami! Just give us five minutes." I told them, "For spiritual matters, I can give you five hours, but not even five minutes for this body." When boys hold My hand, I always tell them not to hold. Right from that day, I never had even a trace of pain

and suffering. I have no nervous weakness. Whatever was My weight earlier, it is the same today. Now also My weight is 110 pounds. Earlier also it was the same. It has not increased or decreased even by half a pound. I am always healthy. There is no need for you to worry about My health. I always remain hale and hearty. When you look at Me, it may appear to you that Swami has some pain. No pain! Your love alone is the cure for My pain. I am filled with bliss on seeing you all. If ever I have pain, it will go only because of your love and not because of doctors. So many of you have come from various parts of the world. What is the meaning of this? The very thought of it that so many of you love Me, fills Me with immense bliss. Be happy not only here, but wherever you are. I am always happy. I am very happy to see all of you. This is your great good fortune. All those who have come here are full of love and devotion. This fills Me with great enthusiasm. I feel like walking and giving *Darshan* to you. There is no cure greater than love. Your love is My cure. This is the most powerful medicine. Similarly, My Love is the most powerful medicine for you. May you always be happy and peaceful! Live happily and unitedly like the members of the same family. Not merely that, do not allow small problems to overpower you. Do not give room to any worries. Do not become anxious if your child or wife suffers from illness. Have faith that everything will become all right. **Go back to your places and lead a happy and peaceful life.** (Bhagavan showing the *Linga* materialised by Him earlier) Have all of you seen it? It is quite heavy. A *Linga* bigger than this will emerge from My body on *Sivarathri* day.

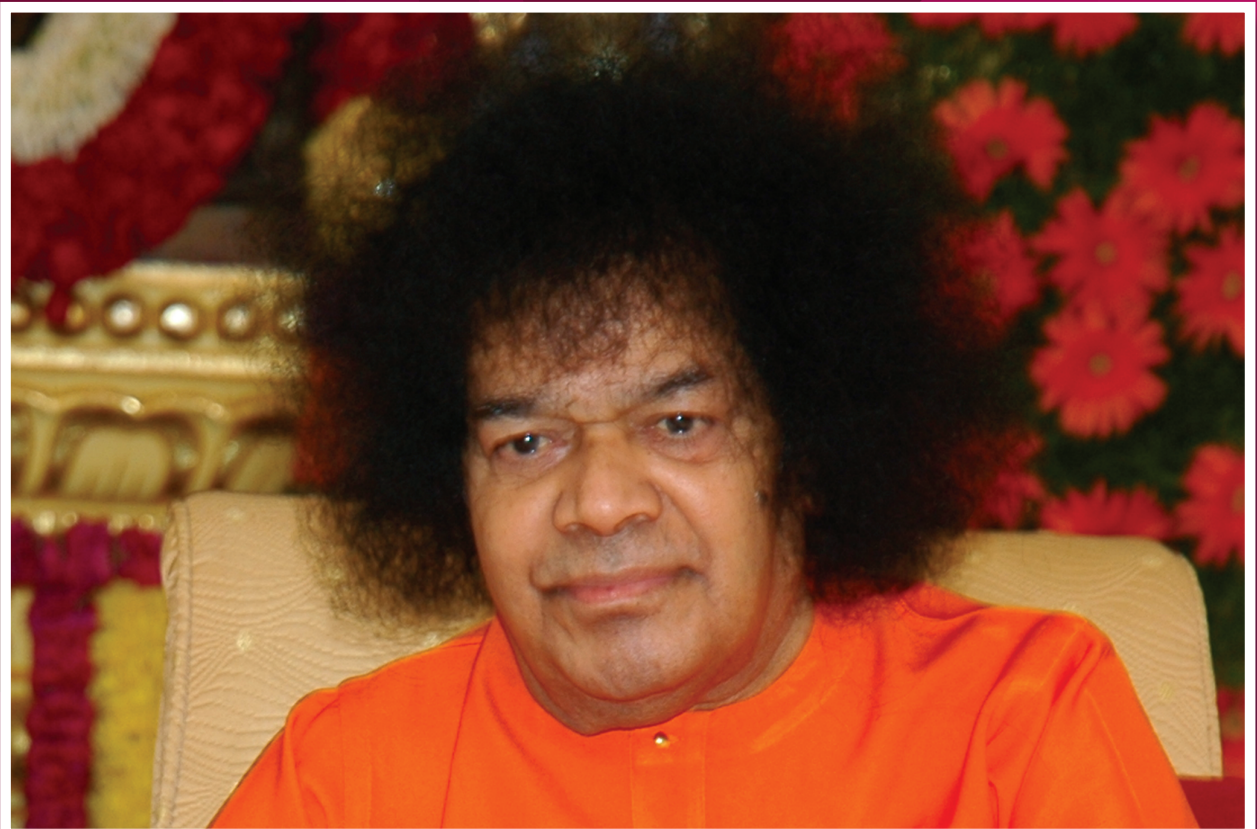
From Bhagavan's Valedictory Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 28th July 2007 on the occasion of Sri Sathya Sai World Youth Conference.



❧ ❧ ❧ ❧ ❧

Inaugural Function

❧ ❧ ❧ ❧ ❧





Youth – Our Greatest Treasure

Dr. Michael Goldstein

Distinguished guests, brothers and sisters, delegates to the Sri Sathya Sai World Youth Conference from the three campuses of the Sri Sathya Sai University – Prasanthi Nilayam, Anantapur and Brindavan, Sai Youth from the State of Karnataka, India, and Sai Youth from 86 countries representing all of the inhabited continents of the world.

Welcome to the Inaugural Function of the Sri Sathya Sai World Youth Conference: Ideal Sai Youth – Messengers of Sai Love. We welcome you all with love.

Dearest young people, you are our greatest treasure. Swami has said that you are the leaders of tomorrow. If you would be the leaders of tomorrow, then I exhort you to be the wholehearted, committed, active participants of today.

Today, we inaugurate the Conference: Ideal Sai Youth – Messengers of Sai Love.

Ideal Sai Youth, Messengers of Sai Love,
How can you be Ideal?

Ideal is perfection. Only God is Ideal.
You must become Divine!!!

In past ages, sometimes it was necessary for spiritual aspirants to go through an ordeal in order to become Ideal. But now the human Ideal is immanent in each and every one of us, ready to emerge. In fact, the emergence of the Ideal is called Educare. When the mind and the body are subservient to the spiritual heart, we realise our Divine heritage. Then the human values of *Sathya*, *Dharma*, *Shanthi*, *Prema*, *Ahimsa* – Truth, Right Action, Peace, Love, and Non-violence blossom in our being and are manifested in the world.

When mind and body are subservient to our spiritual hearts, our egos and desires, our thoughts and emotions are under control.

In this day and age, we do not have to engage in years of austerities, *thapas*, for the emergence of the human ideal. We have merely to acknowledge the Divinity who sits before us and within us. Take Him seriously, imbibe His Love, study His Message, emulate His examples, and follow His teachings.

Ideal Sai Youth, Messengers of Sai Love, how can you become Messengers of His Love? We do not send messages of Sai Love by computer mail or posted letter. We become Messengers of Sai Love by our examples in the world. **We are Messengers of Sai Love when we become exemplars of Swami's fundamental commandment: Love All, Serve All!**

Actually all of us, not only the youth, but all of us are Messengers of Sai Love. We are the *Gopis* of this day and age. We scurry about to have a glimpse of our Beloved Sai Krishna and we are filled with bliss.

Ideal Sai Youth, Messengers of Sai Love, how can you be Ideal Sai Youth? You are Sai Youth. We are all Sai. Sai is God and we are all inherently Divine.

This conference is convened so that we might learn to play our roles properly on the stage of humanity. It is not only the youth that will benefit from deeply exploring the teachings of Bhagavan Baba. We will all enjoy the spiritual legacy of this momentous event.

What is the proper role for us on the stage of humanity? Swami has said, "In the midst of the world replete with fear, distrust and mutual recrimination, you have to prove yourself to be the Messengers of the Divine and embodiments of Love, Peace and Truth. Declare your reality as Divine to the world at large and make them realise the Divinity in everyone."

The Divine Presence of Swami deems this conference a fortuitous event in our lives. His Divine Presence enables us to make a quantum leap forward on the spiritual path which we have chosen. It is an innovative and inspiring conference.

Swami has provided us with ultimate access! Access to human excellence personified by the group of distinguished speakers who will enlighten you. Access to Divine perfection personified by Bhagavan Sri Sathya Sai Baba Himself, the *Kali Yuga Avatar*, God on earth.

In the Divine Presence, all things are uplifted toward the realisation of their full essence and excellence. All is possible. Our Lord is here with us!

We are in a heart-to-heart interaction. The Greeks had Socrates. He was the centre of a temple of deep philosophic truth. **We have the embodiment of Divinity in the form of Bhagavan Sri Sathya Sai Baba. He is the centre of our temple of Spiritual Truth and Divine Love.**

Speakers

The senior speakers that have assembled for this conference to address the youth have had the good fortune to be in the physical proximity of our Lord Bhagavan Baba for decades. Collectively, they represent literally centuries of time in the illuminating, inspiring, and loving Presence of our Beloved Swami.

Any one of these illustrious senior speakers could give a learned talk that would be extremely informative and the information imparted would not be ordinary information. It would be transformational information. Such is the nature of their experience and performance over the years. They will quell your doubts and fill you with hope and energy to persevere on your spiritual journey.

Therefore, there will be no didactic display of rhetoric from the speakers. Instead, there will be a sharing and loving orientation offered by those who have been grounded in Swami's instruction and love and who have been tried and found to be true.

In this process of interactivity with the illuminating speakers, the benefits will accrue to the exuberant youth of the Sri Sathya Sai Universities and Organisations all over the world.

Themes

Such is the nature of the Divine teachings that any aspect, if expounded upon deeply from the heart and understood and experienced in the heart, can reveal the total wisdom of Divine truth.

Thus, the spiritual topics of this conference are really a spiritual continuum.

A continuum because any one of the primary themes can result in total understanding. The continuum, our agenda, might simply be described as everything that really matters here and now.

What really matters? God matters. How we find Him within ourselves matters. How you use the attributes and advantages of youth to apply yourselves to spiritual pursuits matter. How to contribute to and derive spiritual benefit from the Sri Sathya Sai Organisation matters. The continuum of this conference is everything that really matters here and now.

We begin with the Omnipresence of the Lord, who sits before us, our Beloved Bhagavan Sri Sathya Sai Baba. We proceed to the universal goal of all men and women, spiritual transformation – to realise Him within ourselves. Then we consider the attributes of youth, the strengths and the weaknesses in the context

of spirituality, that may help or could hinder you in your spiritual journey. Finally, we consider the Sri Sathya Sai Organisation, to which you belong and which is here as a spiritual resource and a recourse for all people everywhere. The continuum is actually everything that really matters in life: God, God realisation, and how to spend the time of our lives.

The First Theme:

The Divine Presence of Bhagavan Sri Sathya Sai Baba during Our Lifetime

The Lord God, our Beloved Swami, is here. Out of the millions of people on earth He has beckoned to us through our conscience to come and behold Him.

He advises us to recognise and realise who and what we truly are and to acknowledge that salvation, that is, our spiritual transformation is at hand.

We emanate from Him, we merge into Him, yet for this brief incredible time, we are apart from Him in this world and we have the opportunity to behold Him and even to contribute to His Glory among the people of our respective societies. Our purpose is to recognise that we are, in fact, one with Him and to act accordingly.

Bhagavan Baba, our Beloved Swami, the Omniscient, Omnipresent and Omnipotent Lord of the Universe and beyond is with us and within us. We are His creation in this world. We are part and parcel of Him. To know this, to experience this truth, and to love Him, is to fulfill our lives.

What is Love for God? Love for God is Love for Bhagavan Sri Sathya Sai Baba and all of the Divine Incarnations. It is selfless love for your brothers and sisters. It is love for that which your heart tells you is right and good. It is love for the precious wise thoughts and sweet, selfless feelings that emanate from your spiritual heart. It is love for the truth. All of these things are love for God.

The Second Theme:

Spiritual Transformation

As a result of our acknowledgement of Divine Presence we realise that the goal of our lives is spiritual transformation.

We experience bliss when we have shed the encumbrance of these confining human identities that are the results of our genetic heritage and our learning experiences in the world. These identities that we need to function in a worldly manner, confine us and confound us in a spiritual manner.

In order to have an inner view of the Divinity who resides in our hearts, we must conduct an interview with the mind that we possess or that possesses us. This is worthwhile introspection.

Thousands of years ago it was recorded in the scriptures of the Old Testament that the Lord God

spoke to man. He said, “I am that I am.” Now, the Lord has again proclaimed His identity. Our Beloved Bhagavan Sri Sathya Sai Baba has said, “I am I.” We begin to understand the meaning of “I” as it applies to Swami. He is the Infinite, Universal “I.”

Most if not all of us, are the small, individual “I” associated with a human identity. **We are here to traverse the distance between individual “I” of human identity to infinite “I” of Divine Consciousness.** From individual “I” for ego and desires to infinite “I” for selfless love. This is spiritual transformation.

In practical terms how can we apply ourselves toward the achievement of spiritual transformation? We should follow the dictates of our conscience. We should engage in practices that ensure discipline of mind and body so that they become the servants of our spiritual heart, which is Divinity within us. This is spiritual transformation.

Divinity is in the world as our Beloved Bhagavan Sri Sathya Sai Baba. He is in our hearts. We should love Him, follow His instruction and guidance, and He will enable us to see all of Him. We will see Him in the world and we will see Him in our own hearts. This is spiritual transformation.

While it is very, very helpful spiritually to be in the Divine Presence of our Beloved Swami, it is He who will deign to bestow the prize of self-realisation with His Grace. It is He who will determine the time and the place. It might be after decades, even lifetimes of service, or, it might be suddenly in an instant. The time and manner in which the epiphany is conferred is determined by Him. This is spiritual transformation.

The Next Themes:

Attributes of Youth and the Participation of Youth in the Sri Sathya Sai Organisation

Regarding the attributes of youth, acknowledge your time in life, your needs, and your capacities. Share your positive resources with your brothers and sisters. Uplift the Sri Sathya Sai Organisation with your presence and participation.

You sweet delegates are young. Your minds are keen. They have not been torn asunder by the worldly idiosyncrasies of this day and age. However, you must consider that those of us who have been in the world longer than you may have learned something from our experience that will be helpful to you. Experience in the world, if we so choose and dedicate ourselves thereto, is a veritable classroom of spirituality provided by the Lord for our transformation. Listen and learn. Evaluate and emulate. Listen to what the elders say and learn from their knowledge and experience. Evaluate what the elders say and do and emulate that which is noble and spiritually uplifting.

We want you to contribute to and derive from the spiritual wealth of the organisation that bears the Divine Name, the Sri Sathya Sai Organisation.

We are asking all of you young adults to help us with the programmes of the Sri Sathya Sai Organisation so that they are conducive to your spiritual growth. The Sri Sathya Sai Organisation, inspired by Divine Will, is a place where we mature and realise that self-realisation is our true goal, the only source of lasting happiness, and what we really want. It is a place where we learn helpful spiritual practices and enjoy the company of like-minded, noble-minded people who also have embarked on the ultimate quest in our lives.

The Sri Sathya Sai Organisation is a spiritual organisation bearing His Divine Name. **It behooves us to first remove our doubts, and then to uplift humanity by our own selfless, loving examples within our respective societies.**

The occasion of this conference is a time to contemplate these things in His Divine Presence by listening to your elders, asking questions, and, most importantly, communing with Bhagavan Baba within your own hearts.

Youth is a very important time of life. Time itself is very important. Swami has said, “Time is the Body of God.” In light of Swami’s pronouncement we should be careful and judicious in deciding how to use the precious time of our lives.

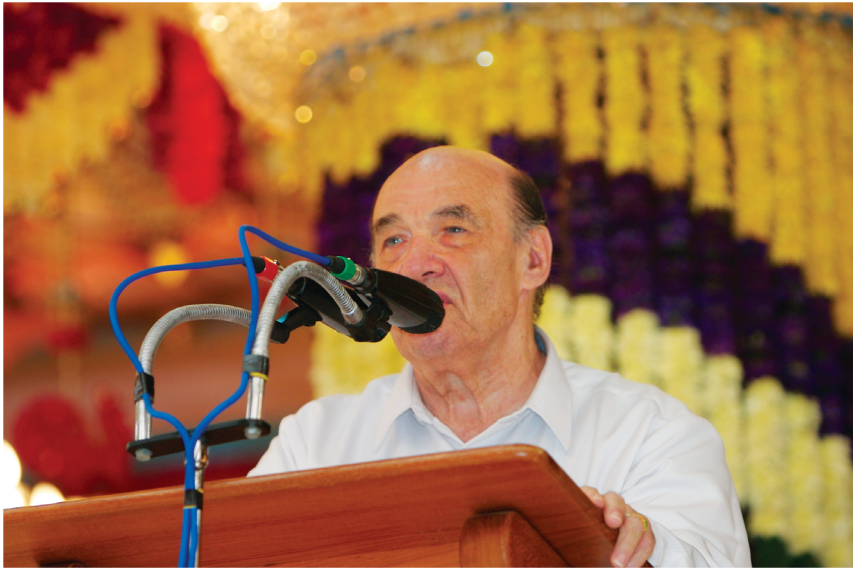
Time is forever, it goes on. New replaces old and it becomes old and it is replaced by new. Thus, we all become aged and the young emerge and take charge, and they become aged, and are replaced by the new young and so on. Bhagavan Baba creates, oversees, and perpetuates this cycle of time. It pleases Him to do so.

Spirituality is becoming aware of your role in time, observing your role as does the Creator, who is beyond old and young, beyond the cycle of time.

In this conference, we are celebrating and exploring an aspect of this perpetual process of past, present, and future. That aspect is youth, the vitality, exuberance, resilience, and wonder of youth.

In this cycle of time there is a procession of life. In this procession of all living things, flowers and trees, ants and elephants, all living things, the young come and the old go. With the procession of humanity also the young come and the old go. With all living things, there is a natural and graceful flow of life and the actions, appearances, and responsibilities that are associated with the different stages of life.

Civilisation is the perennial procession of the men and women of humanity. At the present time, mankind is mostly a population of individual “I’s”, Ego Eyes, not infinite “I’s”, Divine Eyes. This gives origin to the grief and calamities associated with human irresponsibility that we are experiencing now in the world. Whereas,



mankind as a population of infinite "I's", Divine Eyes, would be Heaven on Earth.

With mankind, sometimes there is a problem in this procession of life. The young come and the old go. But often the young are not ready and the old are not willing.

The Lord has given us the capacity to recognise our Divine origin, to live as Divinity itself, to uplift the quality of life for all men, women, and other life by virtue of Divine Love. The purpose of this conference and our spiritual endeavours is to facilitate and dignify the procession of humanity in its movement Godward. Nevertheless, we find that sometimes the young are not ready and the old are not willing.

The young are not ready because they are attracted and preoccupied with worldly glitter, which, in the end turns out to be litter. It is said, "All that glitters is not gold." The youth want to obtain. The old are not ready because they are attached to their accumulations. Accumulations of wealth, of material possessions, of status and positions in society and the institutions of society. The old want to maintain and retain.

Swami has said, "Ready is a state of inner being." Being able to accomplish a task is not the meaning of being ready. Being ready means spiritually prepared, not physically prepared. The old are not willing. Willing is a function of will. Will is a function of ego. Not willing implies attachments to the outside world to the neglect and even denial of the inner spiritual world.

The purpose of this conference is to contribute to the dignity of the procession of humanity toward its Divine destination characterised by young who are ready and old who are willing.

Let those who have responsibility recognise that the greatest, and most difficult duty is to effectively pass on the responsibility of your office to those who

are more capable. It takes humility and selflessness. You have to be dedicated to God and not to your own aggrandisement. Let us all have that Grace.

And, let the youth put aside their impetuous notions and presumptuous misconceptions. Let them rise up to the sobering responsibility of selfless service and leadership.

In the organisation we need the infusion of your vigour and your energy. We look forward to your assumption of leadership as you grow and learn.

We are confident that you will carry forward our successes and

preclude replication of our failures. **The Sri Sathya Sai Organisation must reflect love, express love, elicit love.**

In these last few days, reflected in the faces of all of you young adults assembled here, I have seen such joy and love. It is clear to me that you are ready in the deepest spiritual sense beyond any shadow of a doubt. As a member of the old contingent in the procession of humanity, I pray to Bhagavan Baba that He will enable me to demonstrate graceful willingness comparable to your superb readiness.

We pray that in this conference Swami will enable us to do what we must, understand what we must, experience what we must, and, ultimately, become what we must.

May all of us who have assembled here rejoice and celebrate our good fortune to recognise Divinity who resides on earth during our interlude in the great cycle of time.

In conclusion, I pray to Swami, let us all become good men and women in the world. Let us all become illumined men and women within ourselves.

Jai Sai Ram.

.....
Dr. Michael Goldstein received his doctorate in medicine from George Washington University Medical School, USA. A practising physician for over 35 years, he has been serving in various capacities in the Sri Sathya Sai Organisation for more than 30 years. He is currently Chairman of the Sri Sathya Sai World Foundation, which is the governing body for the Sathya Sai International Organisation. He is also Chairman of the Prasanthi Council and is responsible for the administration of Sri Sathya Sai Organisations in all countries outside of India.



Sai Youth of the Golden Age

Mr. Shitu Chudasama

My most loving *Pranams* at the Lotus Feet of our Beloved Lord, Bhagavan Sri Sathya Sai Baba. Beloved Swami, revered elders, Sai Youth of the world! Jai Sai Ram!

There are millions of youth in the world today, but you, our Sai Youth, are the fortunate few who have been given this golden opportunity of attending this Sri Sathya Sai World Youth Conference in the Presence of Divinity. We should make the best use of this wonderful opportunity and share this joy with everyone.

Know Thyself

Today, youth are making great efforts to know all that is happening in the world through the medium of computers, television and newspapers, but they are not making any effort to ask the fundamental questions of human life: “Who am I?” “Where have I come from?” and “Where am I going?” **Rather than investigating the world, we must make efforts to understand our own true nature.** By such diligent, self-inquiry, we will transcend the mundane world and ascend to the heights of Divinity.

Look to Bhagavan’s Example to Be an Ideal Sai Youth

Throughout the ages we have examples of ideal youth. Young Markendeya epitomised discipline and devotion when he was able to outwit Lord Yama, the God of Death. Then we have Shravan Kumar, who was the personification of duty towards one’s parents. There is a lot we can learn from young Prahlada, the very embodiment of *namasmarana*, who went through trials and tribulations at the hands of his evil father Hiranyakashipu. Dhruva’s ideal of duty and determination is also worthy of study.

However, the life of our very own Bhagavan is worthy of emulation by one and all. The adolescent years of Swami or “Sathya,” as He was lovingly known, are the most inspiring and alluring for all Sai Youth. How Swami lovingly cared for His parents, how He walked for miles everyday to fetch water for His family and how He was the very embodiment of exemplary

character and leadership are worthy of our attention. Though young in age, Sathya was verily the ocean of compassion; no one ever went hungry, nor was anyone unhappy when He was there to grant them their heart’s desire. Young Sathya’s life was a lesson in modesty and humility. He was an ideal role model for His peers, engaging them in service activities throughout the village, helping to alleviate their suffering and turning their attention Godward. **Let us all draw inspiration from Bhagavan’s life as a youth, and resolve to follow His Divine example.**

Sri Sathya Sai Organisation: A Vehicle for Transformation

Participation in the Sri Sathya Sai Organisation offers us excellent opportunities to transform ourselves into Ideal Sai Youth. As Swami says: “The youth wing can be compared to the energy body of the Sri Sathya Sai Organisation.” Our Sai Youth must make efforts to bring their energy, enthusiasm and imagination to the Sri Sathya Sai Organisation in their respective countries. By doing so, we further our own spiritual transformation.

But Sai Youth must also respect the elders of our organisation. The elders are excellent examples of selfless love, profound wisdom and extensive spiritual knowledge from whom the youth can benefit. They deserve our respect, and we should make every effort to win their trust and confidence. By embracing such a feeling, our own transformation will be accelerated, and the future of the Sri Sathya Sai Organisation will be secured.

All of us must remember that Swami pays little attention to one’s age. Once, Swami pointed to an elderly man and said, “He is a youth.” What does this mean in the organisation where we have a defined age limit for youth? When Swami speaks of youth, He is really referring to certain qualities. These qualities are purity, sacredness and courage. Anyone who has these qualities is worthy of being called a Sai Youth.

What does youth involvement in the Sri Sathya Sai Organisation mean? What should it mean? It should mean deepening of our devotion to Swami. It should mean always striving to be aware of our own innate Divinity. And it should mean working in total unity and harmony with the elders in the organisation.

In the Service of Others

Today, the world is haunted by suffering, unrest and disorder. As Ideal Sai Youth, we are capable of overcoming this restlessness in society. **The prosperity and well-being of the world depends upon our conduct and character.** Swami has said that character is the basis for all of our behaviour. None of us can be perfect, but we can make every effort to develop excellent character. If character is maintained, all future generations of youth will be prosperous. As Bhagavan says:

*If wealth is lost, nothing is lost,
If health is lost, something is lost,
If character is lost, everything is lost.*

Therefore, as Ideal Sai Youth, we must protect our character by leading purposeful lives in the service of others. We should always keep in mind the welfare of society and the nation at large.

Over the years, Swami has declared that the imagination, ideals, and energies of our Sai Youth are the greatest assets for the Sri Sathya Sai Organisation. As Benjamin Disraeli, the British Prime Minister, once said, "The youth of a nation are the trustees of posterity." Mahatma Gandhi later reiterated the same point: **"If we are to reach real peace in this world, we shall have to begin with the youth."**

Youth Sadhana

The Sri Sathya Sai World Youth Conference is not merely a conference; it is actually a journey, a pilgrimage of self-discovery, self-transformation and self-purification. For the International Sai Youth, this journey began six months ago. Sai Youth from all over the world, irrespective of whether or not they were planning to attend the World Youth Conference, embarked upon an important Sadhana Programme to assist with their spiritual transformation. This Sadhana Programme consisted of nine spiritual disciplines or "stepping stones." These were:

1. The constant practising of *namasmarana* – chanting of the sacred name
2. The regular study of Sai literature and conducting regular study circles
3. Engaging in selfless service
4. Practice of dietary discipline
5. Speaking sweetly, softly and observing silence
6. Taking active part and supporting the Sai Centre
7. Respecting one's parents

8. The practice of placing a Ceiling on Desires
9. Daily meditation and prayer

This Sadhana Programme not only helped the youth to focus their attention on Swami but it also assisted them with their spiritual and personal transformation. As their *sadhana* intensified, Swami showed His Presence to many of the youth around the world in many beautiful and wonderful ways. Many youth started having dreams of Swami, some began to receive guidance and solutions to difficult and complex personal problems, whilst many began to feel His Presence in their daily lives. Our Sai Youth must be careful not to abandon this *sadhana* that they have begun with so much zeal and enthusiasm. As Swami says: *"Arise, awake and stop not till the goal is reached!"*

Furthermore, over the past six months Sai Youth organised Pre-World Youth Conferences throughout the world, from the Americas to Australia, from Russia to South Africa. Sai Youth gathered from all corners of their respective countries to discuss and find answers to important questions such as, "Who am I?" and "How do we find God in our hearts?" Additionally, youth explored topics including spiritual transformation, control of the senses, and encouraging active youth participation in the Sri Sathya Sai Organisation.

The Sri Sathya Sai World Youth Conference is but one facet of the many wonderful things to happen within the International Youth Programme during the coming years. The primary goal of this conference is to assist Sai Youth to look within and find God in their hearts.

On behalf of the many millions of Sai Youth from around the world and the youth delegates assembled here today, we would like to thank Bhagavan from the bottom of our hearts for His loving support and guiding Hand during the preparations of this conference. Swami has been involved in every aspect of the conference, right down to the smallest detail, from enquiring about the daily arrival of the delegates, their accommodation and well-being, to arranging the decorations and providing free food for all delegates during the conference. Swami also went as far as providing sarees for the girls and organised their distribution. Only a Loving Mother, such as our Bhagavan, would take so much care of Her children. There is a message in this for us: God comes down in Human Form and works at our level of understanding so that we can learn perfection. What is perfection? Perfection is true spirituality, and the goal of spirituality is human excellence.

We should always remember that Swami is our nearest and dearest. He is our best friend. Throughout my life, from the age of nine years I had made Swami my best friend. In fact in my very first meeting with Swami at the age of 16 years, Swami asked me, "Who

is your best friend?” I replied, “Only You Bhagavan, I have none other than You.” We should all look to God as a faithful friend, one’s only true friend in life.

Finally, I would like to place a humble prayer at Bhagavan’s Lotus Feet on behalf of all the delegates and devotees assembled here today:

Beloved Swami, for many of us you are our Mother, our Father, our Friend. You are everything. Bhagavan, please bless us today with Your Divine Discourse and instructions to the Sai Youth on this most auspicious day of the Sri Sathya Sai World Youth Conference.

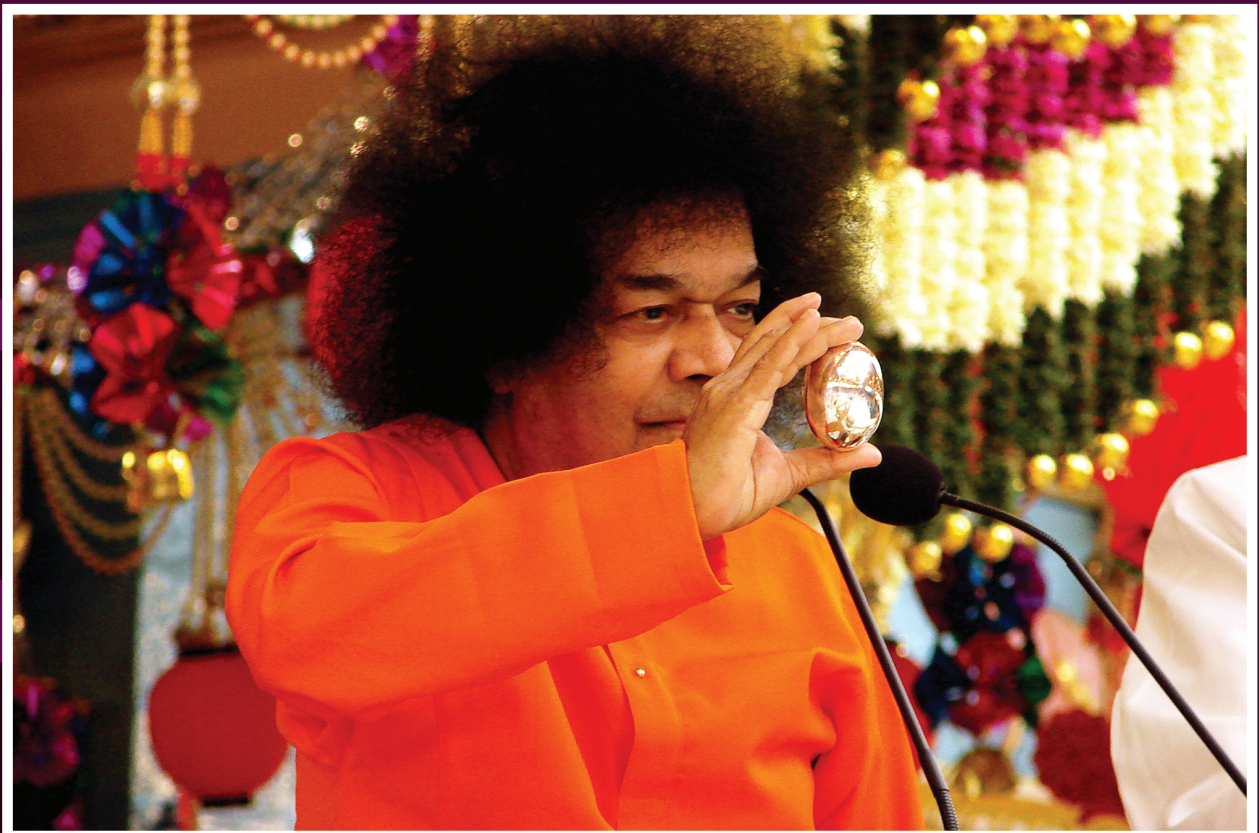
*Beloved Bhagavan,
for all the youth around the world,
Life without You is a hopeless end,
But life with You is an endless hope.*

Jai Sai Ram!



.....
Mr. Shitu Chudasama is Head of Information Management for HSBC. He currently holds the office of National Vice Chair of the UK Sathya Sai Organisation, and in 2007 was appointed International Youth Coordinator. In 2006, he and his wife were invited to Buckingham Palace for the Queen’s Garden Party where the Sathya Sai Organisation of UK received a certificate of appreciation for work undertaken in relation to youth initiative in the country. Shitu received the prestigious Frank Denning Scholarship from the London Borough of Croydon to undertake research into Sathya Sai Education in Swami’s Institute.

Valedictory Function





Love Is the Source, the Path and the Goal

Dr. Narendranath Reddy

*Sarva rupa dharam shantham
Sarva nama dharam shivam
Satchidanandam advaitham
Sathyam Shivam Sundaram*

With love, humility, reverence and gratitude I offer myself at the Divine Lotus Feet of our dearest, sweetest, loving and most beautiful Lord Sai.

Beloved Bhagawan, respected elders, dear sisters and brothers, blessed and fortunate delegates of the Sri Sathya Sai World Youth Conference! Greetings of loving Sai Ram to all of you on this auspicious and special occasion! This Sri Sathya Sai World Youth Conference is unique. This is a conference of the youth, by the youth and for the youth, blessed by Bhagawan. There are delegates from all parts of the world. This conference is unique because for the first time the international youth, the youth from India and the youth from Sri Sathya Sai University all have worked in unity, harmony and love to share the Message of Swami and Love of Swami. This is the Blessing of the Lord.

A Unique Conference – Divine Benediction

I was fortunate to witness the Love of Swami for the youth. From the beginning Swami has shown a lot of interest in the conference and showered His unconditional Love on all the youth around the world. Swami looked at the list of the planning committee members who were chosen from different parts of the world, blessed them and sent them His Blessings. Swami has also provided the delicious *prasadam* free of cost for all the delegates on all the three days – breakfast, lunch and dinner.

Swami ensured that there were Western, North Indian and South Indian cuisines to accommodate the youth of different backgrounds. He inquired about the meals and looked at the items on the menu. When Swami was looking at the menu He saw only one sweet and asked, “Why only one sweet?” He then instructed us to provide the participants with two sweets. Swami was attending to every minute detail and we are very grateful for that.

Love of Mother Sai

I went and tasted the food myself. It was nectarine, because of Swami’s Blessings and the love of the Karnataka youth who have been serving selflessly.

Swami’s Love is infinite and that of thousands of mothers. He was looking at every minute detail of this conference. He even looked at the delegate badges. He commented on the colours of the badges and instructed us to give the blue badges to the men and pink badges to the women. This shows His attention to even the smallest detail. Swami’s kindness and Love is unfathomable.

Also, the students and faculty of Sri Sathya Sai University helped with the programme and the arrangements of the youth conference. Their inspiring thoughts and their interaction with the entire international youth have been very elevating to all of us.

This is a unique opportunity where all the youth could work together in unity and harmony. Swami wants us to see this unity in diversity. As I mentioned earlier, you are the blessed and fortunate ones. Jesus said, “Many are called but a few are chosen.” You are the blessed and fortunate ones who are chosen.

Divine Grace

Adi Shankara in his *Viveka Chudamani* (The Crest Jewel of Discrimination) says, “*manushyathvam mumukshathvam mahaapurusha samsrayam* (human birth, the desire for liberation, and the company of great souls),” – these are three things that are impossible to get by human effort alone. One can get them only by Divine Grace. First is *manushyathvam* – **being born as a human being**. Swami says “*Janthunaam nara janma durlabham* (man is the crest jewel of all creation).” Of the 8.4 million species, the pinnacle of creation is human birth because only through human birth one can attain enlightenment or know the Truth. That is why the *Bhagavad Gita* says, “*ksheenae punyae Martyayalokam vishanthi* (even the angels and denizens of heaven have to come down as human beings to attain enlightenment).” So we are all blessed to be born as humans.