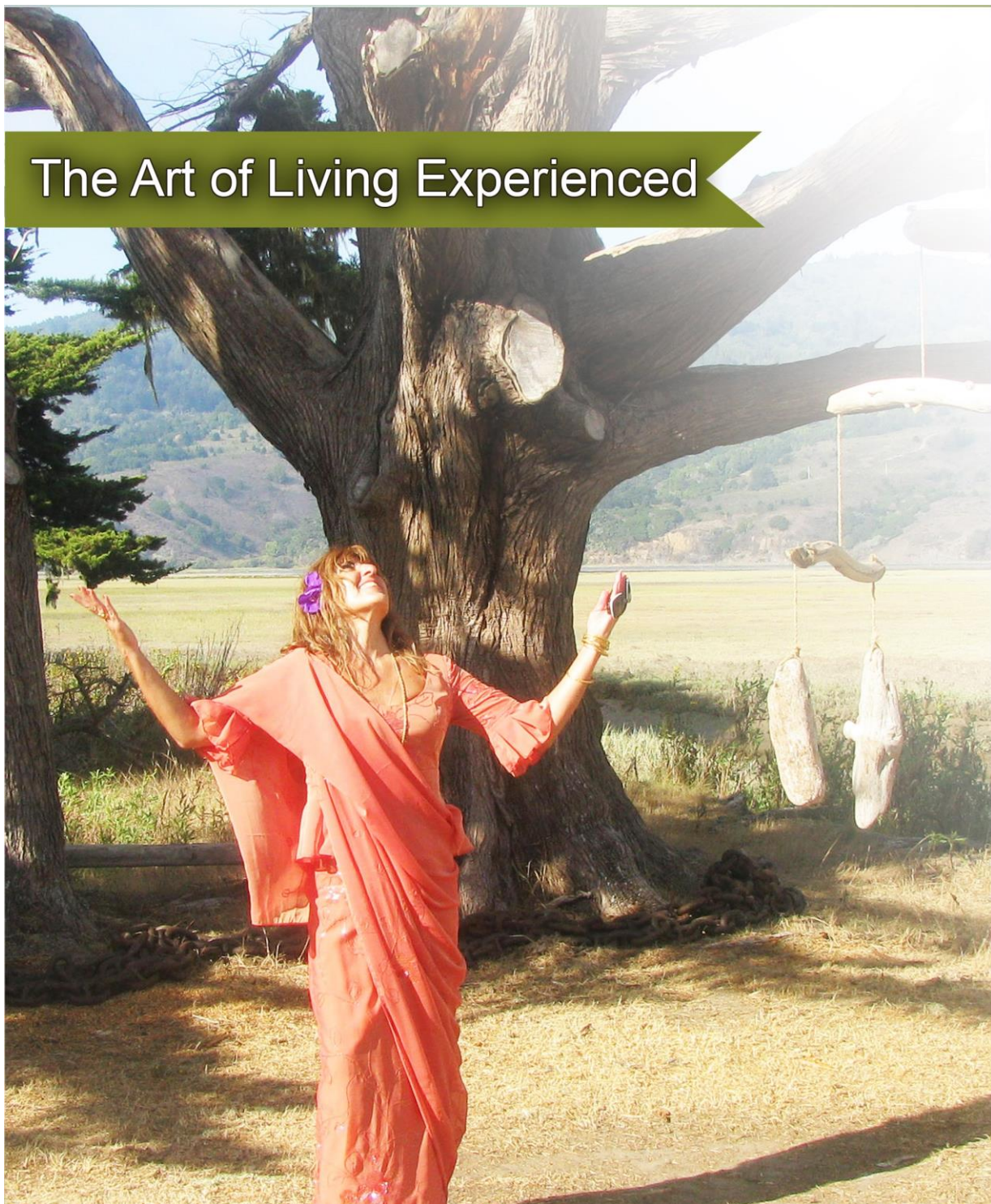


# The Art of Living Experienced







## **Sathyam's Prayer**

Dear Truth, Dear One

Let us see One, where there is two

Where there is pain, let us see One

Where there is fear, may we see One

Where there is stress and anxiety, may we see One

Where there is disharmony, may we see One

Where there is mis-trust, may we see One

Where there is loneliness, may we see One

Where there is love, may we see One

Where there is hate, may we see One

Where there is understanding, may we see One

Where there is mis-understanding, may we see One

May we see One, only One, in that, may we keep quiet, because there is nothing to see, nothing to hear, nothing to say, nothing to do and we become a flute, like Krishna's flute, where beautiful songs, beautiful music and beautiful words would flow out of us to that One.

**Amen**



## **Divine Love**

In the Ocean of God's Love, questions are swallowed, the future is swallowed, the path is swallowed. There is only a leaf, a particle of existence that goes freely, abundantly and carelessly to wherever this Ocean takes, without thoughts about where am I going, when am I getting there, how am I getting there and who is going to help me. This Love cherishes, nourishes and is infinitely effective.

**Sathyam**

# **TABLE OF CONTENTS**

## **Introduction**

### **Baba- 1**

### **Art of Living- 2**

### **Trust Meditation- 3**

- ♥ Experience with the Trust Meditation (Hanieh)- 5
- ♥ Experience with the Trust Meditation (Bahar)- 7
- ♥ Experience with the Trust Meditation (Mina)- 9
- ♥ Experience with the Trust Meditation (Samaneh)- 11

### **Omnipresent Meditation- 13**

### **Using the Omnipresent Meditation in Daily Life- 15**

- ♥ Experience with the Omnipresent Meditation (Sudabeh)- 16
- ♥ Experience with the Omnipresent Meditation (Hoda)- 17
- ♥ Experience with the Omnipresent Meditation (Farideh)- 19
- ♥ Experience with the Omnipresent Meditation (Kavi)- 20

### **Stop Meditation- 22**

- ♥ Experience with Stop Meditation (Asal)- 24
- ♥ Experience with Stop Meditation (Reza)- 26

### **Just Be- 27**

- ♥ Experience with the Art of Living in Truth (Nilufar)- 28

### **The Story of the Child Who Wandered Away- 32**

### **A Letter to Richard- 34**

- ♥ Experience with the Art of Living in Truth (Aida)- 36
- ♥ Experience with the Art of Living in Truth (Sepideh)- 38
- ♥ Experience with the Art of Living in Truth (Pantea)- 41

### **The Four Brothers- 45**

### **The Path of Bhakthi- 47**

- ♥ Experience with the Bhakthi Path (Fereshteh)- 49
- ♥ Experience with the Bhakthi Path (Radha)- 51
- ♥ Experience with the Bhakthi Path (Gopi)- 53
- ♥ Experience with the Bhakthi Path (Kavi)- 55

### **Put Your Attention on God- 56**

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## **Introduction:**

We are seekers on a spiritual journey that leads us back to our *True Existence*. This newsletter contains some of our experiences on this journey, and we want to share them with you. This newsletter is our humble offering to your heart.

Each word on every page represents a huge transformation and expansion that came about through using the tools and implementing the teachings of our dear Guide, Sathyam. This path and these teachings have had a profound effect on our lives.

The stories in these pages are not simple stories. These stories mark a new beginning. Once freedom is tasted and experienced, through the use of these tools and practices, nothing is ever truly the same.

Some of the stories are accounts of growth and change, while others depict specific experiences wherein the writer was able to discern between what is real and what is unreal. This is the miracle of the wisdom that serves as our travel companion on this journey. Each time we are able to recognize what is real, and negate the false, we experience an expansion of love and freedom. We included first hand accounts of Sathyam's words – words that freed and forever changed us – so you can follow along with us on our journey. Our wish is for this newsletter to find those people who, like you, wish to experience more peace, calm, love, freedom and Truth. May the messages contained in these pages light your way and warm your heart.

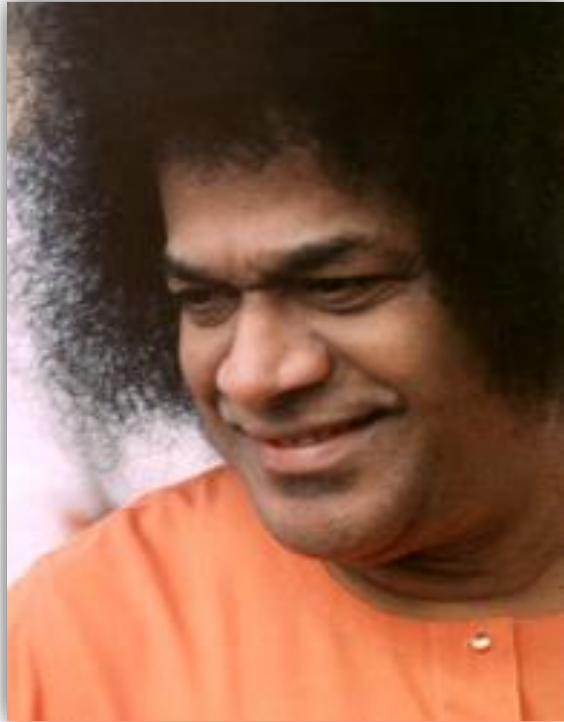
We thank Sathyam from the depths of our being. We thank Her for taking us from unreal to Real, from darkness to Light, from death to Immortality...

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# Baba

**Life sustained by food is short; life sustained by the Divine Spirit is eternal. Do not lay claim to long life, but to Divine life, Do not pine for more years on earth, but for more virtues in the heart. Everything is grief. Everything is empty. Everything is brief. Everything is polluted.**



**So the wise man has to do the duties cast upon him with discrimination, diligence and detachment. Play the role, but keep your identity unaffected. Have your head in the forest ashram (retreat), unaffected by the aimlessly rushing world. But it is your duty, a duty you cannot escape, to fully engage yourself in your work, unconcerned with loss or gain, failure or success, slander or praise.**

Sai Baba<sup>1</sup>, Quotes from: Life, Death and Liberation (P. 19)

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<sup>1</sup> Bhagavan Sri Sathya Sai Baba, A spiritual teacher and Avatar (Master of the five elements), who left His body in 2011, in Puttaparthi, India.

# ART OF LIVING

**Sathyam:** Our teaching is about the Art of Living. The Art of Living is integration of spirituality in day-to-day activities. The Art of Living allows us to live; it gives us life. The Art of Living is to be in the world but not of it. The Art of Living tells us how to not give importance to the individual mind and the Universal mind. The Art of Living teaches us how to live in this world and how to handle different situations in the world. The Art of Living not only eliminates the falsehood of body identification, it also eliminates the falsehood of believing this world is real. 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, you will see that no other remedy has ever worked. Why didn't it work? Because it was like we put a temporary ointment on a large, deep sore. 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...

**November 2007**



# Trust Meditation

**Sathyam:** We all hear people say the following things: ‘trust God’, ‘surrender’, ‘have faith’, ‘leave things in God’s hands’, and ‘lay everything at God’s feet.’ But none of these have ever been truly effective. People may repeatedly say, ‘God, I leave things in your hands,’ throughout the day, but they are still full of worry. Why is that? It is because the source that they are trying to rely on is obscure and only exists in their imagination. The Trust Meditation that we do is not a new concept, but the method is new. This method came to me in one of my classes. Its purpose is to shed some light on the idea of surrendering and leaving things in God’s hands.

You must accept that when your Being took this imaginary body, in this same Being was a dormant promise. What is this promise? The promise is: ‘If you do not go with your thoughts, and you TRUST ME, you will see the outcome.’ The difference between this method and the old way is that now we can identify a source. This source is not obscure or vague; it is not in the heavens or under the sea. Where is it? It is HERE. (Sathyam points to Her heart.) It is not far from us, on the contrary, it is really close, and we are sure of its location. In time, by practicing and seeing for ourselves that it works, we will Trust it more and more. So what do we do? Worries come, fear comes, happiness comes, sickness comes, etc.; we do what is necessary for that situation. But we also have the discipline to stand on the ground of the Promise that was instilled in our Being at the time of birth. You will see that trusting this promise will make the promise blossom more and more, because you are focused on it, you accept it, and you welcome it. When the promise blossoms within you, it sheds light on your life.

This Meditation should be done after you find the silence. All of our tools must be used after you find your silence, meaning that the silence is the base and foundation. Without that foundation, it is like a house built out of cards; it is unstable and cannot withstand even the smallest breeze. The foundation

is silence. In the beginning, sit when you practice this meditation. Later on when you get used to it, you don't have to sit or even be reminded; the promise will blossom and it will automatically do what is needed. But for now, sit comfortably and let go. Tell yourself, 'I am going to dedicate the next five or ten minutes of my life to doing the Trust Meditation; this is a mere drop in the ocean of God and Creation.' Find the Silence in your Being, and then tell yourself, 'this promise is in me, and it will take care of everything, from the smallest to the biggest things. My only job is to accept it, trust it and let myself fall into this promise.' For sure, as you let go, you will take a deep breath and relax in the freedom you discover.

**Meditation Tools DVD, 05-19-2009**

♥: I say a heartfelt hello to the Truth.

I say a heartfelt hello to everybody who has consciously begun his or her trip Home.<sup>2</sup> From the moment that I lifted my heavy head off of Sathyam's feet, so full of misery and exhaustion, until now, every one of my life's events have demonstrated proof of the truth of Her words. From that first moment, a seed was planted within me that has been blossoming ever since.

The lesson that stands out to me when I look back is learning to trust in the Omnipresent God, with whatever degree of interest, understanding, and consciousness that I had at the time.

I don't know how it came to pass, but now I clearly see that at each stage of my journey, with whatever understanding I had at the time, God showed me that I must Trust, and that there is no need to struggle or worry.

After a certain point on this path, my desires and the circumstances of the world around me became less important. The only thing that was permanent was seeing the greatness of the Omnipresence of God. It is the only beauty that exists for me now...

When and how this happened is not important; the beauty of my journey lies in seeing and feeling that He is everywhere. I can confidently say that everything that happened and continues to happen is for That, because only the richness of experiencing the Truth remains; everything else is temporal. Even when the memories of these experiences fade, the realization and understanding that comes about makes people crave the Truth. It allows people to taste the real nectar of life and it creates an opening in their hearts that might encompass the answers to all of their questions. It is interesting that when I first became familiar with Sathyam's teachings, Stop Meditation was most attractive to me. It seemed very logical to me that reading the thoughts was the source of all problems. But after a while, I came to realize that practicing Stop without consideration and

understanding of the Omnipresent, Omnipotent and Omniscient God and the promise that He put in my heart, is an extremely dry discipline and not useful for the mind. The human mind may be able to understand the source of pain and misery, but it needs love and trust in order to heal itself and give up old habits.

For me, the peak of this lesson occurred when I was invited to take an unimaginable divine journey with two companions. That trip was full of lessons about the practice of Trust. God was strict with us and didn't let us go on when we didn't trust Him. In

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<sup>2</sup> **Bring your attention and your concentration down, to the region of the heart, but not the physical heart; to the right side of the chest. The mind's energy will follow and it will calm down. This is our Home; it is the center of our being.**

turn, when we trusted Him, all doors were opened automatically. Maybe this is true for the entire journey of life, but on this trip we were allowed to clearly see this Truth in action. It was as though God was directly teaching me. He said, 'Enough! It is time that you learn this lesson.' During the trip, God forced me to practice Trust so that I could learn to turn every detail of my life over to Him, big and small - from things like eating, hotel booking and choosing my itinerary, to important decisions like the future of my life or my divine path.

My companions and I endured many difficulties on that trip, because trusting is difficult. The mind is not accustomed to it and still insists on writing a prescription for itself, even in the presence of the Guru. But, like a strict teacher, God had decided to practice Trust with us. I remember that when we didn't trust, we had difficulty procuring even a serving of food (or when we did, we were too tired to eat it). From where I now stand, I can see that it was the lesson I had to learn and I am still learning. It is interesting that I learned to trust through a deeper understanding of what this Trust is. The Omnipresent takes care of everything, even hollow fears that have no reality in the day dream (which is the world, and everyday life) or the night dream. Truly understanding and experiencing this Truth is the only thing I need in this world. I talked about Stop, Trust and the Omnipresence of God, but I should add that understanding and practicing these would not be possible without the presence and love of my Guru. She lit a fire within me. She instilled a yearning to experience the Truth and the courage needed to do so.

My Guru's presence erased the pages of my fate and drew a picture of my Beloved on each one...

Hers is the Presence, Picture and Name that I will never forget as long as I live...

The name and presence of Sathyam is my Stop, Trust and Omnipresent practice...

It is the Name that turns my entire body and heart back toward awareness...

I gratefully bow my head to this Presence and Name that lifted me up all those years ago.

With eternal Love

Hanieh

♥: They say if you take one step towards God, he'll take ten steps towards you. My experience has proven this to be true.

About two years into my path, my fiancé and I rented a house in Reno, where Sathyam lived, and asked Her to marry us. She agreed. She asked many times if we wanted anything special at the ceremony but we told Her our only wish was that She marry us. We didn't need anything but Her words to seal our union. She told us to come back in two days.

When we arrived at Her house on the designated day, I can't tell you the lengths to which She had gone to in order to make this day special for us. She

had transformed the meditation room into the most magnificent wedding venue you've ever seen.

There were flowers and candles everywhere and She had even put up a gazebo for us to get married under!

During the ceremony, She spoke the most beautiful words I have ever heard about love and afterwards we had a feast and a party fit for kings. I was floored. I couldn't believe She had gone to this much effort for us. Who was this wonderful being? I had never felt more loved or cared for.

Later that month, we had a retreat at Her house. I was in the kitchen washing the dishes and something inside of me broke. I had never been happier than I was standing there doing dishes in Her kitchen. I didn't know what to make of it, but I'll never forget that moment.

On the last day of the trip, my husband and I made a wrong turn in Her neighborhood and drove by a house for sale. We told Her about it and She said She wanted to see it. When we arrived, the two front doors were open. When we walked through them, She said, 'don't you feel it? Don't you know



this is your house?’ And I did. And we made an offer on the house that day. Just before we left for the airport, She gave me one last gift: She changed my name to Bahar, which literally translates to spring, and is symbolic of new life.

Since that time, I have truly become a different person. I don’t relate to the 32 year old who asked Sathyam to marry her. I’m not sure I would recognize her. She was broken and wounded in so many ways, but didn’t even know it. My path has been an incredible mix of highs as I soared with the teachings and lows as I wandered astray and peeled back layers of myself. But every time I have gone through a rough patch, I have come out on the other side stronger and more rooted in the teachings. Each year, I can look back and say I have more peace than the year before.

I don’t even remember how we decided to rent that house in Reno or how we got the courage to ask Sathyam to marry us. But I do know that we had a prompting and we went with it. We did so with open hearts and a full trust in our Guru. And since that time, the Guru has changed us and our lives beyond our wildest measure.

Bahar



♥: With warm greetings and love for the Truth and Existence.

I am so joyful and pleased that each of us were granted this opportunity to share all the stages that we have passed through in our understanding of love and closeness to the Truth. I will share some experiences from my spiritual journey, and I hope to do this with my whole heart because anything done with love is enjoyable.

Throughout the years spent on this spiritual path, I have become familiar with the silence within my heart, and by trusting in this silence, I feel peace within my being. Sometimes trusting in this silence allows me to see some signs of the truth, and seeing these signs encourages me to practice the tools and repeat chants, like "Allah Malek" and "Be Khod Ah," more often. Whenever I am deep in meditation, space and time become irrelevant for me, and I can smell the sweet fragrance of Baba's presence and feel Sathyam's warm embrace, with so much love. But sometimes the world's problems appear so big to me or all of a sudden, I am faced with very concerning thoughts and I lose my peace. Going with repeated thoughts used to reopen old wounds for me but now, with trust in God and the practices I have, I can extinguish the raging fire more easily than I could before.

When I feel hopelessness or concern about worldly problems, through trust in "Isness," the problems are eliminated, without any controversy or worldly problem solving. I will now share a memory of such an experience:

My friend's husbands came to Iran for a difficult surgical procedure.

Unbeknownst to his family, on the day before the operation, he entrusted me with a briefcase containing his important documents, a checkbook and a key to his safe deposit box, to be returned to him after his discharge from the hospital. Unfortunately, he died during the procedure, before his wife's arrival from abroad. I felt burdened by this overwhelming responsibility because the contents of the suitcase were so valuable.

I was very worried and desperate to be rid of responsibility for the briefcase, and my mind was anxious. Then I remembered what Sathyam said, "Never solve a problem on the level of the problem." So I decided that instead of doing anything else with respect to the situation, I would turn off my phone for two days and sit in silence, with love and trust, and put myself in God's hands. After two days, someone came to see me and introduced himself as the family's attorney. Apparently, he was the only other person who knew about this briefcase full of documents and money. He confidently said, "Please hand over the briefcase and I will present you with a signed and certified receipt for all of its documents and contents. You don't have to worry." I quickly handed over the briefcase and its

contents to the attorney, and I was free of it. This situation is always a reminder for me that giving priority to silence is always more effective than any worldly means of problem solving.

I will share another experience about trust in the omnipresence of God. During a devotional program in honor of Sathyam's birthday that I was hosting, with full trust in God's omnipresence, and love for my Teacher, I asked from the bottom of my heart that Sathyam be with us during the meeting. During the program, the candles burned so brightly that the candle wax was dripping onto the fabric covering the altar. At the end of the session, I saw that the drippings created large and small hearts all over the altar; I gifted them to the guests and kept the largest of the hearts for myself, to keep always, as a symbol of Sathyam's love and omnipresence, and our freedom.

I will end my sharing with a poem by Rumi that describes the way I feel:

*When I melted, I saw myself as a mirage  
When I became an ocean, I saw myself as a bubble  
When I became aware, I saw my ignorance  
When I woke up, I saw myself sleeping*

With love,  
Mina

♥: When I reflect on each moment of my life, I am grateful for the miracle that is these teachings. They are the product of the grace and blessings that I have received from my Guide, Sathyam. My life was always run by fear and worry. I lived in fear of losing a loved one or something terrible happening to me. I was always worried and anxious. I also experienced a lot of other unpleasant emotions in my daily life, like hurt feelings, anger, and so on...but fear was the one thing that was with me constantly; I could not shake it. I met my dearest Sathyam after reading Her book, **Nazanine**<sup>3</sup>. The amount of religious rhetoric in my house should have prevented me from accepting the words in those pages, but I felt a deep pull and longing in my being to meet Sathyam. Slowly, through hearing Her sweet voice and practicing the tools of the "Art of Living in Truth", I learned to have the connection with God that I used to search for outside of myself. Over time and through my Guide's patience, I learned that God is not outside of me, and I only need to look within. After familiarizing myself with the Trust Meditation, I realized that I was always afraid because my trust and faith was in a God that I did not know. As I began to know God more intimately and things began to open up within me, I was able to let go of the fear and start to understand the real meaning of surrender.

Before meeting Sathyam, my biggest fear was drowning; I had nightmares about drowning once or twice a week, and I would wake up terrified. I could feel myself gasping for air! At the beginning of my path, when I first learned about the Trust Meditation, one night before bed, I complained to God about this reoccurring fear, and then I drifted off to sleep. In my dream, I saw myself standing at the edge of a pool, where I lost my footing and fell into the water. I was drowning, and I was so scared that I broke out into a cold sweat. Then Sathyam appeared. She took my hands and pulled me out of the water and through an inner, unspoken communication. She said, 'God is always with you in your time of need. God will not leave you alone. You have no reason to fret.' I woke up with such a pleasant feeling! I promised myself, right then and there, not to allow my trust in the God within to ever be shaken. It has been seven years since I made this promise, and I can say that my trust in Sathyam's words never waived, not even for a second, despite all of life's ups and downs. My trust never waived, not even when I felt lack or despair in a given situation. Somewhere deep in my being, I always know that everything will be okay and that whatever will be, will be. From where I now stand, I realize that the only thing I should worry about is being worried, nothing else. My dearest Guide taught me how to be in the silence; She taught me how to go to the region of my heart and get answers to all of my questions there. She taught me

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<sup>3</sup> The first book that Sathyam wrote, chronicling Her trip to India and the experience of meeting Her spiritual Teacher, Sai Baba. The book also reviews His teachings.

how to experience inner joy, by being in 'this moment' and not going with past memories and fears of the future.

Through practicing Sathyam's teachings, my chaotic mind is calmer than it used to be. There are times when I am completely drowning in the world's chaos, but even at those times, due to the effects of my repeated practices, something from within invites me to silence. I am reminded that I am not that which I think I am, and I am pulled out of hard times faster than I used to be.

When I first met Sathyam, She wrote the following down for me on a piece of paper: 'Dearest Samaneh, always be happy'. This sentence immediately brought the gift of true inner happiness into my life, and from that moment on, from the depths of my being, I have been truly happy. Even if something in the world causes me hardship, with the wisdom and understanding from my Guide, and by using my tools, the unreality of the world becomes clearer and clearer for me. There are no words to express the way I feel; I can only say that I truly cherish this divine silence in my life and in each moment, I rejoice in the Self.

I wish to be permanently drowning in Divinity.

Love, Sathyam's little girl

*'This moment' is Just Be. Just Be is always in Ananda. 'This moment' is Your Presence. This moment is no different from the past or the future. So, when you say 'This Moment', it has to take you to your Presence. Present time means being in the presence of THAT which is Omnipresent & IS who you really are. When we say 'This Moment' it is as if we say 'ahhhh ... I AM'. 'Now' has to be filled with the quality of the Self. Feeling your Presence makes this moment a moment of now, and the 'now' is the only moment that is Omnipresent and always IS. When you are in your own Presence, you have already left the bazaar to go There. When you are in the bazaar, you have already left the company of your Presence.*

**Sathyam, 10-28-2014**

# Omnipresent Meditation

**Sathyam:** We all know that in the Koran, the Bible, the Bhagavad Gita, and other holy books, it says, ‘God is everywhere.’ In this meditation, we will make use of this wisdom.

First we sit comfortably. Touch the silence, the inner and outer silence.

Touch the silence... Where is the silence? First and foremost it is here (pointing to the heart). Even though the silence is everywhere, it can be felt in the heart.

So bring your attention here (to the heart, not the physical heart, but the spiritual heart, which is said to be in the middle of your chest, to the right side). With the interest that you have; and the love you have for God, saturate yourself in the silence. Then from the silence say: ‘God is everything’ or ‘Since God is everything’ or ‘Because God is everything’. You must tailor this sentence to suit yourself. Use whatever is infinite and endless for you, and represents the One. Say ‘Since God is everything’ or ‘God is everything’... and as you say it, enjoy this Truth... enjoy God’s greatness. You will almost certainly tilt your head back or take a deep breath. There is no need to look up to the heavens to experience God anymore! After enjoying the greatness of the all-pervasive God, and without rushing, ask yourself: ‘God is everything? Everything? Everything? Then what can I be? Everything will happen within you. Do not rush because if you do, your mind will get used to rushing and your connection will come from your mind instead of the heart. (Sathyam sits in silence for a few moments.)

This connection to God’s greatness will initiate the opening of the Heart. You will feel freedom in the opening and expansion of your heart. Freedom... freedom... freedom. Sit in this freedom. (Sathyam sits in silence for a few moments.)

Then open your eyes, smile, and go about your daily routine.

Once again, when you feel that the Self is inviting you within, pay attention to it. Go within, find the silence, pay attention to the Greatness and give importance to One-ness in this vast, all-pervasiveness. The heart will open again, you will feel the freedom, and again you get up and get on with your

day. Again, and again, five times, ten times, one year, ten years...you do this until the heart stays open, and you do not have to sit anymore.

The world causes the heart to close and connecting to the Truth opens it. So don't be disappointed if you feel separated; the feeling of separation means closing of the heart, and it is natural. You have to practice this connection in the face of worldly and everyday thoughts so much that the heart stays open longer each time, until it stays open permanently. This might happen at our last breath or much sooner, or in the next lifetime... It doesn't matter when it happens. What is important is that it has started to open and even though we have no doubt about the eventual result, we should not have any expectations when we practice this. The important part is the connection and that 'Ahhhhh' (that comes from within) and the minute-to-minute opening that occurs.

**Meditation Tools DVD, 05-19-2009**



# Using the Omnipresent Meditation in Daily Life

**Sathyam:** Any situation that arises in life can be solved using these three sentences: God is everything and everywhere. God is All Knowing and the All Knower. God is the only power. For example, when you are afraid, concentrate on this sentence: 'Because God is everything and everywhere, I cannot be separate from Him'. This awareness and understanding separates a person from fear, doubt, loneliness, worry and stress and ultimately removes the mind. 'God is everything and everywhere' means that not only is God within us but He is also all around us.

Now imagine that you have forgotten something very important, like an important point. As soon as you feel like you don't have the power to do or understand something, put the second sentence to work. 'Since God is All Knowing and the All Knower, I cannot be any different from that.' This sentence removes all worrisome thoughts and prepares the mind to accept the Omnipotence, Omniscience and Omnipresence.

This is how to use the third sentence. When you have doubts about something, or you are scared to start something, or feel like you are taking a big step or are uncertain about how to solve a problem, remember that 'God is the only power'. For example, if you catch a cold, instead of giving the cold any power, contemplate on the third sentence. 'God is the only power; therefore disease cannot have any power over me. If I give disease or anything else power, two powers are created and God says that two powers do not exist; only One power exists!' By contemplating on the One power, which is God, the false beliefs and fears begin to slowly fade away.

So live with these three sentences, or these three truths: God is everything and everywhere. God is All Knowing and the All Knower. God is the only power.

Remember that anytime you feel attached or worried, or someone upsets you, return to these three truths and tell yourself, 'God is everywhere, so He is also with me, and I am a part of Him. God knows everything, so I must also know. God is the only power, so He will help me, therefore nothing can harm me.' Accept these truths from the bottom of your heart, until your entire being rejoices in these truths.

**Excerpts from 'Iran Conference' Book, Page 203-204**

♥: I want to share an experience that I had regarding “The Art of Living in the Truth”. Even though this happened to me at the beginning of my path, it is very vivid and fresh in my mind and helped me to continue on my path with more love and trust in my Guide. I live outside of Iran in a foreign country, far from my family. One day, one of my family members, who was newly married, called me to discuss a predicament she had with her husband. We weren’t very close and didn’t know each other well, but she chose to confide in me and didn’t want anyone else in the family to know about the situation. I listened carefully to what she said, and the whole time we spoke, I tried to keep the Truth in mind and not play the role of the doer, or give her any advise that comes from the mind. I must say that one of my weaknesses is, or I should say, was, that in these types of situations, I would feel responsible and try to find a solution. After our conversation, her problem kept repeating itself in my head throughout the day. Since I was new to the path, I chose to call one of Sathyam’s devotees, so that instead of going with the repeated thoughts of fear and concern for my family member, I could use our tools and teachings to illuminate the situation. I must also say that having spiritual gatherings and other devotees to lean on is very helpful in remembering the teachings. After speaking to a devotee, I realized that my worries and fears could serve as reminders for me to do the Omnipresent Meditation. So every time I feared for her or felt concern, whether I was washing dishes, working or shopping, I would close my eyes for a few minutes and do the Omnipresent Meditation. ‘Since God is everything and everywhere, what can I be? What can my family be? What can their problem be?’ During this same time, another unfortunate incident occurred, and I learned that my parents were in a bad situation. Upon hearing this bad news, I immediately saw the unreality of it, and allowed the fear and concern to be dissolved in the vastness of the Omnipresent Meditation. I trusted...

After a few days, I was surprised to see that the problem that arose for my parents caused my relative and her husband to forget their own problems and turn their focus toward solving my parent’s problem. Their problem, which had become so big and serious for them, lost its importance. And a short while later, my parents problem was also resolved. I saw that when I set aside the doer-ship, refuse to believe the problems and just remember the Truth, through the Trust and Omnipresent Meditations, without looking for an outcome or wanting to solve the problem, I get the best possible outcome. And by doing this, in the midst of all of this concern and fear, I can maintain my peace. Although each situation and learning experience is different, they all have but one purpose, which is for me to understand that this world has no reality. Sudabeh

♥: Since being on this path, my deepest and most beautiful experiences occurred at times when I had complete faith; at times when I wasn't expecting a miracle; I just stood the ground of Truth with total trust. I saw the most results when I was not expecting any result, but when I believed the mind's stories and waited to experience the Truth, it proved to be a waste of time. I have fallen for the tricks of the mind a thousand times, and I still do, but I have so many experiences that prove the reality of these gifts that Sathyam has bestowed upon us, and the unreality of the mind and thoughts.

Here I will write about one such experience that is so beautiful; when I am reminded of it, my heart overflows with joy:

My father is an elderly man who is always worried about his health. On one such occasion, everyone in the family was convinced that he was fine, but he decided to consult with a doctor and I was sent to accompany him. Because there was nothing specifically wrong with my father, the physician recommended a minor, exploratory procedure. He said that he could perform the procedure in a few hours. This procedure was completely unnecessary for my father, and aside from the expense, it did carry some potential risks. But he insisted that he wanted to go through with it in order to be certain that everything was okay. We had several hours of waiting until the scheduled procedure time. My family members, who were very worried about my father's decision, were in constant contact with me. They wanted me to convince him that this was not in his best interest. On that day, with my Teacher's grace, my faith in Sathyam's teachings was unshakeable and I refused to solve the problem through worldly means. Also, I know my father well; when he makes up his mind, nothing and no one can change it.

The bazaar teaches us to give each other advice, and to offer each other our unfounded opinions, in order to change someone else's opinion. In *Most Precious*<sup>4</sup>, Sathyam says:

*Never solve the problem in the level of the problem — by the means of the mind or the power of the physical body. It has been done like this from the beginning of time; and now, look where it has taken us, to more and more problems! Always know that the permanent solution lies within you. Instead of trying to get rid of your moment-to-moment problems, find out the cause of all problems. You will see that the cause is in believing in two powers.*

After learning that we had several hours to kill before the procedure, contrary to my family's wish, I didn't say anything to try and convince my father of anything, nor did I try to explain why the

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<sup>4</sup> Sathyam's second book, a product of divine inspiration, contains many spiritual questions and answers.

surgery was not a good idea. I just went to the region of the heart, and did the Omnipresent Meditation. After that, my father and I went to lunch and then did some exploring to pass the time. We had a wonderful day together. When we arrived back at the doctor's office for the scheduled procedure, my father said, 'I have changed my mind; I don't think this procedure is necessary.' So he apologized to the doctor for his change of heart and we went home.

Since receiving these tools from Sathyam, and being embraced by the **Truth**, which planted the seed of love in my heart, every day of my life is full of these types of experiences. Whenever I went forward with trust and faith in God, I saw only **One** instead of fear, hatred, attachment, and so on, and I tasted the sweetness of it's perfection and love. But when I chose to believe the thoughts, the duality that they bring was so painful that, whether I wanted to or not, I changed my mind and returned to the silence of my heart.

What I want to say, from the bottom of my heart, is this: On this path, one can hear the highest wisdom, commit it to memory and even remember it at times, but the individual experience is something that is forever stamped in your being and can never be forgotten. When I experience something, the next time I find myself in a similar situation, invariably, without reminders, my mind is silenced and I become the witness. Sathyam says, '**do it until it is proven right.**' Do it with the sincere wish to have the courage to throw out the old beliefs and be 'free'.

My dearest Sathyam, my Teacher, my Beloved... I thank God for each breath that I take in loving You... I thank God for each step that I take toward understanding the Truth...

Hoda

♥: The affect of the Omnipresent Meditation on my life: Before becoming familiar with this path, I had a very low tolerance for illness, to the point where even one small cold would leave me feeling bitter and moody. I expected others to help me or have understanding for my situation. At that time, I had no clue about the Omnipresent, Omniscient and Omnipotent God.

When I became familiar with Sathyam and Her teachings, the Omnipresent Meditation really helped me accept physical illness. Remembering this truth, that God is Omnipresent, Omniscient and Omnipotent, helped increase my patience and tolerance for illness. It also decreased the pain I experienced when sick, and allowed me to maintain my inner peace during these times. Miraculously, in many instances, the Omnipresent Meditation was a more effective remedy for me than medication. In the past, each illness used to really cost me; I spent a lot of time and money on various treatments, and created a lot of concern for my family and myself. Now, I go to the doctor much less often, and I enjoy better health. I also have much less fear of death and illness than I did before. Through practice and by remembering the 'Truth', I am slowly starting to understand that I am not limited to this body, and since God is everything and everywhere, I can't be separate from that.

The affect of the Death Meditation on my life: Another habit of mine is to worry about my loved ones and the people around me, a tendency that makes me want to control everything. I want to protect others and prevent them from making mistakes or getting into trouble, which can be a source of frustration for me. But now, when this fear or worry comes to me, or when I am frustrated with others, instead of arguing with them or ignoring them, I do the Death Meditation. In this practice, I calmly sit down and imagine that I have died, and in doing so, I let go of everything.

By using the tools of the Art of Living in Truth, my perspective has changed on almost all things in life, and I feel a deeper sense of peace and trust than I used to. Farideh

**Play Dead Meditation: If your mind is very busy, or if some situation has caused the thoughts to temporarily attack, making it difficult for you to do your practices, you can do this meditation first. Just imagine that your life has ended suddenly, and that you have experienced death; the life, people and places you once knew are no more! This will help you realize the insignificance of the current situation that is bothering you. It helps open up some space for your inner silence and allows you to appreciate your inner stillness.**

**Sathyam, Meditation Tools DVD, 05-19-2009**

♥: In the newsletter, "Raising Children through the Art of Living", Sathyam says, 'When the child is born, he is the white canvas...keep the canvas clean...what I mean by that is to see his Divinity.' Sathyam places a lot of importance on children and spends a lot of time with them, and tells them the **Truth** in very simple terms, and it's interesting that children understand and accept Her words much more quickly than adults.

When my children were young, I didn't have the good fortune of knowing my dearest Sathyam; therefore I was unable to practice the Truth with them. But because I had so much interest in it, I tried to practice these teachings with my grandchildren. From the time they were born, I constantly told them that they were the light, and saw only their divinity. For this reason, I have a lot of experiences, the sum of which have proven the Truth of Her words. I have seen with my own eyes how these **truths** have guided the children and established a divine life for them.

My eldest grandchild, Auva, was my first experience applying spirituality to raising children. I practice everything that I have been taught with her, and she receives it with open arms. A few days before Christmas in 2015, when she was seven years old, we wrote this bhajan<sup>5</sup> together that is rooted in Sathyam's teachings.

*I am the light, I am the light.  
Light is within me, light is around me.  
I am the light, I am the light.  
Light will protect me, everywhere I go.  
I am the light, I am the light.  
Light is happiness, that's my nature.  
I am the light, I am the light.*

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<sup>5</sup> Divine songs



She recorded us reciting this and presented it to Sathyam as a Christmas gift, from her own heart. A few days after writing the bhajan, our entire family went sightseeing around town. We were busy shopping and because we are a large group, we didn't notice Auva's absence as we headed toward the car. We looked everywhere but could not find her; we immediately did the Light Meditation and headed back toward the store. We saw Auva, calmly talking to the police officer. We walked toward her and apologized for leaving her in the store. Auva whispered to me, 'don't you remember the bhajan we wrote? I am the light and everywhere I go, the light will protect me. So why should I be afraid? I knew that the light would protect me.' As soon as we walked out of the store, we sat on the grass and prostrated ourselves out of gratitude, and showed our appreciation for all of the divine blessings that have been bestowed upon us, by doing the Omnipresent Meditation. Since that time, Auva has set this bhajan to music and we are constantly singing it together.

The children love to sing bhajans. When they are at home playing with each other, we all sing bhajans together, loudly and joyfully. My youngest grandchild is ten months old and from the beginning, as with my other grandchildren, I saw him as the white canvas in the empty frame, rather than seeing him as a form, and at every opportunity, I tell him, 'You are the light' and I sing bhajans for him. If I don't sing the entire bhajan, he asks me to continue singing using his own nonverbal cues. Sometimes he falls asleep in my arms while I am singing bhajans to him. And recently, when I say to him, 'there is only One', he happily holds up his pointer finger.

With Sathyam's grace, my life and that of my family's is being shaped and molded by the Truth.

My wish is that the message of **Truth** reaches every child and that, through becoming familiar with their inner light, they begin to blossom.

With endless love and gratitude for all of these blessings,

Sathyam's Gopi

# *Stop Meditation*

**Sathyam:** This meditation came to me very unexpectedly. At the time, I was in very bad shape and had tried all the usual methods of being positive and resisting the mind's intrusion, but the results were always temporary at best.

Suddenly, this meditation was revealed to me and over the next few days, I was given the instructions on how to do it. I kept this to myself for more than twenty years, until now.

In the beginning, and for a while, whether you have any worries or not, you need to set aside time during the day to practice this. First, understand that the function of the mind is to think. Second, knowing that the mind thinks, what do you need to do about it? What is your responsibility? Your responsibility is to have discipline. What is the discipline that you need here? You have to sit and under no circumstances do you carry a conversation with your thoughts. You do not do any other meditation or repeat a mantra; you just refuse to go with your mind and get involved with your thoughts. This method is for not going with the mind. You just sit without having any interaction with the movements of the mind.

Stop Meditation is sitting and allowing the thoughts to do what they do, and COMPLETELY AND UTTERLY not being moved by them. You don't look up. You don't look down, left or right. It requires an iron will. JUST SIT, with your attention focused on the region of the heart. (Sathyam stays silent for a few moments to demonstrate this.)

Practice this meditation constantly with small, easy things. Worry comes; worry does not come; do not get involved with the thoughts. Let the thoughts do what they do because they are Universal Thoughts; let them do what they

want. Do not push them aside, pull them forward, make friends with them, reject them as enemies, blame yourself for having them, blame others for having them, or be disappointed about having them. Put aside thinking altogether and let 'thinking' do its own thing. Then sit; sit with an iron will, and be firm in your decision, without any internal feud or conflict, and with surrender to the Self.

You might say, 'Sathyam, when I have worries or something is bothering me, this is hard to do.' You are right; but it takes a strong will to let your Being relax for a short time without being dragged into the thoughts, since Being is continuously influenced by thoughts, either knowingly or subconsciously.

Even though Stop Meditation sounds simple, it is not. It is not about being positive or persuasive; it is not even about not giving importance to the thoughts. It is none of these. What is it? Stop Meditation means STOP. It is not a negotiation with the mind; 'Stop now but come again tomorrow.'

Nobody can claim that they got it in a month! I am telling you this so you won't be discouraged. It is not easy, but IT MUST BE DONE. Depending on the situation, sometimes it is easier and other times it is harder to do. We have been talking about this meditation for years now because this is the method that uproots the imaginary truth of the mind and thoughts. This happens without you having to struggle to eliminate your thoughts. By not going with thoughts, little by little, your Being becomes empty and gets replaced with the Self.

I hope that it will be as useful for you as it has been for everybody else who has utilized it.

**Meditation Tools DVD, 05-19-2009**

♥: The summer of 2016 was very fruitful for me. I live very far away from Sathyam, and have experienced, several times, that the devotees who come from America carry a hint of Her grace with them. That summer was so full of radiant light and grace following the arrival of one such devotee, and the many satsangs<sup>6</sup> that resulted. I wrote the following in my journal from the last satsang we had during this period:

In one of our devotional programs, we had a divine satsang. We watched the DVD<sup>7</sup> "Stop Meditation" and spoke about it. Something that Sathyam said in that DVD caught me:

*"Stop Meditation isn't not going with thoughts.  
Stop Meditation is being unmoved."*

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<sup>6</sup> Spiritual gatherings

<sup>7</sup> Beginning in 2003, Sathyam's classes were recorded for a five-year period and each class was recorded on a DVD. These are now available in streaming format on the website [Nazzanine.org](http://Nazzanine.org).

“Being unmoved...” “Being unmoved...” “Being unmoved...” My mind was really drawn toward this sentence. It made me so curious and I thought about it constantly throughout the day.

A few days later, when I sat at my altar for my morning practice, I witnessed something amazing: the thoughts would come and I, with the intention of not going with my thoughts, would continually check where my attention was. I would try to hold the attention steady or move it downward. And as I was doing this, I was moving rather than “being unmoved.”

When I first began practicing Stop Meditation, I didn’t have much of a propensity for it. I only practiced it because Sathyam placed such importance on it. But whenever I did the practice, I found myself pushing the thoughts away, or ignoring the thoughts, or fighting with them; all the things that Sathyam says not to do when She talks about Stop in that DVD. Every time I sat down with the intention to Stop, I made one of these mistakes.

As I said before, after that summer, when an American devotee visited Iran and we watched the DVD “Stop Meditation,” the meaning of Stop changed for me and I became very interested in it. I didn’t do any of the things that I used to do (like fighting with the thoughts), but occasionally, while sharpening my attention or holding it, I found myself in the region of the heart. But before, when I had the intention of not going with the thoughts, I would keep checking my attention and as a result, I was ever so subtly moving.

Witnessing my stillness was very surprising to me! In that moment, I realized what it means when Sathyam says: “Let the thoughts come... Don’t be afraid! So what if you can’t Stop?” I couldn’t believe it! I was so afraid of going with the thoughts and allowing my attention to wander, that I was unable to hold onto the attention and “be unmoved.”

A few minutes after witnessing this I spoke to Sathyam and I told Her my entire strange experience. She said, “So beautiful! This is it! That’s it! You broke the curse! Now it will be easier and easier each time.”

There is nothing I can do or say to thank my Guide, who is truly a mirror that completely reflects the Truth...

Her greatness is beyond understanding and Her love cannot be recognized by the mind...

I dedicate this to the lotus feet of my Guide, who is the sun that brightens even my darkest days.

Asal

♥: Like so many others, I have been plagued with repeated thoughts in my life. At the beginning of my spiritual journey, I heard Sathyam say that during Stop Meditation, one should watch the thoughts. But going to the region of the heart and sitting in silence came more naturally to me than doing this meditation. I wondered: how can one sit in the region of the heart and also watch the thoughts at the same time? I told myself that maybe this meant to watch the thoughts before going to the region of the heart, or to do this when I was unable to go to the region of the heart. Some time passed and I had all but forgotten about this issue, until I heard Sathyam say the following sentence: 'Every thought is painful.' This sat in my heart. It was meaningful and very clear to me and I was reminded of it constantly throughout the day. In reality, I trusted this to some degree, and when I would recognize the thoughts as such, I would remember this sentence and ask myself, 'Do you want to choose the thoughts, or the heart, which sits in a high place? The choice is yours.' In actuality, you could say that the wisdom of the sentence ('Every thought is painful') brought the process of recognizing thoughts full circle. There was no longer a conflict for me between being in the region of the heart and seeing the thoughts. It is as though this practice, although not very clearly, would guide the attention to the region of the heart automatically.

I had another experience that occurred one day on my way to work. While recognizing a repeated thought and watching it, I asked the thought, 'Will you bring me closer to the Self? Will you facilitate my service to the Self?' This experience was very interesting for me. I don't know how or why, but asking this question makes me more alert and from what I can tell, lessens the power and effect of the thoughts for me considerably. When I do this, I experience more peace. I also think that this experience, of remembering this wisdom in the form of a question, really helps me to see and recognize the thoughts.

Considering these two experiences, I have listed a few things below that can be very beneficial and useful to one's progress on this path.

First, trust in the teachings of the Guru that attract you and are helpful to you. Also, remember the teachings and be loyal to them.

Second, show interest in practicing and using the teachings. Also, choose to see the thoughts and not identify with them.

Third, be aware and vigilant in order to understand experiences and know the value of these experiences. Also, be ready for new understandings of the teachings, and put them to practice in daily life.

Reza

# Just Be

**Sathyam:** We are going to do the Stop Meditation together. Look at the carpet and just 'be'... Just 'be'... Do not be this or that... Do not be the witness or the object being seen... Occasionally be aware of the silence in your heart... Take your awareness there and 'be'... Very simply and calmly, 'be'... Without any reasoning, 'be'... Without a delay, 'be'... Right here, 'be'... Now you can close your eyes and be in the region of your heart. Release yourself and just 'be'... Just 'be' as you are walking... Just 'be' as you are sitting in the taxi... Even when you are at work, just 'be'... Feel your being... This is the secret of living: just 'be'... Don't do anything and just 'be'...  
Very simply, 'be'.

**The first FDE meeting at Bodrum, 2012**

♥: My quest for self-realization and search for freedom started when I was not feeling well mentally or physically. At that time, I did not even know what "self-realization" or "freedom" was. When I was young, I had a lot of fear and anxiety, which made it difficult to cope with daily life. I was looking for a way to free myself from that, so I could at least be able to go through my day, continue my college education and have a normal life. Even then, something in me was thirsty for freedom, freedom from the bondage and prison of the mind and all the luggage and burdens that come with it. Something within me knew that the world could not give me true and complete freedom. Deep down inside, I knew that true freedom comes from within, but at the time I didn't really understand what "within" was. I was looking for salvation, God and Truth with all my heart. Fortunately, after a short period of time, a path opened itself up to me that sat in my heart, so I did not have to knock on too many other doors. Looking back, I can say that my progress has been slow. I doubted a lot of things and wanted to make certain of everything.

When Sathyam introduced me to meditation, I started meditating with a lot of discipline. Being committed to this discipline helped me a lot; it was a ray of light in my challenging life. Later on, through Sathyam, I was introduced to Sathya Sai Baba; a Source of divine light in my life. Now, I knew God in form and little by little, I began tasting love and feeling that I had a refuge from the world. Though at times, my mind was calmer and thoughts were less vivid, I was still affected by life's fears and ups and downs. I was continuously and desperately looking for freedom. In the midst of all these ups and downs, two things happened that changed my life.

The first thing was when I decided (or was pushed) to practice the teachings and divine tools, whether I understood them or not. I had to open my heart to love, whether I understood it or not and try to experience devotion, whether I understood it or not. This big step changed my life. Sathyam says, "try it until it is proven right." Doing this has a great benefit ... one becomes saturated with the truth and in time this saturation lessens the false, imaginary, and useless layers. This process gives one the courage to nakedly jump into the ocean of Truth, even if he or she doesn't understand it well. It is exactly as Sathyam says, "try it until it is proven right." But still the fears were there, the worries were there, the world was there, and it still is. What changed and is still changing is that in most cases, the severity of the problems and consequently their effects have lessened. But in general, I have to say that using the divine tools and understanding and putting to practice Sathyam's teachings, happened so gently and on such a deep level that it is very difficult to put it in writing. Most of the time, when a change happened or I felt an improvement in my life, I did not know how it happened; I still cannot put my finger on one



specific tool and say, "this is it." It was the combination of a few tools like Stop, Trust, and Omnipresence. Most importantly, as a result of these tools, I developed an understanding and appreciation of wisdom. I began to see fear for what it really is; an imaginary monster. The second thing that changed my life took place very slowly and quietly, and up until the last



few years I did not clearly recognize it. This was what Sathyam calls the I.V. of Truth. By participating in divine study circles, meetings, and phone conversations with Sathyam, listening to audios and watching videos that talked about freedom and Truth, and by working on divine projects, I was being prepared without being aware of it. Like the process of cultivating soil to prepare it for sowing seeds, my consciousness was being prepared to understand the Truth. My understanding of being prepared is that the more ready and vigilant I am to hear, the deeper I understand the teachings and words of wisdom. This process helped me a lot and still helps me.

Now I would like to speak about a wisdom, which because of a certain personal weakness, really sat in my heart. Often when facing issues in life, I would feel very responsible and if things did not go the way they should, I felt that it was my fault. I would be very hard on myself and I would suffer. When I read the story of "The Bazaar" and contemplated on "whose fault is it?"<sup>8</sup> another opening for freedom emerged. I kept contemplating on these points: on the bazaar level "whose fault is it?" and in the depth of Home "we are the white canvas of truth." I kept digging, until on the October 28, 2014 conference call, this understanding opened itself in a different and deeper way for me. It was a wisdom and understanding that, like an explosion of light and liberation, opened a new and pleasant chapter for me in this mysterious path of Truth.

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<sup>8</sup> "Whose fault is it?" is explained in "The Story of the Child Who Wandered Away" on page 32 of this newsletter.

*Sathyam: Who is identifying with the body and mind? It is our attention. What do we need to do about this? Nothing... nothing... we just don't accept the responsibility of not being, we don't accept the responsibility of not doing.*

*Awakening has no pain and suffering, no effort, no struggle, no imagining, it doesn't even have awareness: it just "Is." It's not something that we want to become... if we think that "Being" is effortless but becoming requires effort, we will no longer put effort into "Being."*

*When we drop our efforts, when we drop our search, when we drop judging ourselves, we are being in "Being" because "Being" is effortless. Now what if we are involved with the mind? It makes no difference: we are still "Being." Understanding this point is what frees us. Understanding this point is the only thing that frees us ... Now what does it matter if during the day we repeatedly think that we are the mind? We are not our mind. Where does the problem lie? At what point did we imagine that whatever we do is wrong and we should do something else? Who said that? Which part of our "Being" said that?*

*None of us is guilty or a sinner and we have not made a mistake. All these are maya's fault and maya (illusion) is not real. So who can be at fault?! But we have been brainwashed to think that we are not doing our practices correctly, or we are not able to do them. Do you know what makes us progress on this path? Only when we freely and without judging ourselves do our practices! See how beautiful it is to think that we have never sinned and nothing is our fault. There is no karma. It is all nonsense and we are who we are ... Hallelujah!*

*Do you have the capacity for this truth or once again you pick up the absurd and filthy luggage of being guilty and carry it with you? For sure you do this, but yet again it is not important. That... is not your fault either. Can you understand and accept that even carrying your luggage is ok too...*

*The day we forget the desire for self-realization, the desire for perfection and the search for "Being," is the day of our freedom...*

*The most important thing is to know that the one who judges is our mind, not us. The one that when we are doing something, constantly tells us, "you should have done something else... you didn't do enough... you did more than enough..." is the mind.*

It was as if these words were for my mind, a mind used to taking responsibility for everything ... even responsibility for awakening. These words were a shower of grace that was poured on my consciousness. Hearing this wisdom lightened the load of the body and mind identification for me, a load made heavy with feelings of responsibility and doer-ship. When I sit in my solitude, I bow to "That" for having the divine grace and the blessing to receive all these gifts and liberating wisdom. From the deepest place in my soul I send "That" a kiss and open my heart so I can take in more and more of "It."

I empty the container of knowledge and judgments to make room for the divine whisper. And then, my thoughts and my active mind steal this solitude and companionship from me with such a subtlety. This game goes on... again and again...

I buy the nonsense of the thoughts and identify myself with the body and the mind. Then the Truth is whispered in my ear and this game between sleeping and awakening, between "Being" and "not-being", continues. And somehow, throughout this process, I begin to recognize both sides. The mind steals my solitude, and then, yet again, "That" becomes my companion...

Nilufar

# THE STORY OF THE CHILD WHO WANDERED AWAY

**Sathyam:** Just imagine that a child was living in a very comfortable home with amazing parents. His food was always provided for him and his school was always there for him to attend. Yet one day he wandered away and could no longer find his way back home. (“The child’ is symbolic of identification with the mind and body; and is symbolic of leaving Home.) He ended up in different bazaars, where different merchants were trading goods and conducting their business. Because of this, he became very street smart and had to do all he could to survive on his own, which became harder and harder. He did not know any other life, and after a while he just said to himself, ‘this is my life!’

Then one day, he was sitting there, in a corner of the bazaar, and he was so tired of fighting. Tired of fighting just to get a morsel of bread to eat. And then a man came up to him and asked, ‘aren’t you so and so? Follow me; I know where your home is.’ The child responded, ‘What home?’ The man told him, ‘Just follow me. I will show you your home,’ and the child went with him.

The way back home is not any easier than the way that he took when he left home. Nothing that he would do would be acceptable to this guide who is leading him back home. The child’s behavior had become so twisted through this journey. The guide had to teach him so many things all over again before he could get home, because his parents would no longer be able to recognize him as their child, unless he was reformed. Now, we can ask, whose fault was it that the child walked away and got lost? Was it the fault of the parents, or the child, or the circumstances? No, it was nobody’s fault. The child innocently walked out and wandered away from home, that’s all. It just happened.

Whose fault is it? Who was selfish? Who did this and that? He had to survive and forgot that there is a place awaiting him and that his parents (parents are symbolic of who the child really is: God) are looking for him. This is the agony of God.

In order to survive, he had to develop lying, selfishness, maybe even kill for what he needed, but then again whose fault is it, if it is even anyone's fault? In the story, the child in the bazaar was just fed up and sat in the corner, in despondency, and the guide showed up and asked, 'What are you doing here?'

So on the journey back home, a lot of things happened between the child and the guide. By the time the guide put his hand back in his parents' hands, it was as if there was never any distance. The parents could now recognize their own child; they knew each other. The lies were gone, the selfishness was gone, the false identification was gone; he just sat at home (in his heart) and lived happily ever after.

(This story was revealed to Sathyam during the Reno Sai Baba Center meeting, on 03-14-2010.)

# ***A LETTER TO RICHARD***

**Sathyam: What is it that you really want?**

**Is it peace? If so, make yourself ready for many, many un-peaceful situations, conflicting events until you are broken, then some more, until you find your peace in all the un-peaceful events. My peace that I give on to you is not of this world.**

**Is it Truth that you want? If so, do you have the courage to be confronted with untruth over and over again until you are broken and then some more? Until you see the Truth beyond the false.**

**Is it love that you want? If so, are you ready to not be loved and be abused and be broken, forsaken and then some more until you find it within yourself and taste the love that you wanted.**

**Is it freedom that you want? If so, are you brave enough to endure, unbearable limitation and feeling of imprisonment until you find your freedom in spite of your limitations?**

**Is it eternal life that you want? If so, are you ready to die a thousand deaths until you find your eternal life?**

**Is it happiness that you want? If so, are you willing to be unhappy? Be put in unhappy situation, until you find your happiness in your state of being.**

**Every desire has a price tag on it. On this path the price is to be willing to be broken. It is not easy, by no means is it comfortable.**

**During this period, you start soul searching. You will be helpless, hopeless, forsaken. Are you ready? If so, know that I am telling the Truth.**

**Courage is needed, Patience is needed, much forbearance is needed. Do you have it?**

**Self-realization is ruthless. Because our roots have been planted in the wrong place. It is not about trimming the branches or to even water the plant. Not even to make sure that it gets enough sunlight. No... No. These are for those who pretend to be awoken, or dream that they are awake**

**On this path the roots are uprooted... Are you ready?**

**If you really want Self-realization, be ready to realize that what you think you are, you are not. The process is brutal.**

**All of these desires must go through transformation to their original purity.**

07-05-2010

♥: How can I begin to put into words or even begin to talk about a path and a Guide who have left barely a trace of who I used to be as an individual human being? How can I communicate what has taken place inside of me and in my daily world for the last decade or so of this life? Who did I used to be before I had the greatest fortune of finding my Guide and becoming familiar with Her teachings and life altering tools? Who am I now? How much excruciating pain and how much excruciating joy has it all entailed? This path is nothing short of a miracle, it is an understanding and a way of being reborn under the grace of God, where no matter how unbearable the world and its people become, there is still a sense of 'I am the light' and I can see my way back Home no matter what. No matter how long it may take me, I WILL NEVER AGAIN FEEL LOST OR FORSAKEN. Again how can I articulate that? Nothing in this world has any sort of worth or value when you begin to see it differently, through all the tools that our Guide has given us. And through the tools and every single facet of the teachings you are given, you come to realize that the only reason for your existence was to find your Guide and apply the tools at every twist and turn and eventually free yourself. It has been a long time since I have lived fully immersed in the bazaar, but I see how others in the bazaar around me live and how they take the bazaar as the Totality.

For us, no matter how lost we may feel at any given moment, there are tools and there are words of wisdom from our Guide. Even one loving glance from Her can light the way back and again we rejoice in the knowing that everything will always be okay and the purpose for which we were born - to free ourselves of the insane Maya of this world - is still very much intact. She introduces us to our inner sanctuary and gives us an open invitation to reside there more and more and to play our worldly roles, but to never lose sight of the true priority in our life which is to know that all chains are imagined, that we are not who we thought





we were, and most importantly that at every moment we can be fully established in that unshakable knowing of where our peace and our Home lies and where to consistently keep our gaze, in order to not be fooled by the temptations and tricks of this world with its temporary and empty promises. I have fallen for that trick so many times and I DO hit my head against the bare walls of the bazaar over and over again, but my level of despondency and my time spent there continue to lessen.

By all means, the metamorphoses that takes place inside and outside of us is not all butterflies and roses, it is not all cartwheels and dances of joy. There are moments when the untwisting of the old hurts very much and the pain is unbearable. The old tendencies and the old ways have a way of creeping up on you when you least expect it, but now you know better, so 'you must BE better,' as our Guide says.

On this path we learn to keep our life balanced, to allow our mind and body to rest, to get involved in worldly activities when it is needed, but to always make time to come back to our inner sanctuary. We always have to catch ourselves when that scale is off balance and because we have said 'YES' to this path and our Guide has accepted our 'YES,' there is always something that brings us back, much quicker than it used to. Our 'YES' does not allow too much time away from the path and the practices, and when we are away, the pain of the bazaar's emptiness goes off like a thundering alarm to remind us that, yet again, we fell for that trap. So we pick up the fragmented pieces and we run like hell to catch up to where we veered off the path.

In the end it is all good, the pain and the joy and the glimpses of true freedom here and there. It is a knowing that we are on the right path, that we are exactly where we are supposed to be, and that the purpose for which we were born has been fulfilled. That in and of itself makes every facet of it so worthwhile, so purposeful, so full of meaning and filled to the rim with JOY. In this physical existence that passes like one quick blink of the eye, I rest in my contentment, knowing that everything I ever asked for in my previous lives has been fulfilled, that the ultimate reason for this existence was satisfied, that the ultimate wish was granted and that I no longer have to be a beggar of destiny. This existence was not in vain and that part of me that knew better finally conquered.

With all the love in my heart,

Little Flower of Sathyam

♥: Before I was introduced to Sathyam's teachings about the methods for the "Art of Living in Truth," I was not a joyful person. I felt a lot of responsibility for everything that happened around me and that killed the joy of life for me. I was a perfectionist and I believed that I was the doer, so I carried a huge load of responsibility on my shoulders for everything. Think about it ... if we look at things with the worldly eye, how often is it that something is absolutely PERFECT? I can tell you from experience that it is not very often! And as a result, I always felt a heaviness in my heart and I can say that deep down I was a negative person. I had no joy in my heart; that is the best way to describe it.

Then the events in my life that were related to myself and people around me became so tense that I felt like I was suffocating under the load and heaviness of the responsibilities. I tried everything: exercise, healthy food, all sorts of alternative medicine, reading about health and spirituality, and meditation... I even learned Reiki. But the usual methods of concentration, imagery, and emptying the mind did not work for me.

Nothing quenched my thirst for the deep joy and freedom that I longed for in my heart. I was like a caged animal that frantically ran all over the cage and hit the walls and the bars and screamed, "What is this stupidity we call living?" I knew it was my mind that was running like a wild monkey, but I did not know how not to go with it!

This went on until about October of 2006, when I had a strong prompting that I have to learn how to meditate and how not to let my mind take over. So I asked friends and family about it. One day I asked a friend about this and she said that she had a friend who had been impressively transformed by a certain method. She mentioned that she was also interested in learning it. My friend said that the Teacher, who is called Sathyam, must give us permission to join the group.

After a couple of months, we got the green light and my friend and I started to go to the weekly meetings, called "satsang." I was so happy... I naively thought that I had found the magic bullet that would get rid of all my problems and bring me peace and joy right then and there! Little did I know that one has to practice the teachings with one-pointed focus and attention!

I went to the meetings and did some of the practices when I remembered. BUT that is the key phrase... when I remembered... which was not a lot in the beginning.

Little by little, I started to get to know Sathyam and in Her ultimate wisdom, She knew what to do with me ... or I should say, She knew what to do with my mind! It was neither easy nor smooth for a while, but something kept me going back for more. There was this thing inside of me that was holding on to the rescue rope that was thrown to me, no matter how tough it got.

After a while, I started doing Divine projects. Considering my personality, this was the best remedy for me. I become more and more involved with different projects and spent hours on them every day. However, looking back, I can now say that in all honesty I had difficulty in being one-pointed and vigilant with practicing. I still wanted the magic bullet!

One day Sathyam told me to pick one of the tools and focus on it one-pointedly. I chose Stop Meditation, and started to practice it more vigilantly. After a while I became more and more vigilant and remembered to do it more and more often. The interesting thing is that when it was harder to do Stop Meditation I had to use the other tools in order to be able to Stop; so I ended up practicing all of them!

What was happening in my life and around me was still very hard, but now I had tools to survive. I was focusing on Divine projects for 10-12 hours per day and I had hours and hours of recorded audio from Sathyam's classes, which I played all through the night. This way, when I woke up in the middle of the night, before my mind started wandering, even before I knew I had a mind, Sathyam's voice drew me back in.

In "A Letter to Richard" Sathyam says, "What is it that you really want? Is it peace? If so, make yourself ready for many, many un-peaceful situations, conflicting events until you are broken, then some more, until you find your peace in all the un-peaceful events. My peace that I give on to you is not of this world... Every desire has a price tag on it. On this path the price is to be willing to be broken. It is not easy, and by no means is it comfortable..."

The stories in my life became so tense that I had to go deeper and deeper within myself and I became more and more vigilant with Stop Meditation,

until I started feeling the joy and peace that I longed for inside of me. The feeling that the key to this was in my own hands gave me joy and freedom. At this point in time I feel like I sometimes can even play the game without disrupting the feeling of stillness. Of course, this is possible on occasion and only if I am aware of where Home is and have one eye on Home while playing the game. This has made this world a playground for me, a place where you play games and enjoy playing them since you know "it is just a game." And when you are done, you know where Home is. You do not even have to leave Home to play; you keep one eye on the divinity, oneness and stillness, and play.

This is definitely a new birth for me.

I am so thankful for having Sathyam in my life. I cannot imagine where I would be without the Art of Living tools and Sathyam's guidance.

I love and appreciate Sathyam a great deal.

Love Always

Sepideh

♥: For me, this sharing is not about reliving old memories, but I am going to tell you a story. It is the story of a life that is filled with ups and downs. It is the story of my life. The story of how I got lost, or better yet, how I lost myself and somehow, unbeknownst to me, found myself again. The story that I am sharing with you is about an unruly mind that was finally able to calm down to some degree, due to the teachings and the tools that were given to me by my Guide. I don't really know where to begin or how to sort out all of the experiences I have had in this life, but I want to share with you the experiences that have been the most impactful.

Around 2005, for what felt like the thousandth time, with a heavy heart and eyes full of tears, I begged God for help. Before that time, my dear Sathyam had tried to guide me with the Truth in various ways, but Her words would go in one ear and out the other.

I don't know why this was the case. I think it was because I had yet to recognize the importance of the story, or maybe it was because I was so young, or maybe the world just had a strong gravitational hold on my concentration.

One day in 2006, Sathyam took strong notice of my restlessness and my complaints and said the following powerful words to me: 'That is enough! Sit in front of me **and do not take your eyes off Me.**'

This sounds like a simple and straightforward statement, but I did not fully understand the depth of it on that day at the time. Because I was feeling so hopeless and afraid, I did as She asked and sat in front of Her without taking my eyes off Her. It was as though something from within told me to obey Her. And as time passed, the true meaning of this sentence became clear for me. I later realized that this sentence was addressing my mind. It was telling my mind, 'Instead of wandering around aimlessly in the world and being entangled with it, **put your concentration and focus on Me.**' I started to realize that the bazaar brings up the absolute worst feeling of helplessness and makes people feel like they are wandering around aimlessly. Finally it had become clear where my attention belonged. The roadmap for my path had been given to me. I was no longer to wander around aimlessly in the bazaar, trembling with fear, only to complain afterward to an unfamiliar God or power. I also began to understand the true meaning of **one-pointed concentration** and why it is so important. Although my concentration was still unstable and wavering, I started to understand what **my Teacher** had been saying. This was one of my most important lessons on this path.

The other experience that I had took place recently, in 2015. Something happened that made me question everything in my life. It made me question life, myself and Existence as a whole. I truly felt like I had no place to put up my tent at all! I don't know why, but sometimes on this path a major shift occurs and you feel like you are right back where you started; like a child returning to kindergarten after years of

schooling. I felt so lost and restless that none of the tools were effective for me, not even Stop. I felt like screaming, 'Why have you forsaken me? I feel helpless!' I needed help, but I did not even know who to ask for help or where to turn. I felt so much despair, isolation and loneliness, the depths of which only I will ever know. All I could do is scream out and complain about my discontent. I didn't even know to whom I was complaining.

And then, Sathyam spoke these words, this precious Truth, which saved my life:

**'It is what it is; I am who I am'.**

From then on, this sentence continued to repeat itself, like a mantra in my mind. It may sound cold at first, but this sentence gave me a world of freedom. I would contemplate on it for days at a time. The first part of the sentence (it is what it is) was so liberating for me that I never even made it to the second part (I am who I am) in my early stages of contemplation. But looking back, it must have been my trust in the second part of the sentence that allowed me to accept the first part, and stay with it. This sentence, 'It is what it is', continually opened and blossomed within me and it totally engrossed my mind. It was as though the sentence was sounding an alarm within me. I wondered, 'what is this really trying to tell me? What does it want me to understand?' I would sit for so long, engaged in this manner, waiting to get an answer. Finally, through **my insistence and perseverance** with this sentence, along with **my thirst** for the hidden wisdom behind it, the words began to open up for me. I still don't know whether or not I have realized it's depth, but this is what I understood through my contemplation:

It is what it is...  
In each moment, Existence is perfect...  
This instant is perfect in **Being**...  
The next moment is also perfect...  
And again the next moment after that is also perfect...  
This moment is complete and perfect in Being...  
Everything is what it is...

Hearing this sentence warmed my heart. Hearing 'it is what it is' took the burden off my shoulders time and again. This sentence would automatically take me to Stop. It helped my mind not engage in unnecessary activity and commotion, because what is the point of mental struggle? 'It is what it is'.

I now realize that the only thing of any utility is the **acceptance** of 'it is what it is', without any effort or commotion. All I can do is 'accept'. This sentence was a gift.

Not only did it make my days more bearable, but it also gave me a deeper understanding of the teachings and tools that Sathyam has given us. Each time that I say, 'it is what it is', my heart says, 'trust in this moment and in this Existence, even if you don't understand it'.

My trust in 'Is-ness' is very strong, and my heart says that this 'Being' or 'Existence' is perfection, despite my mind's chatter and its habitual interpretation of everything. When I say, 'it is what it is', all activity and effort lessens for me, which takes me to **Stop Meditation**. It removes the judgment and the doubt. It removes the 'what ifs' and 'I should have's' and the 'next time I will...' When I say, 'it is what it is', no matter how much my mind is complaining, all of these disappear, thereby disarming my mind.

Through my understanding of 'it is what it is', I now stand on the ground of **trusting the Promise**. The promise says that if I do not go with my mind, everything will be taken care of. Trusting in this Promise helps me not go with my mind. When my mind wants to narrate stories or come up with its own conclusions in a given scenario, I remind myself, 'it is what it is'. There is no end result, there's nothing to change, there's nothing to plan: 'it is what it is'. And the poor mind has nothing to say in response to that.

Thanks to this dark time in my life, I had the opportunity to really see some of the tricks of the mind. On one hand, in an effort to run away from the teachings and the practices, and keep itself alive, the mind constantly says, 'I am still not where I should be! My understanding of the teachings are still so limited!' In saying this, the mind wants to give itself permission to continue to wander aimlessly around the bazaar. The mind does not know enough to assess where it is on the spiritual path; it can only talk about it. On the other hand, after reading a few words of the Truth or translating a few lines of what Sathyam says, I have caught the mind saying, 'wow, that sounds so good. You have understood and realized many things, so why are you still in such bad shape?' This is also the mind trying to fool me, and I have realized that this is one of its most dangerous tactics.

My most recent experience also helped me realize something else. To the extent that I do not read the mind, my head stays above water and I can breathe. But the more I read the thoughts, the more I feel that I am drowning. I clearly see now that when I am going with the mind, I am so far from myself... And when I am with my '**Self**', I am miles away from the world of the mind. One question that arose for me following this experience was: "How can I continue to spend more time in the Self?" After asking this question many times, this is the answer that came for me: "By being thirsty, so thirsty, and through love as well as one-pointed concentration, and through **sincerity**, and by using the tools, and by staying with the teachings, and by not being fooled, and by not allowing my mind to engage in old habits like complaining, talking, judging, etc.

Through the wisdom that my Teacher has given me, in the form of the tools and the teachings, I've slowly realized that I am not trying to get anywhere. 'It is what it is'. Being on this path takes courage, and a lot of it. Not going with the thoughts takes courage. Not being satisfied with a pacifier takes courage. But then again, 'it is what it is'.

I now see that there's nothing wrong with wandering around in the bazaar, but for me, suffering happens when I put my attention on it. I am not saying that I do not suffer at times or that at other times I am not exceedingly pleased with myself- these still come- but by using the tools, I have learned to catch the thief that tries to steal my attention, in the form of these emotional responses to the world. And at times, when I suffer at the hands of my emotions, or when they seem larger than me, I remember the words of my Teacher - The only way to be in the bazaar and not get lost there is to apply **the Art of Living**, meaning to be in the bazaar and with the Self, simultaneously. When I am in the bazaar, yet part of my gaze is on the Self, I feel fewer attachments, and my attachments seem less important. And when I am unable to do this, because my attention is in the wrong place, I can feel my emotional brothers<sup>9</sup> gain momentum.

I really wish it was easier to explain what I've experienced in words, but it is truly impossible. I can't put all the things I have learned into a neat box and tie a bow on it. All I can say is, 'It is what it is; I am who I am!'

With endless love for my Guide, with love for the Self, with love for the teachings and the tools.

Pantea

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<sup>9</sup> Part of the article entitled 'Four Brothers', posted on page 45 of this newsletter.



# THE FOUR BROTHERS

**Sathyam:** Just as a person's father, mother, relatives, friends and even enemies are predetermined at the time of birth, so too are their mental relatives. These mental relatives are their beliefs, concepts, habits and tendencies. In this manner, we can say that some people are born, mentally, to big families and some to small ones.

Each of these relatives, whether Physical or Mental, is born at the same time as the body, and each one of them brings about the birth of the Emotional relatives. So with the birth of the name and form, many other relatives are also born.

A person's Emotional relatives are his reactions towards his Physical and Mental relatives. If for example, one of the Mental relatives, meaning one of the thoughts that are born from the false beliefs, sparks an emotional response, that spark becomes an Emotional relative. Additionally, the body is born with its own Spiritual relatives. What are Spiritual relatives? Spiritual relatives are people or things that will be helpful on the journey back Home, or the thoughts that spark the desire to be free, to be happy, or to want to know the Truth.

Therefore, an individual who is born and appears as form will bring four chains of relatives with him, who can either be helpful or create obstacles throughout his journey. Henceforth, we will be referring to these relatives as 'brothers'. These brothers come in four forms:

- 1- In the form of father, mother, brothers, sisters, friends, enemies, etc., which are Physical brothers.
- 2- In the form of beliefs, concepts, habits and tendencies, which are Mental brothers.
- 3- In the form of having fear or courage, being sensitive, being hateful or loving, etc., which are Emotional brothers.
- 4- In the form of interest in the depth of things, contemplation to understand this life, extreme thirst for salvation and freedom, meeting people who are helpful, like a spiritual teacher (Guru), reading spiritual books or listening to talks given by enlightened people, visiting sacred places, and so on. These are the Spiritual brothers.

During one's journey, these Four Brothers are always changing and rebelling, since they were born with the body and are made of the five elements. So just like the body, they too must go through various stages. Now you may ask, 'How do the five elements form the thoughts or the emotions?'

In the same subtle way that everything arises from the depth and then takes shape, the five elements form the mind and emotions, and then they slowly surface and become tangible (manifest). Just as a fetus that develops in a mother's womb, the five elements form the thoughts from the depth, and little by little, they manifest as the body.

The Physical, Mental, and Emotional brothers are encapsulated in a cavity, which create an avalanche. If we roll these brothers down the slope of worldly tendencies, they will get bigger and gain momentum as they are rolling down. What does this mean? It means that there are more and more thoughts, as if each thought was multiplied by infinity! This is the pattern that each of these brothers follows.

Now you might ask, 'How about the Spiritual brother; how does it get bigger?' My answer is that it won't get bigger; it gets thirstier and begins to put a lot of pressure on the other brothers in various ways. Now, if you contemplate on this avalanche, take it apart and scrutinize it, it will free you. Our teachings and tools are effective because they will cause the following three things to happen:

- 1- Expansion of consciousness and a connection with the Truth.
- 2- Instruction on how to live peacefully with the brothers. We learn that by showing them kindness, while at the same time not paying any attention to them, we can make coexistence so challenging for them that eventually they won't stay in our Home!
- 3- Or alternatively, our consciousness expands to a level that the brothers lose their magnitude in that expansion.

Practicing our methods will cause the Physical, Mental and Emotional brothers to lose priority in our lives until their existence can no longer be felt as much. And then these brothers will be replaced by freedom, peace and bliss. Hidden behind the Four Brothers is the true Self. It is freer than free, lighter than light; it is endless and eternal.

By identifying and becoming familiar with the brothers, whether Physical, Mental, Emotional or Spiritual, we become more aware of the mortal or transient self.

Through this awareness, knowledge and understanding develop. Then we can clearly see the invisible Truth, which is none other than the real Self. We can close our eyes to the visible Four brothers, and in letting them go, be free.

**01-31-2008**

# *The Path of Bhakthi*

**Sathgam:** Tonight I want to discuss the path of divine love, or the Bhakthi path. Sai Baba says that Bhakthi is similar to the way a kitten is carried around by its mother by the back of its neck. The responsibility is not with the kitten at all, but with the mother. The faith is the kitten's though, for it knows that the mother will not let go. This is the path of Bhakthi, also called the path of Devotion, or Love (Prēma).

When I met my Teacher, Sai Baba, out of my sense of desperation, I fell in love. I was not going to India to fall in love, but I saw greatness in Him. When I saw that, it was the end of me, and I gave all of my heart to Him. I gave my heart to the right person. You can give your heart to the wrong person, and end up having it broken. Giving my heart to the right person paved my path from 'Self'-seeking to 'Thy'-seeking or 'That' seeking.

Now why is Love important? It is important because if you hated me, you would not come into this room. You must Love me in order to Trust what I am saying. When you have Trust, you put my words to practice, and when you put it to practice you benefit from it. So, had it not been for that feeling that I had towards Baba, when He talked to me, I would not have said 'This is the beginning and the end for me, and this has stamped me from here to eternity.'

Prēma (love) is the fire that is needed to keep us going; it is the fire that turns our hearts to ash. This love and Trust will eventually tune your ears to the Truth, and then you experience it.

Why should my love and Prēma go towards you? Because if I did not feel this way, I would not offer my wisdom that flows through. Therefore, love is the motivator for giving and taking, and that is what makes the wisdom so potent and beautiful.

When you give all of your heart and all of your thoughts to one source, that source becomes responsible for you. You cannot, however, go halfway with the Pragma; you must go all the way to accomplish it.

I show up here, week after week, because of love. It is your love and my love that brings us together. There is nothing greater than the love to which I am referring. It has no judgment. It doesn't require any credentials, and it never inquires about your background, religion, or the sins you may have committed. I do not care about your sins. I may have committed some sins myself, but I do not consider them sins, I call them 'doing.' This love is what makes a place holy ground.

**Excerpt from "Are You with Me" DVD, 05-15-2007**

♥: With immense love for the Truth of my life...

In the spring of 2004, I first heard the name of my dear **Sathya Sai Baba**. At that time, I had recently discovered that my children were ill, and in order to help them, my family and I journeyed to India. This journey was not done of our will; it was done by the will of my dearest Baba. As we neared Baba's residence, in the village of Puttaparthi<sup>10</sup>, I began to feel the love and peace well up inside of me. I did not know where this feeling of peace was coming from or what this feeling of love was until I was introduced to Baba's teachings by an Iranian woman at the Ashram.

She gave me a book about Baba, and after reading it, some degree of understanding began to take shape about this love. However, I still had so many thoughts and unanswered questions: Why my kids? Why me?

We stayed in India for about a month. Toward the end of our stay, I saw Baba outside of the Mundir<sup>11</sup>, in the Ashram area... He looked deeply into my eyes, and His gaze was miraculous! I experienced an amazing peace within my being that was new to me, and it was accompanied by love. This peace and love was a blessing that was bestowed upon me by Divinity.

When I returned from India, I no longer felt the extreme pain and suffering like I did before, but I was still confused. Through the wish and will of my dear Baba, I met Sathyam and through Her teachings, I was shown the way Home. Whenever I spoke to Sathyam about illness or my children, She would tell me: 'let it go. Let it go and do the Omnipresent Meditation... **Since God is everything and everywhere, what can I be?**'

When I first met Sathyam, I did not have a correct understanding of Her words or Her messages. But by practicing and putting to use all of the messages and tools made available to me, little by little, I was able to look at the questions in my mind from a correct perspective. This new perspective allowed me to Just Be, with an unburdened and peaceful feeling.

Sathyam taught me that by believing the thoughts, I had entered a prison of the mind and was bound by the chains of pain and suffering. But by not going with the thoughts, I could walk out of the prison through the same door from which I had entered. She taught me that pain and suffering are only products of the mind, so they have no reality. Accepting and understanding this wisdom allows me to

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<sup>10</sup> A small village in South India. It is home to Sai Baba's primary ashram, Prasanthi Nilayam.

<sup>11</sup> A place of worship within the ashram.

find peace and love within my **Self**, throughout all of the daily turmoil. I am indebted to the Truth for this peace and love.

Now I have a clear perspective and nothing can make me lose my way like I used to, because, through Sathyam's teachings, I have been shown a clear image of mind, body and creation. The flow of my life is in line with love and peace; I can't be moved from the solid ground on which I stand anymore. With Stop Meditation, in most cases, I am able to not go with the mind's stories. I now know that the mind's job is to think, but my nature is silence. One day, Sathyam told me that my children's nature is also silence. As a result, when the thought of my children's pain and suffering comes, with Stop, I turn my attention toward Home and I see the reality of my children's true existence, which does not know pain and suffering. All of these valuable gifts have brought me freedom.

In the hopes of alleviating my children's condition, I set forth on this path. But I have learned that I must use this opportunity to free myself, and by prioritizing my own freedom, it will pave the way for my children. The steps I have taken thus far on my path have shown me that, despite what I think, I actually don't know what is good or what is bad. The deeper this wisdom becomes, the easier it is to trust in God.

My dearest... I hope that You are pleased with me.

With love,

Fereshteh

♥: When I sat down to write this, I did not know where to start. How do I talk about the change that has taken place in my life since meeting Sathyam? Since falling in love? It is not one change; everything has changed. I don't even feel like the same person.

I don't know where to begin so I will start at the beginning. I had a life that looked fine on paper but I was always unhappy. My first memories were of being unhappy. I spent most of my teenage and young adult years trying to find ways to pacify or distract myself from this underlying discontentment that I felt. The day that I first heard Sathyam's voice and saw Her face in a video, I immediately felt some relief.

It was like pouring water on the fire that burned in my soul and in my mind for so long. I was pregnant and in bed most of the time. I remember spending every waking moment watching Her videos. I even listened to them as I was falling asleep. The thoughts that used to play in my mind over and over again began to quiet down. There are many things that I did not understand in the videos and there were things that I questioned, but the one thing I never questioned was the fact that I felt infinitely better. So my story began in this way.

And then I fell in love with Sathyam.

Something in me woke up, as though I had realized the purpose of my existence. I dreamed of nothing but being closer to Her, serving Her, and pleasing Her in some way. This fire replaced the pain that I always felt. It did not pacify me or distract me from it; it replaced it. This love is transforming. This love exposed things in my character, such as fear, anger and a sense of entitlement, and transformed them into things that served my love and my purpose. It continues to transform me by making me constantly vigilant to not go with thoughts that take me further away from Sathyam and my love for Her. This love makes it possible for me to not care about every single thought that comes to my mind as much as I care about the thought of Sathyam and what pleases Her.



I have witnessed so many miracles during this time, things that I cannot understand mentally, things that shouldn't be possible. When I first met Sathyam I spoke no Farsi, and now I translate Her words for others. I was never comfortable singing or dancing and now I spend many hours engaged in this way during devotional programs. I was trained as a surgeon and I was never creative, but now I can paint and decorate in preparation for retreats and divine gatherings. I was not computer literate and now I find myself solving technological issues for spiritual meetings and conferences. I never thought of myself as one who was considerate of others and now people often thank me for my love and understanding. This is amazing to me and it is not my doing.

I struggled as a mother. I struggled to have patience and understanding before I met Sathyam. But through Her direct guidance and indirectly through Her love and my attention on Her, I have seen my children grow and change in ways that cannot be described. They are happy! They don't know the discontent that I felt as a child. They see very little fear or anxiety. They live a life filled with spirituality and play and I learned this from Sathyam. I cannot take any credit.

When we decided to move to a new city to be near Sathyam, my husband's job situation changed to allow him to work from home every two weeks so that he could spend half the month with us, and half the month working from another state. Then he found a permanent job in our new city, a place where there were no jobs before. That was a miracle! And what a job it is!

I could go on and on. I can tell you about how, when I am with Her or thinking of Her, I don't experience any physical pain or illness. When my attention is on Her, everything is taken care of; everything in my life is taken care of, from my family down to the smallest details.

I'm grateful for this opportunity to reflect on the miracles that Sathyam has brought to my life. I want to tell all of you and especially my dearest Sathyam that I am truly amazed by all of Her blessings and all I want for myself at this moment is to be worthy of Her and to never disappoint Her.

With the deepest gratitude,

Radha



♥: *The angel forgot...*

*The angel had decided. She went to God and said, 'God, I want to see the Earth up close. I want You to grant me permission and a little bit of time. I am anxious for an earthly experience.'*

*She continued: 'Until my return, I will leave my wings here because they will not be useful to me on Earth.'*

*God granted the angel's wish. He put her wings atop a pile of others' wings and said, 'I will look after your wings, but be careful that the Earth doesn't consume you; it can be very captivating.'*

*The angel replied, 'I will return; I will definitely return.'*

*This is the promise that the angel made to God. The angel came to Earth and upon her arrival, she could not believe how many wing-less angels she encountered. She recognized everyone that she came across, for she had seen these same angels in paradise, but she didn't understand why they had not returned to reclaim their wings. The days went by and with each passing day, the angel forgot a little bit more. The day came when the angel no longer remembered anything from the beautiful days long gone, not her wings, nor her promise.*

*The angel forgot...*

*The angel stayed on Earth....*

These kinds of stories always used to preoccupy my mind, and I wondered, 'Why did the angel forget everything? Why did she forget her promise? Will she ever remember the paradise lost, and if so, how?'

Until I met my Beloved, my Most Precious Guide, Sathyam...

Then I immediately fell in love with Her. And gradually, under the umbrella of Her teachings and endless love, I could smell the sweet perfume of the paradise lost. I fell in love with my Beloved and the journey of the lover of the Truth began...

I trust Her because I love Her. I sacrifice because I love Her. I am selfish because I love Her. I am vigilant to my thoughts and to the Truth because I love Her. I am happy because I love Her. I am content because I love Her. I am in the world but not of it because I love Her. I am looking out at the world with eyes half open because I love Her.

I respect and understand the root of my religion more now because I love Her. I love Her. I glorify Her and Her Reality because I love Her. I see the world differently because I love Her.

I am at peace because I love Her. I love Her even when I am not at peace. I am free because I love Her; I love Her even from a cage. I laugh because I love Her. I

live because I love Her. I breathe because I love Her. I yearn for Her because I love Her; I yearn for Her closeness because I love Her.

Anything that is done through this body or instrument is because I love Her.

I am "A Letter to Richard" because I love Her. I was crushed and crumbled to dust because I love Her. I was reconstructed because I love Her. I was beaten and broken because I love Her. I was re-made because I love Her. I fell down and got back up, and I fell down and got back up, and fell down and got back up. Because I love Her... Because I love Her... Because I love Her...

My life is a divine life because I love Her.

I want to be close to Her because I love Her. I want to be loyal to Her because I love Her. I want to be sincere to my love because I love Her. I love Her because I love Her. I love Her... I see Her greatness because I love Her... I see Her glory; I see Her Amazing Grace because I love Her.

May I never take any of this for granted; not even the love I have for Her. May I never take this path for granted, because it is the opportunity I was given in this lifetime and I do not want to let it slip through my fingers. May I never take any of the blessings that I have been given for granted: the path, the teachings and the heart to heart connection that I have with my Beloved. May I never take anything for granted... May I never put up my tent anywhere. May I float carelessly like a leaf in the breeze, just sincerely loving Her... just loving Her... just loving Her...

In Loving Her with all my heart

Sathyam's Gopi

♥: *Because of Sathyam. . .*

*I know real happiness, and where to find it.*

*I know a Love by which all other loves should be measured.*

*I know to light a candle when it is dark.*

*I know fear is not real, even when I'm feeling scared.*

*I know that all my prayers have already been answered.*

*I know I am better now than I was the last time I checked, and the time before that.*

*I know the beauty of defeat and the satisfaction in dissatisfaction.*

*I know true confidence.*

*I know Christmas.*

*I know redemption.*

*I know miracles are real.*

*I know how to pray. I know how to love. I know how to give. I know how to help. I*

*know how to change. I know how to be. I know that I don't really know anything. I*

*know how lucky I am.*

*Kavi*

## *Put Your Attention on God*

God is not far from you, or away in some distant place. He is within you, in your own inner altar. Man suffers because he is unable to discover Him there, and draw peace and joy from that discovery. ...Of course, you have to be in the world, but, you need not be of it. The attention has to be fixed on God, the God within... man must keep the Goal of God realization before him while engaged in the noisy, hilarious procession of life.

**Sathya Sai Speaks V6 P 2**







May 2016 Newsletter