

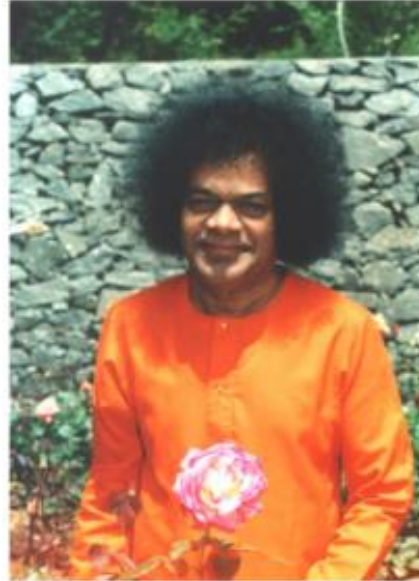


*Splendour
of
The Amazing Grace*

March Newsletter 2008

Silence

The first step in spirituality is: Practicing silence. Then, you can more easily recognize the galloping of the mind behind worldly happiness. Restrain its movements; turn it inside, into the calm lake of bliss that lies deep in the heart! Get over fear, by establishing your mind in the One, for, fear can arise only when there is another. An inquirer from the United States asked Me recently, 'How can faith become firm?' I answered, 'When the Truth is known, faith is rendered firm.'



When the truth is known that it is a rope, faith in its harmlessness is made firm, and fear that it is a snake disappears. Let people know the Truth; they will then grow in faith and the faith will endow them with great energy and enthusiasm. The rest will follow, and Dharma (righteousness) can flourish in this world.

Sri Sathya Sai Baba

Once, when a number of people were asked by me what they would like to be in the hands of God. I got various answers. Some said the lotus, some said Shanka(Conch), some said the chakra(Discus), but no one mentioned the Murali(Flute). I would advise you to become the Flute, for then the Lord will come to you, pick you up, put you to His lips and breathe through you, and out of the hollowness of your heart, due to the utter absence of egoism that you have developed, he will create captivating music for all creation to enjoy. Be straight without any will of your own. Merge your will in the will of God. Inhale only the breath of God. That is Divine Life, that is what I want you all to achieve. Destroy your ego, you have no need to seek libration, you will be libration itself.

Sri Sathya Sai Baba

Sri Sathya Sai Baba's Discourse on his 80 th birthday Continues from December 2007 Newsletter

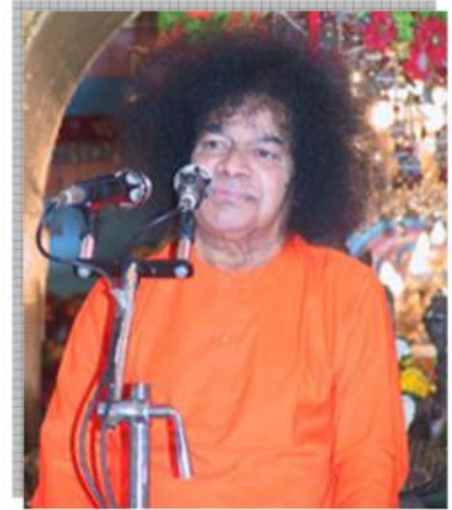
Date: 23 November 2005

Occasion: Sathya Sai Baba's Birthday

Place: Prasanthi Nilayam

Realize your innate divinity to attain peace Bhagavan Sri Sathya Sai Baba

Bereft of truth, righteousness, love and peace
the value of all your education is zero;
Bereft of truth, righteousness, love and peace
the sanctity of all your acts of charity is zero;
Bereft of truth, righteousness, love and peace
the utility of the positions of power occupied
is zero;
Bereft of truth, righteousness, love and peace
the result of all your good deeds is zero.
(Telugu poem)



Embodiments of Love!

Your heart is pure and sacred, but you are deluded by the clouds of desires. Just as the sun and the moon are not visible to us when they are covered by the clouds, we are unable to visualize our reality because of our desires.

*Childhood passes in trivial play with other children.
Youth passes in amorous sport.
Middle age absorbs time and effort in amassing wealth.
Come dotage, time crawls in futile longing for worldly desires, yet there is
no time for contemplation of God.
Thus is wasted the precious human birth,
deeply entangled in the net of karma
(Telugu poem)*

Man feels proud of his youth and falls into the trap of **maya** (delusion). As the end approaches, he regrets not having attained peace of mind in spite of enjoying all comforts and pleasures. Man passes through various stages in life such as childhood, youth, middle age, and old age. However, there is no transformation in him with the advancement of age. Instead of trying to change the **srishti** (creation), man should change his **drishti** (outlook). We can see the reality only when we change our **drishti**. There is nothing wrong with **srishti**. God's creation is perfect, and none can alter it. In this creation, God can make anything happen by His divine Will.

So long as one is endowed with physical strength and vigor, one may enjoy himself by participating in **aatalu** and **paatalu** (play and song). However, one should not indulge oneself in any activity beyond a certain limit. As the age advances, the physical body undergoes certain changes. All of you are aware what a great singer M.S. Subbulakshmi was. However, her voice refused to cooperate with her in the old age. When she mentioned this to Me, I told her that she had used her voice in excess, and that was the reason for her predicament.

Your voice and vision are bound to change with the passage of time. You suffer from unrest and anxiety because you rely on your physical body. Instead, rely on the changeless and eternal principle of the **Atma**.

Man is ruining his life because of his habits. He should lead a life of righteousness. Do not give undue importance to food and drink. Consider character as your very life-breath. If you lack character, you will have to face innumerable difficulties in life.

Divinity is referred to as **Sath**, which means changeless and eternal principle. People of different religions call it by different names. The Muslims extol God saying, "Allah Ho Akbar." They consider God as

their sole refuge. Whether one is a Muslim or a Hindu, God is the only refuge for all! You should emphatically declare to yourself, "I want God." You should get immersed in the divine, not in deep wine! Once you accept Rama as your God, you should spend your entire life in the contemplation of Rama. But, these days, man has become fickle-minded. One day he keeps the picture of Lord Rama in his altar and starts worshipping Him by chanting His name, but the very next day he replaces Rama's picture with that of Krishna if his wishes are not fulfilled.

Once there lived a devotee of Lord Shiva. He used to worship Shiva every day and chant the sacred **Panchakshari mantra "Om Namah Shivaya"**. But, after some time, he felt that Lord Shiva had not done him any favour. Hence he put aside Shiva's picture in the **almirah** and kept Rama's picture on the altar. Initially, he could experience some peace. However, his desires remained unfulfilled and he became restless. He kept Rama's picture also in the same **almirah** and started worshipping Krishna, on the advice of his guru. He chanted the divine name 'Gopala Krishna' incessantly. After some time, he felt that even Krishna had not done him any good.

One day a lady devotee came to him and said, "What is the use of worshipping Rama and Krishna? Better you do Devi **puja** (worship)." As per her advice, he kept a picture of Devi on the altar and started worshipping it. As the **puja** was in progress, he noticed that the fragrance from the incense sticks was wafting toward the **almirah** where the pictures of other deities were kept. He therefore decided to remove those pictures from the **almirah**, thinking that the incense sticks were meant for the goddess and that the other deities had no right to enjoy the fragrance. Immediately, the Divine Mother manifested herself before him and said, "Oh simpleton! You

worshipped Shiva for a few days, and then you switched over to Rama and later on to Krishna.

What is the guarantee that you will not discard My picture also tomorrow? This is not true devotion. You should contemplate on one name and one form till your last breath. You should remain unperturbed by difficulties and lead a spiritual life. Fill your heart with sacred feelings. Only then will your life be redeemed."If you want to progress in life never forget the name of God. Do not divert your mind from one name to another. Let your mind be focused on one name and one form.

Manah eva manushyanam karanam bandhamokshayo (mind is the cause for bondage and liberation of man). The mind wavers because of the desires you entertain. Hence, you will attain peace only when you give up desires. Mere performance of acts of charity will not confer nobility on you. Offer yourself to God with single-minded devotion. Only then can you attain peace and happiness. Control your desires. Control your thoughts. Then everything will come under your control.

[Embodiments of Love!](#)

You are endowed with the eternal principles of truth and love. Sathyannasti paro **dharma** (There is no **dharma** greater than adherence to truth) Consider **sathya** (truth) as the basis of your life. Follow the path of **dharma**. Only then will the principle of Love manifest in you. When you have love, you will be successful in all your endeavours.

[Embodiments of Love!](#)

You are not the body, which is bound to perish. You are the indweller, which has neither birth nor death. It has no attachment whatsoever.

You will attain immortality once you realize your true identity. You will be free from all worries and desires. You may ask, "Is there anyone without worries and desires?" I am Myself the living example in this regard. I have absolutely no desires whatsoever. Everything is in My hand. I can give you whatever you ask for. However, do not crave for materialistic things from Me. They are transient like passing clouds. Ask for that which is eternal. The entire world is sustained by the twin principles of truth and love. They are present in everyone. I am the truth that is present in all. I am the love that is present in all. Truth and love are all-pervasive. However, you are not making efforts to experience truth and love.

Embodiments of Love!

Today you may be occupying positions of power, but how long can you remain in power? It is only temporary. Only divinity is everlasting. You have chosen the path of truth. Never deviate from it. Never forget the principle of truth you have experienced. You may forget anything in life but not truth and love. Truth is **bahirvahini** (manifest flux) and love is **antarvahini** (undercurrent). Both of them have to be protected and sustained. That is the duty of a human being. Bereft of truth and love one does not deserve to be called a human being at all!

Embodiments of Love!

Let your life be filled with love. Do not confine your love to your family and friends. Share it with one and all. Whomsoever you come across, consider everyone as the embodiment of divinity. Share your love with your fellow human being and become the recipient of their love. Follow the path of truth. I always teach the principles of truth

and love. Congregations like this are meant only to exhort you to adhere to the path of truth and love.

All of you have gathered here out of your love for Me. Having come here and listened to My message, you should practise truth and love in your daily life. Only that will make Me very happy. Let your love be not tainted with worldly feelings. Let it flow incessantly toward God.

This was the ideal demonstrated by Radha. She was the kind of person who was always in the thought of Krishna, and her name itself conveys her greatness and sacredness. If you start with "R" you get Radha, if you start with "A" you get **adhar** (basis), if you start with "D" you get **dhara** (incessant flow), and if you start with "A" you get **aradh** (worship). This means that the very basis of Radha's life was incessant **aradhana** (worship) of Lord Krishna. Radha symbolised **dhara** (**prakriti** or nature). Krishna is **Paramatma** (God). Radha knew only Krishna and none else. She was totally immersed in the love of Krishna. It is because of such one-pointed devotion that she could attain liberation. One who aspires to attain liberation should follow the path of love as demonstrated by Radha.

Embodiments of Love!

I do not want to cause inconvenience to you by speaking at length. Hence, I bring My Discourse to a close. Consider whatever work you do as God's work. See God everywhere. I will be happy when you develop such divine feelings. So many people have assembled here. I confer on you the sacred wealth of My love and bliss. May all of you lead a long, happy, healthy, and peaceful life!

Art of Living



Art of living is integration of spirituality in day to day activities. This will teach you not to go with thoughts and go with God's Promise that if you don't go with thoughts I will take care of you.

What is the use of the sun to a dark room? The sun gives color, it gives depth, it gives life, and it gives light. Now, the Art of Living is not to adjust, fix, mend or repair our relationship, our situation, or our responsibilities. The Art of Living makes us live, it gives us life, it really does. I am going to explain how this works: you all know having come here enough times, that we have many tools to not go with the mind or to not react to the mind. Why are these tools given?

They are given because the individual mind is the first one that has to be neglected, in a good way. Then the world is a universal mind, and then what do we do with the world? We do the same thing that we did with our individual mind. This is a very big point. So you may ask 'how do we live in this world? And what should we do about this or that? How should we fix the political problems and the wars in this world?' What can we do, except to realize that the happenings in the world are also the Universal mind, which has been individualized within me, you, her, him, etc.? So, the way that we do Stop, Trust, Sword meditations, as well as everything that has been applied, can also be applied to the Universal mind.

Now, why should we do that? Can that help the world? Imagine this: if the individual thoughts believe these Universal disasters and they

foster fear, anxiety, and side taking, it results in this cloud of negativity that not only has anything to do with resolving the issues at hand, but it also multiplies itself. Then a person like us comes along and looks at the situation and what position does he or she take on it? No position, no position at all. This is because it is a Universal mind, and it will dissolve. The more of us who can do that and not get fooled by it, the easier it becomes to stop the world.

So, what is the position of Art of Living? First, you stand your ground of self, the little 'self,' with your individuality, and then you stand the ground of the Self with the Universal mind. So what is this Art of Living? It not only eliminates the falsehood, with the body identification, it also eliminates the falsehood of believing this world is real. I know this is hard to digest. In our dedication to free ourselves or to have peace of mind, we have freed the whole world, because it is Universal. It is very hard for the mind to understand, but if you can trust me for a moment, you will see that no other remedy ever worked. Why didn't it work? We brought temporary ointment and put it on a huge and deep sore. And it came up in another place in this world. So what is the remedy? It is the elimination of the false, it is the elimination of the false, it is the elimination of the false. Believe me. What we are doing here is much greater than anything we could do for the world.

Sathyam,

Awareness of Silence DVD, 8/8/06



We are divine. That's the bottom line. But it's not enough to hear it or say it, to believe it and to be convinced of this truth, and to live it; otherwise, we are living a lie, We are going around and not telling the truth. If you are walking on a road and the sun is behind you, you will have a shadow in front of you. If you concentrate enough on the shadow, you will be more interested in what the shadow's position is; where your hands and feet are, etc. Than actually realizing that if it wasn't for you, the shadow would have never existed. So every time that we think we are human, or this body, we are really looking at the shadow. Not one that is standing and prompting the shadow to exist.

So what do we do with this shadow identification? We turn to the Sun. Once you turn to the Sun, the shadow goes in the back or it will not be apparent anymore or not be there anymore. So what is this light? To contemplate, to live through the idea and the belief that I am God, I am part of God. Because, again I will repeat it, by the virtue that God is omnipresent I cannot be anything else. Why? Because God is omnipresent. What can I be but that? It's impossible to be something else. So once we contemplate on that Truth, the road does not even need to exist. We don't need to do all sorts of practices, all sorts of austerities, and all sorts of worship. We become inherent of the Father who is omnipresent. I repeat myself in the hope that since we are bombarded with nonsense and lies in the world. We can't hear enough of the Truth. And this feeling of divine existence brings tremendous love to the heart, almost intoxicating, almost beyond bearing; this love is. Why? Because the Truth is known and the Truth is love.

When you love something with all your heart, say you love a woman or a man, depending on what sex you are, you want to be in the vicinity of your beloved, you can't bear the separation. You do everything in your power to see that person, to talk to them, to be around them. When this love becomes self-consuming, the vicinity is not even enough, you don't know what to do, you just want to merge in that person, and you just want to feel the oneness with that person. And this is the story of the play of God, the manifest, we love God so strongly, maybe not in this lifetime, that this deep desire springs up and we want to know the Truth. When this dance begins to happen it never stops until it takes you there and this desire only burns more and more until you are consumed with it, and in that consummation we realize we were never born and it was just a game that happened. Now we might ask if we are that, why is it that we are not aware of it?

The simple is God is, that's it. And so if God is what can we not be? We have to be IS too. Because there is nothing but that. Even if we look at it logically it might make sense.

It doesn't matter what our role is. We have too much judgment that if we are on the spiritual path we have to be a certain way, behave a certain way. The crux of the matter is that I am I. I am I. And that I has no reason, no season, no beginning and no end. And until this is realized, there is always a judgment, there is always imaginary obstacles, there is always things to jump over, there is always searching, seeking, there is always hiding and seeking and so much emphasis goes on living, not enough emphasis on who am I? In God there is no good and bad, it just is, it just is.

There is one sentence that starts the whole thing and it is very very precious, "whether I know I am liberated or bounded I am I". In other words, whether we know who we are or not, it doesn't change who

we are, we are still that. Why should we even say who we are? Only because by realizing while you are embodied in the body you benefit from it. It doesn't change the fact that you are still that divine being. Now, spirituality is not to let go of a set of judgments and pick up another set, it's just to let go, period.

The very first time I saw My Guru, Baba, he said listen to your conscious voice. He didn't say listen to my conscious voice, he didn't say worship my feet, he didn't say follow me around, he said listen to your conscious voice. Immediately he pointed me to myself, immediately he told me the Truth. And so the expansion took place.

For the pain to stop you have to merge into the TRUTH. Not in who you are, because you are who you are. But for the pain to stop the merge has to start. And in order to merge it is to become one with the Beloved. Like Jesus said on the cross, "I and my father are one".

So after we go through I am the servant of God, which I am sure all of us have done or we wouldn't be here, meaning helping society, being helpful, being a good citizen, it becomes I am the son of God. Why? Because now you are no longer living on a salary, you are living by the Father's grace. So your relationship gets closer. But eventually you have to let go of that and say that I and my father are one. But this happens when we actually begin to swim in the Truth and entertain the Truth rather than the false.

And where does the false begin? When we begin to identify with our limited shadow on the ground. Because a shadow has no life or essence of its own. It is the entity that is standing up that gives the shadow its existence.

Activity of our day, is not our knowledge, not our education, it's not our nobleness, it's not our morality, it's not our cruelty, it is the TRUTH. It is the light of the TRUTH. Once you hear the TRUTH, don't

let it go. Take as it is a treasure in your hand and contemplated, focused, with one single I, until it become manifested in you.

The TRUTH is simple, what makes it complicated is our overeducated mind. You are the ultimate TRUTH.

Note: Up to here was also published in the December 2007 newsletter.

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Sathyam

10/1/03



Effortless Awareness of Silence

As we go through life, day to day, if we don't recognize who we are as this splendid light, this unlimited and unbounded existence, life becomes this fearsome jungle. It is therefore is very important to take time and be quiet, in order to get familiar with this silence, so it can communicate with us, and for us to have communion with it. Then we can go about our business daily, and also be aware of who we are, and where the silence is.

This is the right of every human being and in fact the reason for which we are born as a human being is because we can discriminate between the falsehood and the reality and stay in the reality. Unfortunately however most of humanity will take this opportunity and rely on all the lies of who they are which in actuality they are not: this limited mind and body. They listen to their minds and the minds of others and spend a lifetime in misery and struggle.

Every opportunity you get if you are going to worship anything worship your own silence, your own inner. And be true to it, faithful and loyal by going often and sitting within your own 'self', finding that treasure that we have looked for during many lifetimes into each corner of this world and we have come back unfulfilled and wounded.

If you bring a cup in this path then you take back with you a cup full, if you bring in a bucket, you take back a bucket full, and if you bring in a barrel, you bring in a barrel full. It is not the fault of the giver; it is the fault of the size of the dish we bring in with us. So, if these words sit in your heart, allow your container to be infinite, and do not let it be wasted here, smashed away with our thoughts, just like any other place.

Everyday each one of us should try to stay in our state of being rather than becoming. Each time the title of 'I am a mother, I am a sister, I am a brother, I am this or that comes up for a few moments throughout the day drop them, drop them all and allow yourself to sit quietly. Realize that before all of these titles you were also complete and perfect; after all of these titles you are still perfect and complete. What is this completion and what is this perfection? That is where your investigation begins within yourself through the silence and your interest.

So these little things that you can dwell on yourself and always when you dwell on these things Adrienne ask yourself 'Where is that invisible that makes everything run so perfectly, or perfectly go up or even die standing perfectly?' Whatever the question may be; always look for that one that makes the stars stay in the sky yet connected to the earth and just standing there by themselves in space.

This is developing a mind that would rather go deeper than struggle on the surface of the water and from there your silence will begin to guide you.

Sometimes in Lake Tahoe , you see an evergreen or other tree coming out of a stone; the stone just cracked to bring this tree up. This is the curiosity we need to have; what energy makes something so concrete break through. I mean how much energy can a seed have?

These types of questions take you deeper, and when you get deeper, you go into the silence, because the mind can not comprehend it, for it was bigger than the mind and you ask yourself, 'Then who am I?' At that time, you feel a peace and an expansion; you begin to realize that this is who you are: that expansion and that peace.

Every time I would go into nature, I would stare at running water and imagine this is life that just knows where it needs to go; the water does not need to struggle. If it is supposed to be sucked into a dry area so be it; this was the sacrifice that the water had to make. So, these are little things that you can dwell on yourself, and always when you dwell on these things ask yourself 'Where is that invisible that makes everything run so perfectly, or perfectly go up, or even die standing perfectly?'

Whatever the question may be; always look for that One that makes the stars stay in the sky, yet connected to the earth, and just standing there by themselves in space. This is developing a mind that would rather go deeper, than struggle on the surface of the water and from there your silence will begin to guide you.

Silence is very effortless. You just close your eyes and all of the responsibility that you have at that time, as far as the mind and body are concerned, is to simply choose a place and to just relax. And then your intention and attention have to find the silence. That is it! The rest will happen automatically. So you sit comfortably, and you close your eyes effortlessly, and bring the attention to silence and just sit. Let the mind think; it is actually more natural than breathing at times, it becomes that natural.

Sathyam

9/19/06

Sathyam's DVDs, audios and Transcripts
from her classes, conferences and books are
available in our website

<https://www.trustandletgo.com/>