



SRI SATHYA SAI INTERNATIONAL ORGANIZATION

OUR INHERENT DIVINITY

REVEALING TO US OUR TRUE IDENTITY



GAINING A FIRM CONVICTION ABOUT OUR INHERENT DIVINITY

In the following nine letters, Bhagawan Sri Sathya Sai Baba conveys His utmost love and care as He guides His students along the spiritual journey of life. Bhagawan Sri Sathya Sai Baba says that His students are those who follow His teachings. These nectarine messages are thus meant for all spiritual seekers who place values above wealth and principles above pleasures. As we walk this path under the guidance of the Universal Master, we can all draw inspiration and reap immense benefit from these words of wisdom arising from the Source of all wisdom.

In each of these letters, Swami reveals to us our true identity and encourages us to transcend the mundane worldly view and gain a Divine perspective. The task of any devotee is to develop firm conviction in his or her inherent Divinity, and to leave behind the idea of seeking out worldly ways in order to achieve happiness and security.

With this in mind, we should contemplate on each and every word of Swami's in these enlightening and precious letters. Please use the Points to Consider, placed under each letter, in order to facilitate discussion in your study group.

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1

THE ECSTASY OF GOD'S NAME IS THE REAL FULFILLMENT OF LIFE

Embodiments of the Divine Atma! Even if I am not physically present during the Anniversary of the sacred temple of Guindy, which is a center for spreading devotion, I am filling all your hearts and I am enjoying its bliss along with you. I am bestowing my Blessings.

It is known to everyone that in the present world there is no fear of sin, nor wish for merit. Sacred values like Truth, Righteousness, Compassion, Love, Non-violence etc. are being fostered only in words, but not in actions. Peace and Tolerance are like the distant islands that are lost. Every human being is craving for peace and comfort, but is not taking the necessary steps to attain them. Achievement is possible only when the thought of the mind, the word of the mouth and the deed of the hands are unified. How can the right path be seen when words are confined only to the tongue? To those who are determined to tread only the right royal road, the nectar of singing the glory of God will be the path of flowers.

It is a sin to sell the most valuable human life for the sake of the coal of mundane desires. Its real price is the ecstasy of God's name. That is the real fulfillment of life. In this Kali age, only the time that is spent in praising the nectarine name of God is valuable time. Instead of becoming crazy about mundane desires, it is highly fruitful to develop a taste for divine qualities. The name is the divine nectar that removes the blindness of ignorance and bestows Prajnana and Vijnana, Wisdom and Enlightenment. May you all be blessed with this nectar. May you acquire merit. Having been born, may you all hold on to this unique state firmly.

*Blessings
Baba*

On the occasion of 20th Anniversary of Guindy Temple, 3rd February 1968,
Source: Prema Dhara 3, 89-90

POINTS TO CONSIDER

1. Why do we find it difficult to have unity and purity of thoughts, words and deeds? Have you faced such situations in life? What can you do better the next time such situations arise?
2. Why don't we get the promised ecstasy while chanting the Divine Name? If we make *Namasmarana* (contemplation of the Divine Name) a regular habit in daily life, how will it lead to Wisdom and Enlightenment?

2

BECOME LIKE THE FLUTE

December 6, 1975

From sleep you wake, to sleep you go again. In between two periods of sleep you are engaged in activity, activity which is just aimed at filling bellies. All life is not lived by satisfying physical hunger only. It is an opportunity to remember, cherish and seek the presence of God. The world's stage is full of characters. The Lord, the Director, has cast each one in a separate role. One ought to learn to perform one's role perfectly. This can happen only if the Director is obeyed to the letter, to each and every direction of His. Anything done against His direction by the character in the drama of life renders the individual useless and desolate. Ego and attachment are the two things that bar one from obeying the Director's commands.

It is only when Arjuna surrendered himself and confessed his ignorance, his exhaustion and despair and sought Krishna's guidance that the Lord began to confide in him the Supreme Truth. As long as the feeling of "I" and "Mine" reign over the individual, the Lord shall not step into the arena of one's life, the precincts of one's heart. So, learn to live for the satisfaction of one's real Self by becoming selfless. Self-confidence, self-sacrifice, self-satisfaction and self-realization are the guideposts to the fruition of life. Self-confidence is the foundation, self-sacrifice is the top, self-satisfaction is the pillar and self-realization is the mansion.

It is not enough if one earns a university degree. One should strive to earn the Universal Degree. In order to become the near and dear one of the Lord, one should become either like the flute or like the pair of *chappals* (sandals). The *chappals* bear all the weight of the person who wears them as well as the pain of the thorns, shrubs and pebbles on the ground underneath. Learn to cultivate fortitude, patience and love, and seek to give and live.

It is much better and easier to become the flute. The flute is hollow, devoid of likes and dislikes, desire, anger, envy, malice and greed, of me and mine. Have the goal clear before you and strive to reach it.

Your advancement is measured by the yardstick of self-control. The ear must hear, the eye must see, the tongue must taste, the hands must work, and the legs must walk according to the dictates of the Atma.

With Blessings
Baba

Source: Prema Dhara 1, 39-40

POINTS TO CONSIDER

1. Swami says that all life is an opportunity to cherish and seek the presence of the Divine Director of this drama of life. What have you done to reduce your ego and attachment tendencies that keep you from surrendering to the Director's commands?
2. In your spiritual journey, when have you felt like a pair of sandals (bearing the weight and thorns of life) – and when have you felt like a flute (free of “me/mine” and “likes/dislikes”)? How can you become more like the flute?



3

WHEN I AM RESIDING IN YOUR HEARTS HOW CAN YOU BE FAR FROM ME?

To Srimathi Subbamma garu,

I was glad to receive your letter and was overjoyed to hear that your son's marriage is settled. Even though the devotee did not come, still I am happy. I am satisfied if you keep Me in your mind. Wherever you are, I will be happy if you are all safe. When I am residing in your hearts how can you be far from Me? My Name and Form are imprinted in your minds, so how can I be far away from you? Between God and devotee there are no distances. I am always by your side and you are always Mine. All of you come to Puttaparthi after the function.

The function will be celebrated with gaiety and happiness all-round. I bless the couple with health and prosperity, children and grandchildren, wisdom, detachment, tranquility and peace. May they have a happy and pleasant married life. Convey My blessings to them. Convey My blessings to your husband and children. The very fact of the marriage of your son brings happiness to Me.

I will never forget you. I have not forgotten, nor will I ever forget you. This is the truth. What do I have other than My devotees? My devotees are the source of My entire happiness. There is no happiness for Me if I forget them.

*With Blessings
Baba garu*

Source: Prema Dhara 3, 36-7

POINTS TO CONSIDER

1. There are times when we feel Swami very close to us and other times when He feels very distant. How do we experience His proximity always?
2. In moments of distress when we wonder whether Swami has forgotten us, what should we do to restore the confidence that He will never forget us?

Bhagavan
Sri Sathya Sai Baba

Prasanthi Nilayam July 16, 1965

My dear Charles,

Blessings to you and to all the Sadhaka friends of yours, Bob, Mrs. Bob and others. Carry on with steady faith the spiritual discipline; do not hurry or expect too quick results; slow maturing makes the fruit sweeter.

Remember you are but an instrument in the hands of the Lord. But, you are not Jada or inert. You have Intelligence, Discrimination and the power to detach yourself from the world. These three are called Viveka, Vichakshana and Vairagyam. The more you develop these the better instruments you will be. Intelligence must be able to subdue the senses, discrimination must show the path to attain the eternal and the absolute; Vairagyam must attach you only to the higher goals.

When a person walks along the road, his shadow falls on the heaps and hollows, the thorns and dirt that happen to be, by the side of the road, but, he is not affected, by what happens to his shadow. You are the substance, not the shadow. You are the Divine Spark that is encased in the body, not the body.

Imagine a palm tree standing on the ground; its shadow stretches along the ground. The shadow is the world; the tree is the Reality. Climb the tree and reach the fruits on top; your shadow too reaches the shadow fruits. That is to say, do Sadhana and attain its goal; you will thereby attain worldly happiness and peace also.

If you lift the hand to serve, to help, to console, to encourage, another man – you are lifting it for God. Because, in every man, there is God. The body is the temple of the individual soul; the world is the temple of the Universal Soul. Use all your talents for serving others; that is the best way of serving yourself. For, they and you are one Entity.

The time is fast approaching when all your yearning will bear fruit. I do not belong to any particular place. I have come for the whole world; all men are mine. The Hospital has my blessings, wherever it is built.

The book will be sent to you with the meanings of non-English words. Also, photos.

With Blessings
Sri Sathya Sai Baba

4

YOU ARE THE SUBSTANCE, NOT THE SHADOW

Prasanthi Nilayam, July 16, 1965

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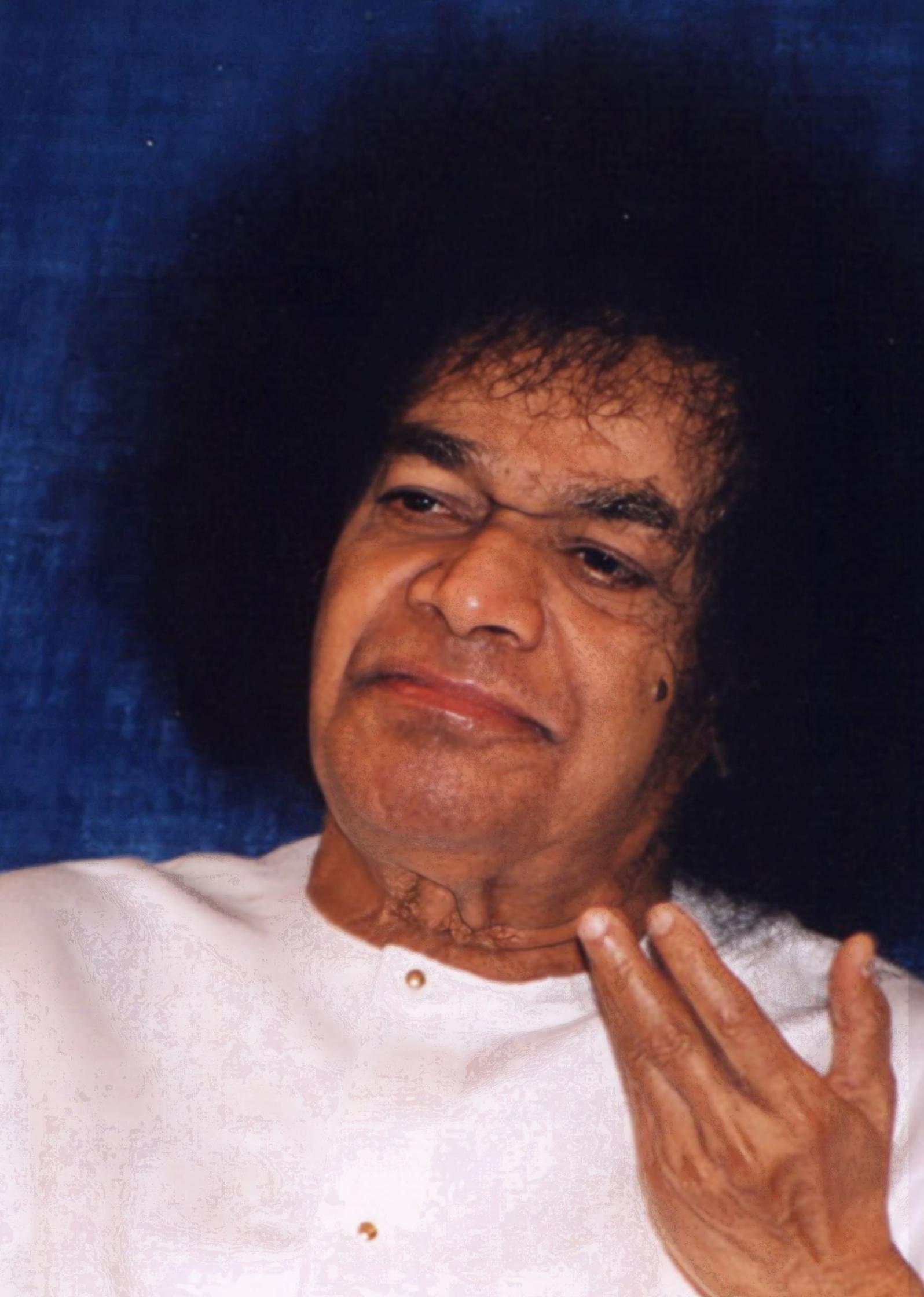
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With Blessings
Sri Sathya Sai Baba

Source: *Prema Dhara* 3, 74-5

POINTS TO CONSIDER

1. What form of spiritual discipline(s) do you find most natural and sustainable over time - so that you can persist with steady faith and without hurry as you slowly and sweetly mature?
2. How can Swami's statement that "you are the Substance, not the shadow... the Divine Spark, not the body," transform your relationship to worldly happiness and help you achieve lasting peace?
3. *Vairagya* in Sanskrit means 'detachment'. Why then does Swami say that it is attachment to higher goals?
4. How does serving others become the best way to serve oneself?



5

EXPERIENCE THE SWEETNESS OF GOD'S LOVE

Christmas Message, 1978

I have received the salutations you sent. The drops of love contained in them have cooled and soothed Sai's heart.

For a *kāranajanma* (a person born with a mission), the day on which they take up the physical body should not alone be identified as their birthdays. Such days are birthdays only for the physical body. In fact, there is no birth for that which is divine and sacred. *Kāranajanmas* take up bodies in order to fulfill a purpose. They proclaim and propagate the highest ideals. Only when we put these principles into practice in our lives—and, therefore, experience them—can we say we have shown our sense of gratitude for them.

All of you undoubtedly are messengers. Each should experience, enjoy, and spread the gospel and glory of God to others in the world. When you do this, you can say, "I am the messenger of God." Second, you should install the Master in the altar of your heart. Then, you can very well say, "I am the Son of God." You become near and dear to the Lord. Third, you should let your love be enveloped in God's love and your heart merge in God's heart. This indeed is the close stage, when, on the atmic plane, you have the conviction (born out of experience) that He and you are one and the same. This stage confirms the truth of the statement, "I and my Father are one", when one can experience identity with the Father.

The three stages are therefore: on the physical plane, you are the messenger; on the mental plane, you are the son; and lastly, on the *atmic* plane, you and He are one. The day you understand the significance of these statements and translate them into your own lives and experience them, you will earn the right to celebrate the birthday of Jesus. Celebration of His birthday does not consist merely of decorating a tree, lighting candles, and singing carols.

Implicitly obeying Sai's commands and injunctions constitutes the first stage. Then, you should transmit these to others, thereby establishing a link with the very embodiment of Love in your heart, and at the heart level. This signifies the establishment of a final relationship between you and the Master, who thus becomes the Father. You now secure the right to consider Him to be the Lord, the Overseer, the Recipient and your Everything. Gradually after this, you will come to a stage where spontaneously you become one with Him. He will become one with you and all will be His. Now there is only one kingdom, there is only one throne. Only that kind of love is verily God.

You should experience the sweetness of that love. Truly that Love is the blood of God, represented by the wine. The body, which God uses selflessly for service, is symbolized by the bread. When the blood and body are used together, you will understand what Jesus referred to as wine and bread. The intoxicant, wine, which inebriates a person with worldly affairs and causes desires in him, is the blood. The flesh, which craves for material sensory pleasures, is the bread. These two should be mixed together, and then by contemplating on them as God's blood and God's

body, they should be transmuted into organs that are manifestations of Divinity. Only then will they become consecrated and pure.

Blood should not be taken to mean ordinary blood. It should be thought of as Sai's blood. Only then will it become the offering, a *maha-yoga* (the ultimate unity with God), culminating in Sai. You should regard your muscles as masses of Sai's love, and utilize them to secure Sai's grace. Then it will become an offering to Sai and bring Him joy. This is the inner significance of the external symbolism, when people take bread and wine together in churches.

Jesus is not the original name. It is Isa. This Isa has become Sai. Isa also means *Ísvara* (God). The good deeds you have performed in countless previous births have resulted in your getting Sai in this lifetime of yours. Without much difficulty, you should retain and securely hold this possession. Experience it and derive bliss from it.

During the past week, the service activities you have performed in Brindavan, at the college, and in the hospital truly prove beyond doubt the spirit of oneness that prevails among you. Treating these places as your own homes, you are looking after them. Your love (blood), which is Sai's divinity, and your steadfastness and dedication (flesh), which is Sai's food, are indeed par excellence. You have made Sai supremely happy. You are all indeed blessed!

Oh, worthy recipients of Sai's love! You need not be troubled. It is of course laudable that, motivated by Sai's love, you are fulfilling your duty. Still, there is no cause to be afraid. Sai's protection is on your side and is in your heart. Do not entertain fear of any sort. Be happy.

Yours,
Baba

Source: Prema Dhara 1, 56-8

POINTS TO CONSIDER

1. Swami says that on the physical plane we are all messengers of God; on the mental plane we are sons and daughters of God; on the *Atmic* plane we are one with God. How do you practice these in our day-to-day life?
2. How do you nurture the spirit of Love in you, whereby you spontaneously become one with the Divine and "God becomes one with you"?
3. *Kāranjanmas* take up bodies in order to fulfill a purpose. Can we also become *Kāranjanmas* by finding the purpose of life and fulfilling it? If yes, what is the purpose of life?
4. Wine represents the blood of God - love. Wine is also an intoxicant. Bread represents the flesh of God. What then does it mean to make our blood as Sai's blood and muscles as masses of Sai's love?



CHRISTIAN
SCIENCE LEO
BOOK NO. 33

DATE:

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 extinction 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 is obtained only in the relative plane, where duality is transcended, no question of pairs of opposites arises. Raju God is always with you in you. Be happy.
— Baba —

Raju: I am sending little prasad (vibrations) for your health. Your health is not good. Be healthy and happy.

With Love
Kish

6

GOODNESS IS THE ONE FACTOR WHICH GIVES REAL VALUE OF LIFE

Dear Rajagopal! Accept my Blessings and Love.

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Baba

Source: Prema Dhara 3, 38-9

Raju! I am sending little prasada (Vibhuti) for your health; your health is not good.

With Blessings
Baba

POINTS TO CONSIDER

1. Swami says "greatness... is the consciousness of the achievement of the highest end of life." What spiritual practice(s) do you follow in order to achieve this kind of greatness?
2. In your own personal experience, how is goodness the way to extinguish desires and cultivate true happiness?
3. What is that true knowledge gaining which all days become happy days? How do we procure that 'higher learning'?
4. When there is no separate entity called 'goodness' why does Swami encourage us to be good, do good, see good?

Dear students!

Be like the star which never wavers from the crescent but is fixed in steady faith.

When the sun is over your head, there will be no shadow. So too when faith is steady in your heart, it should not cast any shadow of doubt.

Do not talk ill of others; talk only of the good in them; all are good; if you see bad in them, it is because there is bad in you; if you do not like someone, do not mix with him.

Grace is the sunlight which will ripen the fruit; sadhana is the sap which rises from earth. Both are needed by the tree in order that it may yield fruit.

With Blessings
Aah.

7

BE LIKE THE STAR WHICH NEVER WAVERS FROM THE CRESCENT

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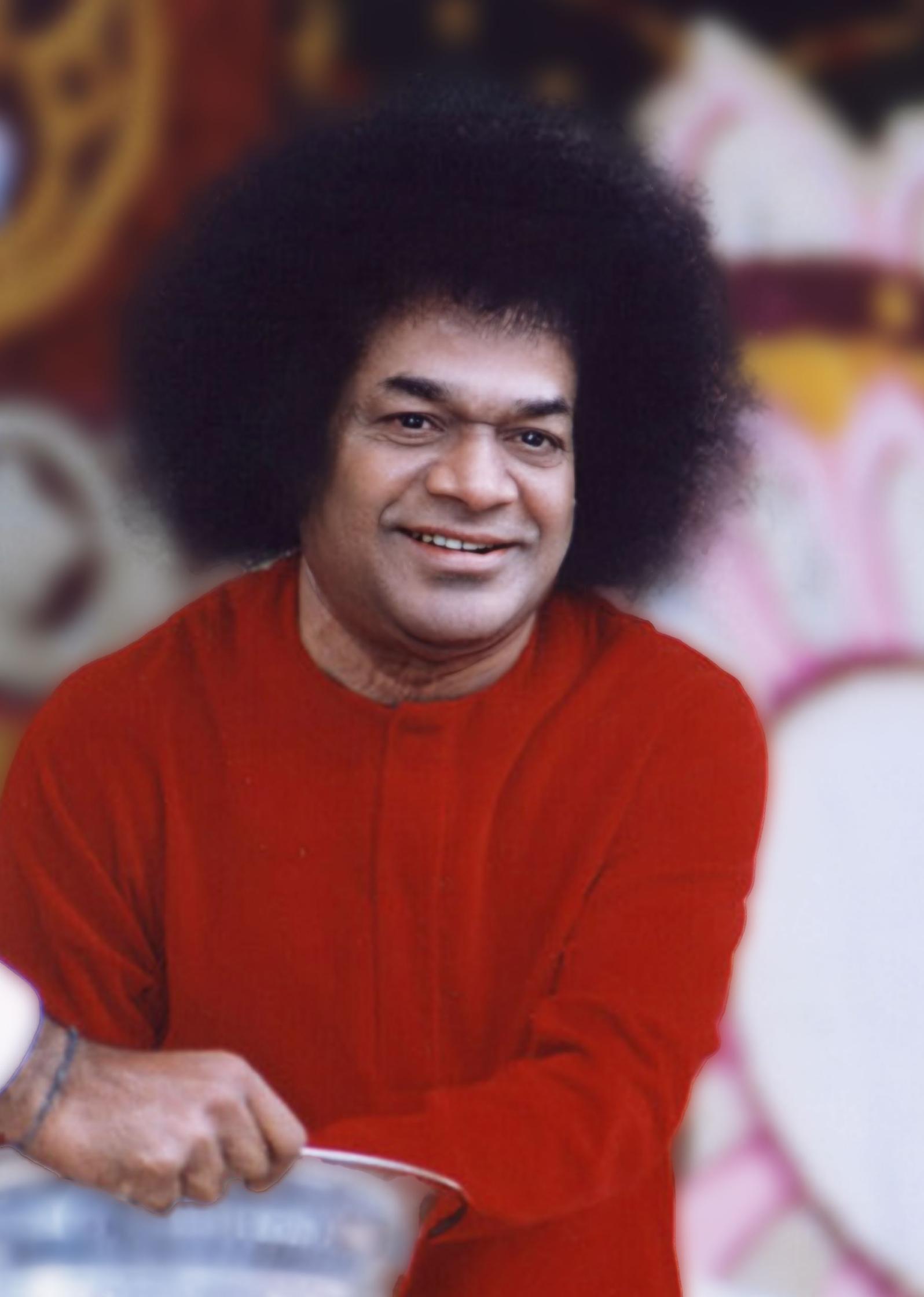
Grace is the sunlight which will ripen the fruit; sadhana is the sap which rises from earth. Both are needed by the tree in order that it may yield fruit.

*With Blessings
Baba*

Source: Prema Dhara 3, 3

POINTS TO CONSIDER

1. What are the moments when doubts arise? In such moments, what has helped you regain a sense of steady faith?
2. Swami writes , "If you see bad in others, it is because there is bad in you"? Examine all those you consider bad and explore how you can work on yourself to remove those bad traits in you.



8

FILL THE HEART WITH THE LIGHT OF PREMA

January 1, 1974

Let every human being remake himself. Let us understand that we live not for money making, not for fulfilling our wants, not for scholarly and intellectual pursuits, but for spiritual development. Effects of Karmas of the past have to be effaced with Karmas backed by *Prema*. Every Karma must have a background of *Prema*. It is only in this world that spiritual progress can be made. Annihilation of the ego and dissolution of desires can be made here and now. Conquer desires, the little "I" feeling, *vāsanās* (fancies), *vikāras* (passions), *rāga* (attachment) and *dvesha* (aversion). All these have built this world of appearances and illusions.

Fill the heart with the Light of *Prema* so that the evil qualities of hate, greed and conceit find no place therein. In winnowing, the dry outer coverings are separated from the grain. So too, you should separate the bad thoughts and emotions from the good and healthy ones. From this *Sankrānti* day onwards, walk along the flowery path shown by Sai.

Receive in full Sai's Grace and Love. Sai is your *Hridayasthaayi* (Indweller of the heart). Sai is the One who blesses your life with Peace. Sai is the One who grants your wishes.

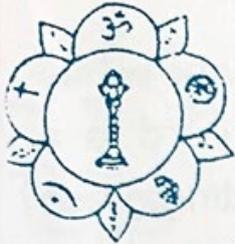
It is this Sai, who is your *Thaai* (Mother).

With Blessings
Baba

Source: *Prema Dhara* I, 29

POINTS TO CONSIDER

1. Swami has said that "*Prema*" means changeless, selfless, fearless Love. How can you nurture that kind of unconditional love to be/ become the background and basis of all your actions (*karmas*)?
2. What do you do to separate the "chaff" of bad thoughts/emotions from the grain of healthy ones, so you can experience Sai's ever-present Grace and Love?
3. "Effects of *Karmas* of the past have to be effaced with *Karmas* backed by *Prema*." How to ensure that our acts are backed by *Prema* and not *Moha* (Attachment)?



Bhagawan Sri Sathya Sai Baba

TELE No. 33
BRINDAVAN
WHITEFIELD

TELE No. 30
PRASANTHINILAYAM, P. O.
ANANTHAPUR DT

My Dears: what is primarily needed for one who wants to ultimately surrender himself entirely to the Lord is a consciousness of perfect security under the protecting grace of the supreme Lord. This consciousness can never leave us if we constantly practise the remembrance of Him. Verily, remembrance itself is Darshan. The repetition of GOD's name must lead to dedication of all your actions to Him. This remembrance will be yours even when you are intellectually and physically active in all the walk of life when you consider that those activities are performed in the ~~name~~ name and for the sake of the Lord. During your off-moments do not fail to keep your thoughts engaged in the contemplation of GOD and at the same time meditate upon the truth that all your physical and mental powers have their source and inspiration from the cosmic energy of the Divine

With Blessings
Baba

9

PERFECT SECURITY UNDER THE PROTECTING GRACE OF THE SUPREME LORD

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*With Blessings
Baba*

Source: Prema Dhara 159-160

POINTS TO CONSIDER

1. What is one time when you faced a challenge and had the "consciousness of perfect security" under the Lord's grace - and what is one time when you didn't have that consciousness? What caused that difference in experience?
2. In your own spiritual practice, how do you nurture the ability to keep your thoughts engaged in the contemplation of God, and what benefit have you experienced by this?



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