

The Art of Living in Truth





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.*

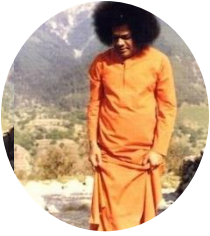
Amen



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



1 Truth Is Eternal

You are wasting your precious time thinking that all that you see in this objective world is true.

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It is very important that we be realistic, whether in the bazaar or with our practices.

2 The Art of Living in Truth

Our teaching is about the Art of Living. The Art of Living is the integration of spirituality in day to day activities.

7 The Only Solution Is Stop Meditation

♥: I try to make the tools for the Art of Living a part of my daily life and I try to remember to go Home as often as possible...

14 *What Will Happen, Will Happen And What Will Not, Won't-Q. 23 from 'Most Precious ' So in knowing that, be peaceful. Knowing this will take you directly to the Trust Meditation.*



The
Art



17 *Staying On The Wall Of Silence*

Silence is the base to all activity. It is important to close the shop of imagination, to sit and bathe the five senses, the mind and the body in it.

21 *We Never Learned How To Be*

Unless we have mastered the State of Being, the state of becoming is chaotic.

26 *Being Is Silence-Q. 65 from 'Most Precious'*

'Play your role knowingly', what does this mean? It means to play your role while you are aware of the Self.

28 *Be In The World But Not Of It -Sacrifice Everything*

♥: *In Your teachings You talk about the Art of Living in Truth, is it possible to be on this path and still pay attention to things in the world too?*



19 *Silence Brings Balance*

♥: *I would like to know where is the point of balance and how can we find that in our life?*

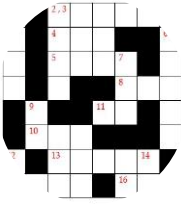
24 *Reduce Talking*

Each and every one of our practices familiarizes you with the Source of peace and true joy, in a way that you constantly want to go back to meet It again and again.

27 *We Are Cleaning Our Tunnel From Both Ends*

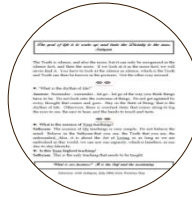
What we do works on both ends: It teaches us where Home is and it also teaches us the Art of Living in the bazaar.

Of Living in Truth



29

*Spiritual
Crossword Puzzle*



30 Goal Of Life

The Truth is silence, and also the noise, but it can only be recognized in the silence first.

31 Silence And Stop Meditation Are The Foundation

We must go from our inner to the outer, since the outside cannot quench our thirst



33 Lack of Progress

♥: I am not in a good emotional place right now. I cannot sleep, I have a lot of anxiety, and I have become very vindictive and cannot forgive others.

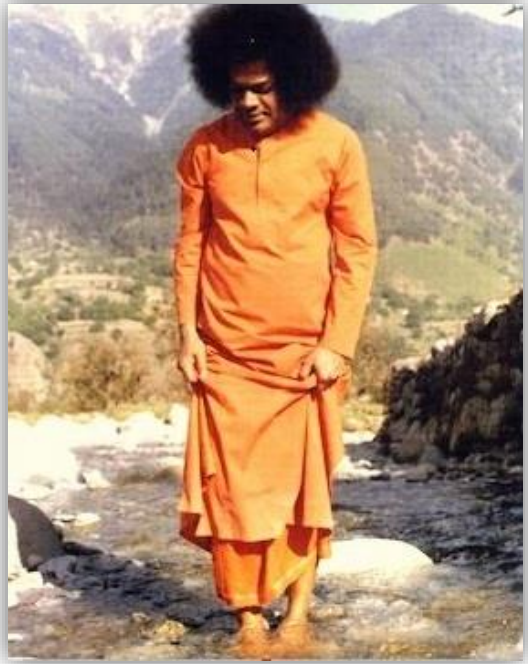
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Please note that Sathyam prescribes different methods for different people depending on their personality and need at the time the question is asked.

Truth Is Eternal

*You are wasting your precious time thinking that all that you see in this objective world is true. No! None of these objects is real. Truth is eternal and is beyond the three periods of time -past, present and future. That Truth is Divinity. God is only one, now and forever. How foolish it is to think that the worldly vision, which is subject to change from time to time, is real. You are a student today. Tomorrow you will become an officer in an Organization and few years later you will be a retired officer. Then, which is true? Is it the life as a student or as an officer or as a retired official? Thus, all that you see in this objective world and all the relationships between individuals are only temporary, never real and permanent. Divinity is not like that. Recognize the Truth that the Divine is Omnipresent - yesterday, today and tomorrow. **Baba***
(Divine Discourse, Sep 27, 2006)



You are a fragment of the Divine. This is the greatest truth all of you must realize fully. Baba

The Art of Living in Truth

Our teaching is about the Art of Living. The Art of Living is the integration of spirituality in day to day activities.

The Art of Living makes us 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 neglect the individual mind and also the Universal mind. The Art of Living teaches you how to live in this world and what we should do about different situations in the world. The Art of Living not only eliminates the falsehood, with the 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 we brought a temporary ointment and put it on a huge and 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.

(From the page titled 'Our Teaching', on Nazzanine Website)

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The Art of Living, which we engage in here, is the task or the mission which was given to Me, under this name. It is like the use of the sun in a dark room. The sun gives color, it gives depth, it gives life and it gives light. Now, the Art of Living is not to adjust, fix, mend or repair our relationships, our situation, or even our responsibilities. In other words, we do not have to divorce our husbands or wives, in order to be able to apply the Art of Living. We do not have to change our daily activities, in order to apply the Art of Living either. Then, why even ask about this Art of Living? Because it makes us live, it gives us life, it really does! We have many tools to not go with the mind, or to not

react to it. Why are these tools given? They are given because the individual mind is the first one that has to be neglected, in a good way (by practicing the Stop Meditation). Then the world is a Universal mind, and then what do we do with the world? We do the same thing that we did with our individual mind. This is a very big and important point!

(Awareness of Silence DVD, 8/8/06)

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Sathyam is discussing parts of these two quotes about ‘The Art of Living’

Sathyam: ‘The Art of living is the integration of spirituality in day to day activities’- now this part is very important, it says that if you want to live in the Art of Living, it is having spirituality integrated in your day to day activities, it is not just day to day, but every activity in the day. It goes on to say ‘this will teach you to not go with the thoughts and to go with God’s Promise instead’. We can stay with the Art of Living and saturate every activity that we must engage in during the day or night, by using the discrimination of Stop Meditation. In other words, we Stop when it is necessary and we use the mind when it is necessary. That way we are being prompted automatically and living by the Promise of God. That Promise is the unseen Presence, it is just automatic; you do not have to worry about it. ‘If you don’t go with the thoughts, I will take care of you,’ what will take care of you? When the mind does not think, the personality has faded and what IS is Perfection.

‘What is the use of the sun to a dark room?’ The use of the sun to a dark room is that it is no longer dark, that is what it is, the use of the Stop Meditation and the Promise is that there is no longer any Maya. Maya (illusion) is ignorance, ignorance is darkness. Here it says that when you integrate The Art of Living in your day to day life, you don’t have to fix,

mend or repair any relationship, because once you are doing that, again that unseen Presence removes, mends and repairs, if a situation needs it.

In the quote it says that the Art of Living makes us live, what does that mean? It makes us live because without the Art of Living, we are not really living, we are dead men walking. So we start truly living when we are not living out of Maya, which is mind and body. This is a very beautiful description of the Art of Living. Look how simple it is: if they taught us from childhood about Stop & Trust...that's all they needed to teach us...that's it!

(Morning Devotional Program, Reno, 9/19/14)

*I am not here to teach how to
worship. For reasons that are not
apparent even to Myself, the
purpose of My being is to show
you your own face and nothing
else! By knowing this truth, your
work is finished!*

Go and be happy.

(Iran Phone Conference Book, 2006-2007, p. 222)

What Is the Art of Living

Art of Living not only eliminates the falsehood along with the body identification, it also eliminates the falsehood of believing this world is real.

(Awareness of Silence DVD, 8/8/06)

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One of the important aspects of the Art of Living, which is what we are concentrating on here, is how to live without gathering more baggage and more bondage on our way to being freed.

(Jnana & Bhakti DVD, 12/12/06)

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A meditation once a week is just a meditation once a week; it is not the Art of Living. What is the Art of Living? It is to realize that we are not the cloud; we are not the wind, we are the Sun that shines constantly without a break.

(Truth Only, Nothing But the Truth DVD, 4/4/07)

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I think everything that we do here is an invitation to not pay any attention to the mind. We are not stopping it, we are not embracing it, we are not pushing it away; we are just putting 'The Art of Living' into our daily lives, through the expansion of consciousness.

(Watch the Seer DVD, 6/27/06)

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*The Art of Living is not living right once a week for an hour, the Art of Living is to live from the Source at all times.
(Spring Cleaning DVD, 11/29/05)*

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*The state of Samadhi (bliss) is very good, if you are a renunciant. However, if you are a householder, you want to know the Art of Living, which means that you carry the Truth at all times.
(Day Dream, Night Dream DVD, 8/9/05)*

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*The Art of Living is to know who you are and that your information just comes from that Source without taking thoughts. If you don't calm the mind, it would be almost impossible to activate That which is already there.
(Inner Voice Dissolves Two-ness DVD, 7/18/06)*

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*The Art of Living that is so, so important is that we don't come out of the world. We do not need to resign from our jobs or not spend time with our family, because they are not into what we are talking about here... What it is, is serving one master in a hidden way, constantly serving one master.
(I Know Nothing, One Master DVD, 8/15/06)*

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*Our peace is not of this world because this world does not know of peace, but we live peacefully by the fact that our inner world offers to us the true life, independent of what is offered to us out worldly. This is truly the Art of Living.
(Sathyam's Blog Entry, 10-4-2014)*

The only solution is Stop Meditation

♥: I try to make the tools for the Art of Living a part of my daily life and I try to remember to go Home as often as possible, but somehow over the course of the last month or so, I have been doing it constantly for a split second. I had not devoted myself to it and I was not taking the time to sit down to do it for ten or fifteen minutes. And I am wondering if what I am doing is a part of the Stop Meditation or is it different from the Stop?

Sathyam: No it is fine; it is no different. Just make sure during those times when you are not sitting down, and you are doing it for a split second, that you continue doing it for a split second, upon a split second, upon a split second. You just have to increase the time or to remember it while you are doing other things. When all of us do Stop Meditation, it is so we can do it when we are doing other things, outside of just sitting in meditation.

Whether we are cooking, driving, etc. we can do this even for a second, so the seconds can become more and more linked together in our practice, until they become longer and longer.

(FDE Phone Conference #6, Jun-12-2011)

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The only solution is Stop Meditation. Every day you have got to spend twenty or thirty minutes just sitting, completely, vigilantly stopping, until you get used to Stopping, otherwise your mind is not strong enough to keep practicing Stop and it gets persuaded by disturbing thoughts again.

(Sai Baba Center meeting, Reno, 6-15-2014)

In the beginning, I prefer that you practice the Stop Meditation with your eyes open, since being able to do that is the Art of Living. Finding the heart with closed eyes is easier, but when you master doing it with your eyes open, you can feel your Being while at work or doing everyday activities. Doing the Stop Meditation with your eyes open is The Art of Living, since for example when you are at work and other people are around you, you can still be in touch with your Being. Even when you are talking to them, your focus could still be on your heart. Right now as I am talking with you and looking at you, My focus is on My heart.

In the book '*Most Precious*' it says, 'If we do not learn how to Be, how can we be this or that.' Because of that, you have to learn how to Be and then you can be a woman, a man, a teacher, a student, etc.

(Dar Hozoor Book, Bodrum Retreat 2012, Excerpts from pages 65-66)

* * * *

Someone talks about how much more peace they would have if only they could surrender fully and leave all their worldly concerns at the feet of the Guru.

Sathyam: Leaving the un-peacefulness at My feet, God's feet or Baba's feet, is just a temporary ointment on

your mind. Putting the teaching into the ultimate practice and having satsang is the ultimate solution. Just the fact that you are surrendering this

Whenever you cannot do the Stop Meditation easily, know that you are too involved with the outside. When that happens, tell yourself 'This is the time that I have to do Stop Meditation in nature.' Remember anytime the old thoughts, tendencies and habits come back to grab you like an octopus, immediately go to Silence and practice Trust and Stop Meditations and sit in your Home!

(Iran Phone Conference Book, 2006-2007, p. 152)

way often by saying 'I leave my concerns at the feet of my Guru', shows that it needs some sort of practice. As you have said, satsang is important at times, but what is satsang really? It is the company of silence.

When your intention is to have peace, then you have to cultivate this peace. You cannot beat it on the head and think that it will grow more and more. Therefore, it is important to really look at whatever is taking your peace away 100% and see if it is really an un-peaceful situation or your reaction to it, and then Stop and then Stop and then again Stop and then again Stop. But Stopping is almost near impossible, if you don't remove yourself to Stop. So spend some time every single day alone in nature, or someplace quiet and sit until you can Stop....

Unless you have ultimately learned Stop, surrendering to the feet of the Guru is just a relief for the mind; it is not permanent. But if you say it and you 100% believe that you don't need to carry it and you can let it go, then that is a permanent Stop Meditation....

(Sai Baba Center meeting, Reno, 6-15-2014)

*Look for the source of your
thoughts and then you will see
that there is no source at all.
Then you will tell yourself 'I
have been so free, but I did not
know it!'*

*(Dar Hozoor Book, Bodrum Retreat,
Sept. 2012, p. 142)*

The Art of Living Tools

Stop Meditation & Self-Realization

Silence is the base for the Art of Living and we find silence through the Stop Meditation. The end result of Stop Meditation is Self Realization. A mind that does not think has realized the Self, the energy of a mind that does not think has been transformed into a divine energy; it gets things done without any memory.

(Booklet of Silence and Simplicity Retreat, August 2013, p. 30)

Feel His Presence

♥: With all of my responsibilities and daily activities, like kids, housework, etc., how can I find time for self-realization?

Sathyam: Instead of sitting in a specific place every day and meditating for some time, you can close your eyes a hundred times a day, for five seconds and say 'Since God is everything and everywhere, then He is in me too,' and feel His presence in that very instant. By doing this practice and repeating it, you will feel a sense of bliss and joy within you.

Until you get to your goal, practice the teachings and use the tools vigilantly every day.

(Iran Phone Conference Book, 2006-2007, p. 11)

Trust Let Go Of Your Worry

♥: When we surrender everything to God, should we trust one hundred percent and not put in a lot of effort? What is the role of our effort in this 'trust'?

Sathyam: Doing true Trust Meditation gets easier, when you feel the Oneness during the Omnipresence Meditation. Trusting the promise of God seems easy, but it is hard to explain. The true meaning of 'letting go' or 'surrendering' is to let go of worry and anxiety, it does not mean to sit down and not take any action. You have to let go of your worry, since the Promise tells you 'When you are worried, you are residing in the mind and you are not able to see Me.'

(Bodrum 2011 Book, Excerpts from pages 68-69)

Have Faith In The Promise

You are your own savior. Do not expect your relatives, spouse, children, job, etc. to change, just so you could change. In truth, you will have to save yourself. How? By having faith in the Promise and being one with That which is everything and everywhere...that is all there is to it!

(Iran Phone Conference Book, 2006-2007, p. 448)

Light Meditation

♥: In order to go deep and connect with God, I close my eyes and ask 'Why was I born? What was the purpose of me coming here?' But I have not had any progress with it!

Sathyam: Your questions are great, but this is not practicing Silence. You are actually conversing with God and that has nothing to do with meditation. What I recommend for you is to practice the Light Meditation for 15 minutes, twice a day. Make sure you meditate with patience and without rushing. Sit in God's light, the light that is within you and all around you. If the thoughts come, turn your attention to the light. By practicing this, if someone at work or any other place, says something and it causes the thoughts to rush into your head, you learn not to go with them and stay silent and still. This is the Art of Living in Truth.

Please note that I am not saying that you should tear up the letters that the mind sends you...no...not at all! You just do not read them and you stay still...without any opinion. If you can, practice this with your eyes open.

(Iran Phone Conference Book, 2006-2007, Excerpts from pages 77-78)

Are You with Me?

♥: You say 'It is useless to meditate once in the morning and once in the evening and then go through the day doing whatever you like. You must close your eyes repeatedly throughout the day and connect with your Being in any way that you can.' But Sathyam...when I get busy doing something, for example going shopping, then all my attention is on that.

Sathyam: Since it is the Art of Living in Truth (that we are talking about), this is a very important question. There is no exact prescription to tell you that if you do it a certain number of times a day, it will work best. What I am talking about is the practice of connection and communion with the Is-ness or that Presence within you. I am going to give an example, so you can understand this better. When you sit in the car to go shopping, for an instant turn your love and attention to your Inner. I mean you have to pay attention

and turn your focus to that Presence, the Awareness or that Is-ness. Every time that you do pay attention and focus on That, it will become more apparent and clear for you. In other words, It will be more important than everything else in your life.

(Iran Phone Conference Book, 2006-2007, Excerpts from pages 168-169)

Discipline in Meditation

♥: *You had told me 'Whenever your Inner invites you to meditate, do it'. For this reason, I no longer meditate using a certain discipline.*

Sathyam: *No. You have to do your longer meditations throughout the day, using discipline. What I am talking about is the Art of Living in Truth. In other words, we are talking about interweaving the Truth in ALL of our daily activities. The more you acknowledge your Is-ness, the more your Is-ness will acknowledge you. When people ask Me 'How can one be on this path?' I say 'By having love, interest, perseverance and vigilance.' Being vigilant here means remaining sharp and staying consistent with your love and interest. If these qualities are not there, one is not ready to walk on this path.*

(Iran Phone Conference Book, 2006-2007, Excerpts from pages 168-169)

What Will Happen, Will Happen And What Will Not, Won't

The following is an excerpt of Sathyam's discussion on question number 23 from the book 'Most Precious':

Sathyam: 'What will happen, will happen and what will not, won't.' So in knowing that, be peaceful. Knowing this will take you directly to the Trust Meditation. When you know that you are not the Doer and what will happen, will happen and what will not, will not...then what else do we need to do other than Being? Just Be! Remain that which you are...which is the Observer. Just imagine living like that; in other words, to just watch!

When you are sleeping, you will dream of whatever you must dream of. I mean that the dream takes place automatically. You do not put any effort into your night dream, since it would be useless. You would never say 'Tonight I want to dream of Sathyam feeding me.' You would sleep and whatever happens...happens. In fact, what are you really doing? You are just lying in your bed and observing the dream and in the morning you wake up and say 'I had a bad dream' or 'I had a good dream,' and then you will get on with your day. The day dream is like the night dream and the meaning of 'What will happen, will happen, and what will not, won't,' is that when you know that you are the one who is lying in bed and observing the dream, the effect of whatever happens will be lessened for you. Now, how could we understand that we are the dreamer? By practicing the tools, only by practicing the tools! The repetition of the phrase 'I am the Observer' will not work, but using the tools will automatically do the job and erase the ignorance, and then the knowingness will appear.

Be in the world but not of it! Do not let the bazaar own you! Remain vigilant! With our tools we can go forward with awareness, meaning that your eyes should not be fully open and they should not be curious about the bazaar. They should be half open, looking at the heart.

(Dar Hozoor Book, Bodrum Retreat, Sept. 2012, Excerpts from pages 136-140)

OUR WORK IS

The Art Of Living

NOT ESCAPING LIFE

It is very important that we be realistic, whether in the bazaar or with our practices. I want to make a very important point today, so listen closely! Our work is the Art of Living, not escaping life. This means that we must be very careful to maintain our balance. This is particularly true for the kids in Iran. If you have gone too far into the bazaar, pull back. If you are not in the bazaar enough, go forward. You must tend to all of your responsibilities in the bazaar to the best of your ability, and exemplify these teachings. We are not here to escape from the bazaar. This is why our meditations are done sitting, standing, and while working or performing our duties. These practices are not intended to be done on a mountain top somewhere, as though the bazaar doesn't exist. That is not doable, because as the body, we were created to do specific work.

For example, when I was first given these meditations, I had two small children. Although I went to India, I was also very involved with their schooling, I took them to various doctor's appointments, I cooked and cleaned, cared for My parents and helped My friends. I didn't escape any of My duties. But I also didn't lose My balance. Whenever it felt like too much, I said goodbye and went to My God within, or I would hop on a plane and go to India to be with My Guru. It is very important for us to have this balance.

As I performed My duties in the bazaar, I didn't drop My conversation with My Inner or My Guru. As I was feeding My children, I was talking to Baba. And if I had a few seconds, I would ask 'Are You with Me?' If I had a few

minutes, I would read one of Baba's teachings that touched My heart. I didn't let go of My Guru or My responsibilities, nothing fell short.

♥: I feel as though I am doing what You are saying. While I am cooking, at work, or even fighting with my husband, I am constantly conversing with You from within. But I also feel as though there is a battle...

Sathyam: You see, when you open up to your Guide or the Self within, it is a two way street. You voice your complaints and struggles, but you don't listen. As much as I would talk to My Inner Guide, I would also Stop and listen. I would wait for an answer from within, guidance, or to see if I could feel the Oval Energy. We are used to talking, confiding and expressing love, but we are not used to going to the Silence and waiting for that love, feeling the Oneness and being guided. You have to do more of the latter. For example, when you talk to the Inner, you must then be Still, but aware and wait for an answer or a feeling. Become familiar with your Self, so you can understand what is taking place within your heart...within your being.

♥: At times I feel as though I really want to sit and listen, but I end up listening to the mind instead.

Sathyam: That's ok, honey. Your tendencies are very strong with anger, but you have come a long way, so have patience with yourself, but at the same time when you want to argue, when you want to get upset, or when you want to have some unpleasant feeling, there is always something within you that is trying to pull you back. Listen to it! Even if you fail one hundred times but succeed two times, you have succeeded two times. Practice this and be patient, instill in yourself the habit of giving more importance to listening than talking when it is needed.

(FDE Phone Conference #15, Apr 15-2012)

Staying On The Wall Of Silence

(This passage came on 6/14/2006, when Sathyam was in a deep state after our Wednesday night class had ended and She continued to sit in silence and poured out these beautifully potent bits of wisdom.)

Silence is the base to all activity. It is important to close the shop of imagination, to sit and bathe the five senses, the mind and the body in it. There are a lot of places to go to, like bars, clubs, gyms, hospitals, etc., where people go to have mental or physical relief. For us, silence is very crucial and this can be carried over, if we choose to carry it over.

Take silence as your companion, as we open our eyes, just be very vigilant with the silence. We look around and still be aware of that silence; as a *Witness* in the silence and as a *Witness* in the world, at the same time.

Be a *Witness* to this silence, and as a *Witness* you can carry it everywhere. If not, there will be



two, you and the separation from that silence. When in deep meditation, we get used to silence and having a deep meditation and when we are in the world, we are bombarded with the inward and outward noise. You have to stand at the line between the two, the *Witness* of the noise and the *Witness* of the silence- part of each, and yet none of the above. Being in it and yet beyond it, is the Art of Living.

That *Witness* is alertness, the watcher of the silence and the noise. Then you find out that you are neither. This is extraordinary freedom, because you can shift your attention to silence or as a *Witness* to the noise. We prefer one to the other; both have to be watched, as if one is a continuation of the other. The manifest and the un-manifest, the breath in is the un-manifest, you let it out and it is the manifestation.

Man, woman, unman, un-woman, you have to co-exist with each other, just like breathing. If you keep it in, you die, if you keep it out, you die. *Witness* is the position of the Yogis being on the wall, you don't jump on either side, never involved completely with either. With deep meditation, when you crawl out to the other side, you must be consciously aware of this *Witness* and that puts you apart from the in and the out, and it gives you a feeling of totality, *Witness* is on the wall, not taking any sides.

(Sathyam, Reno, 6/14/2006)

"All the practices are aimed at Maya to be seen as Maya, imagine that! All of our effort is to see Maya as what it is."

(Morning Devotional Program, Reno, 9/20/14)

Silence Brings Balance

♥: I would like to know where is the point of balance and how can we find that in our life?

Sathyam: When you have a lot of thoughts, you do not have balance. For example, you come home and you are still thinking about what happened at work, or you are having a conversation with those thoughts, while you are sleeping. All of these are signs that you are not at the point of balance. It is like you are on a seesaw, with one side heavier than the other. Therefore, when you do not want to do the Stop Meditation, or you do not want to be alone with your Self, that is the time that you really need to do it to regain your balance.

Gaining the balance and finding the middle path enables you to apply the teachings of the Art of living and its tools in a better and easier way in everything that you do. And that is because a balanced person is taking care of all that they need to take care of.

(Iran Phone Conference Book, 2006-2007, Excerpt from p. 151)

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Right now you say that you have too many thoughts...this is a sign for you to pull back. Are you willing to not take care of any of your responsibilities for a short while? Are you willing to turn your back to them? Are you willing to go into Silence when you have a lot to do, or when you have a lot

on your mind? If your answer is yes, then it means that you can utilize the teachings of the Art of Living in Truth; doing that even for one day will bring balance.

(Iran Phone Conference Book, 2006-2007, p. 151)

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One of the most important ways to un-personalize is to not repeat the story of our lives, it is to Stop against gathering sympathy and empathy from others. Every time we don't tell our past story, we have erased a layer of it and we do this by using the Stop Meditation. In other words, when you want to complain, Stop! When you want to feel your sadness, Stop! When you want to feel your loneliness, Stop! In place of that you have opened joy, love and understanding.

(Booklet of Reno Retreat with No Name, Feb. 2012, pg. 116)

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One of the best ways to have more silence is to not carry on with fear about the future and also to not open your suitcase to review your past, when you call or see other people. Unless you are the type of person who needs to release their emotions once in a while, in which case go ahead and definitely do that, but do not allow it to become a habit. If other people tell you their stories, do your practices while they are talking. *Do not give importance to their mind!* This is because many times you have practiced and calmed your mind, but then you go and buy someone else's bazaar. The best kind of empathy and compassion you can have for others is practicing the Presence.

(Bodrum 2011 Book, Excerpts from pages 58)

We Never Learned How to Be

(This article is from one of Sathyam's Tuesday night classes from 2004. After the meditation of 'I am no body and I do not know anything' Sathyam continues)

Slowly open your eyes, if you care to do so. This is the State of Being, and unless we have mastered the State of Being, the state of becoming is chaotic. This is because most of us have become somebody, but we never learned how to Be. This is why the world is the way that it is, because not too many people know how to Be, not to be this or that, but just to Be. In that Being, there is a Presence, in that Presence, there is Omnipresence, in that Omnipresence, there is an Omniscience, and in that Omniscience, there is an Omnipotence. This is the Art of Living in Truth, which no one has taught us, because no one really knew how to teach it to us. The truth, the peace, and the joy are so close to our heart that they are missed at every corner. Every time we look 'out', we are ignoring our own inner eye.

When a Teacher appears, as My Teacher Sai Baba did in my life, He is no longer a person; rather He is a clear mirror. I looked into this mirror and saw Myself, and at that moment of contact I am just Being, rather than becoming.

Why then is this Art of Living in Truth so important? It is important because it is every reason for which we exist; the seed of it is in that Being.

When we just meditated on being nobody and not knowing anything, what happened? We were actually the Totality. Did any of you feel that you were bigger than your body? (A few people say yes.) This is an unbelievable realization, if we can hold onto it. This is not something that we can buy in the bazaar; we cannot even be captured within our own body; that is how great and endless we are.

The Art of Living in Truth is not about just being inspired by someone; the truth has to be so potent that as it is spoken, it is experienced.

Whenever we say, 'I am so and so, I have to correct myself, I am not a good mother, I am not a good spouse, I am not a good person, I am an incredible person, I am the most knowledgeable person in my field, etc.', we are missing how to Be. Isn't that ironic? When we are becoming something, we are actually imprisoning ourselves.

The Art of Living in Truth is very important: we have bombarded our mind and cluttered it with falsehood, when we empty it however, our mind becomes an avenue of awareness, and awareness is God. Is it easy to do? It is easier than breathing. However, is it common for people to get it and practice it? Perhaps one in a million will, why is this? It is because when we leave here, we pick up our garbage all over again. There has to be a refusal to pick up the garbage, a refusal to read an old newspaper, and a refusal to write the news for a newspaper, before the events have even taken place! What I am referring to by reading an old newspaper is living in your past, while the Art of Living in Truth is here and now. I am not talking about here and now as in the present time, for it has nothing to do with time. Here and now is timeless. Do not associate it with time, it is here timelessly, it is new and it is perfect.

Imagine this: even if we pick up the garbage all over again, as long as we know about the Art of Living in Truth, we know that within a second we can empty ourselves again of any extras. To Me that is a true treasure, which can be accessed at any given time, because here and now is for eternity. There is no room for ambition there, there is no room for anxiousness, becoming somebody has nothing to do with it, your name has no importance there. It just IS perfectly, in a way that no one could ever imagine, because it is impossible to imagine!

What is this that we are talking about, what is its name? As My Teacher says, it is called Sat-Chit-Ananda. Sat means Truth, Chit means Awareness, and Ananda means Bliss. When you live in this Truth, you are aware without knowing, without having to know and that awareness is eternal bliss or Ananda.

The only difference between a realized person and an unrealized person is the Art of Being, because we are That.

(Excerpt from the DVD 'To Be', 9/14/2004)

Reduce Your Talking

Each and every one of our practices familiarizes you with the Source of peace and true joy, in a way that you constantly want to go back to meet It again and again. Meeting that Source is Silence. For the ones who are new and are just starting to learn how to be silent, it is very important to reduce talking and to disconnect from the world for a short time every day. Not just when it is convenient, but when they do not have time and it is hard to do. They must turn off the computer, disconnect the phone and even the children shall no longer be important, since it is a meeting place that only those who are worthy shall enter. And being worthy means 'I have no other desire but You.' Then you can sit by your altar, repeat God's name, meditate, pray, read holy books, etc. Do whatever you like to do, but be with the Self. Do you understand? If the dinner gets burnt...it gets burnt! If the front door gets knocked down...it gets knocked down!

♥: You mean we do not show any reaction to whatever happens around us?

Sathyam: No, it means Silence. It means that your Silence is worth much more to you than taking care of the things that are unending. It might be very hard, since the thoughts attack when you try to get away from yourself. Real Silence is turning your attention onto your heart, but if you do not have silence outwardly, you will not be able to find

the real Silence. Outward silence means 'I will not talk and disconnect myself from the outside world for a while'.

♥: When we are in Silence, may we still take care of our daily affairs?

Sathyam: Absolutely not! I promise you that in the beginning, you cannot be in the kind of Silence that I am talking about when you are doing things.

(Bodrum 2011 Book, Excerpts from pages 57-59)

Art of Being

First we have to learn the Art of Being, which is living in that stillness of Stop and then from that, you will be the best wife, the best husband or the best doctor.

(Stop Mind Conversation DVD, 1/17/06)

God-realization is Silence

Do not ever forget to respect your Self (Sathyam touches Her chest.) Respecting the Self means spending time in silence. In reality, the goal of one's life is to spend time in silence and to stay in that silence. God-realization is Silence.

(Dar Hozoor Book, Bodrum Retreat, Sept. 2012, p. 158)

Art of Silence

Practice the Art of Silence for just two minutes, three or four times a day, until you become familiar with it. Then it will drag you in, which is peace of mind. First you find it, then it finds you.

(Silence, Parts I, II, III DVD, 4/19/05)

Being is Silence

**An excerpt of Sathyam's discussion on question and answer number 65
of the book 'Most Precious':**

Sathyam: 'Play your role knowingly', what does this mean? It means to play your role while you are aware of the Self. In reality, you do not have to drop playing your role and go to the mountain to attain self-realization. Play your role as a mother, father, husband or wife...knowingly!

This means to give priority to your awareness of the Self, since without this awareness, you cannot play your role well. When you do give priority to this, what happens? 'I will bless you in our Oneness.' Who is this 'I'?

This 'I' is the Self. When you find the Self within you, there is Grace. This is what we are doing here. Learning the Art of Living is very beautiful.

The mystery of life is not in learning and collecting information. What is the secret then? The secret is simply Being. What is Being? Being is Silence. Where is Silence? Silence is in the Heart.

Do not get entangled with the mind. In private conversations or group conferences, I might have given answers to your questions considering your various situations, but do not forget that we should *always* go back to the Self. The main solution is *always* in Being.

In one's life, it may be possible that doing something in particular or making a certain decision will be better than doing something else or making a different decision, but it is not eternal. After one decision, you have to face another decision...but eternity is in Being.

Being is Silence. Being is the silence of the mind. Being is shifting your attention to the heart. Being immersed in the region of the heart is Being. Being is forgetting who you are, what your name is and what your job is.

Silence! Silence! Silence! Stop! Stop! Stop!

(Dar Hozoor Book, Bodrum Retreat, Sept. 2012, Excerpt from pages 95-99)

What we do works on both ends: It teaches us where Home is and it also teaches us the Art of Living in the bazaar. It is no longer about just feeling free when we are in the region of our heart, and then we are lost all over again when we enter the bazaar. We have been shown where Home is, where the Silence is, and we can use the wisdom that has been poured into our Being for the times when we are not in the region of the heart. As we remain very alert, we can use this wisdom as a roadmap to our progress.

Imagine that Home is the white movie screen, before the picture is projected. That is Home. You sit in your Home and you enjoy it. But when your attention moves, the pictures come. This is when Stop which is the Art of Living is like being at Home.



*We Are Cleaning
Our Tunnel From
Both Ends*

What I mean is that rather than sitting in your Home, you constantly remember Home, at the office or with your friends. Thoughts come and you open your Home with Stop. This is why I say that we are cleaning our tunnel from both ends, both from sitting in our silence and getting wisdom and peace, and by learning how this peace can be with us, without the feeling that we are sitting in peace. This is Stop Meditation. Don't forget 'Are You with me?' and the Omnipresent Meditation either.

When you go to your Home...to your silence and ask, 'Are You with me?' or 'Since God is Omnipresent, what can I be?' you are creating more of an opening, your mind is becoming more aware of your true existence.

(FDE Phone Conference #29, Sept.8, 2013)

Be In The World But Not Of It

♥: *In Your teachings You talk about the Art of Living in Truth, is it possible to be on this path and still pay attention to things in the world too?*

Sathyam: *You cannot serve two masters! When we are after worldly joy and comfort, we cannot see the unseen.*

'Be in the world but not of it,' then you will have ultimate wealth. If you do not know that you are just an actor playing a role in this life, everything in the world of appearances becomes a trap and life becomes like a pacifier, which keeps you entertained without giving you any real nutrition. Sucking on a pacifier is acceptable only when it is given after one has been properly nourished. When you understand that you are only playing a role, then having or not having jewelry, clothing or food would not even matter to you. But if you do not know that these are not the Truth of who you really are, then any role could stir up your emotions and affect you, which will result in you having to face a lot of pressure.

(Iran Phone Conference Book, 2006-2007, Excerpt from pages 101-102)

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Sacrifice Everything

♥: *Can you talk to us a little about the Art of Living for the bazaar?*

Sathyam: *I tell you about Myself...as a mother I worked very hard, I was a very 'hands on' mother, very hands on. I never let the bazaar influence Me for too long, I would always take refuge in the silence of My heart. When the bazaar would begin to grip Me too much, I would immediately go and sit somewhere in silence. I would immediately pull away-detachment. And it would no longer matter to Me who would call Me or need My attention. You may say to yourself 'Oh, she was being selfish or she doesn't care about life.' No, that was not the case; I cared very much, but I always said to Myself that I have to save Me first before others.*

In My opinion, Divinity appreciates when you sacrifice everything for it and that is My balance. Every day you must check in and take an inventory of your mind, if it is going too much in one direction, you must put in the effort.

(Booklet of Heart of the Mother Retreat, Oct. 2010, pgs. 47-48)

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12		13				14	
15					16		

ACROSS

- 2- Be this and know
- 4- Body identification
- 5- God is this
- 8- This is divine
- 10- Sathya
- 11- Just ...
- 13- Be in it but not of it
- 15- You are not this either
- 16- Omnipresent

DOWN

- 1- You are not this
- 3- Realize this and you are free
- 6- Whose is it?
- 7- See with only one of these
- 9- This just is
- 12- I ... I
- 14- First be then this

Puzzle key is on page 32

**The goal of life is to wake up and taste the Divinity to the max.
Sathyam**

The Truth is silence, and also the noise, but it can only be recognized in the silence first, and then the noise. If we look at it in the noise first, we will never find it. You have to look at the silence in silence, which is the Truth and Truth can then be known in the pictures. Not the other way around.

* * * *

♥: What is the rhythm of life?

Sathyam: Surrender...surrender...let go...let go of the way you think things have to be. Do not look into the outcome of things. Do not get agitated by every thought that comes and goes. Stay in the State of Being- that is the rhythm of life. Otherwise, there is constant static that comes along to fog the eyes to see, the ears to hear, and the hands to touch and taste.

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♥: What is the essence of Your teachings?

Sathyam: The essence of My teachings is very simple. Do not believe the mind. Believe in the Sathyam that you are, the Truth that you are, the unbounded. Also it is about the Art of Living, so as long as we are embodied in this world we can use our capacity, which is limitless, in our day-to-day lifestyle.

♥: Is this Your highest teaching?

Sathyam: This is the only teaching that needs to be taught.

What is our business? It is the Self and the awakening.

(Interview with Sathyam, July 2006, Guru Purnima Day)

Silence And Stop Meditation Are The Foundation

We must go from our inner to the outer, since the outside cannot quench our thirst. Therefore, 99% of our conversations are useless, 99% of our thoughts are worthless and 50% of our daily activities are unnecessary, meaning that they are not important. But since we say everything, we read all of our thoughts and we do everything, we feel that we have a busy life and we do not have time to be still, whereas that is not true. For all of us, the first and last step is to disconnect our phone once in a while and disengage from the life we live day to day on the outside, including our children and spouse. We do that so we become aware of and focus on the Silence and Stillness within us. As the importance of realizing the Self gets stronger in our life, to that same extent 'That' will help and value us more.

As the importance of realizing the Self gets stronger in our life, to that same extent 'That' will help and value us more.

The second point that I would like to remind everyone of is that when we spend a lot of time worrying about our future and the future of others, we get used to that and worry will automatically creep into our hearts. Also, if we keep thinking about the past, our actions and other people's actions, that is how habits and repeated thoughts are formed. But how do we break this habit? This is possible only by practicing and doing the Stop Meditation.

Silence and Stop Meditation are the foundation and also complement one another. Without them, it is as if we have built the house on clay and mud instead of metal and concrete. So in order to make this clearer, the first step is Silence and giving importance to Silence, and the second step is to do Stop Meditation.

As I have said before, Silence and Stillness are very important when facing thoughts, since we have learned and have been taught that thoughts are powerful. But this power is due to the fact that we have shown a weakness in facing them. How? We either pushed them away, showed them interest, tried to run away from them or decided to do away with them. But doing the Stop Meditation is none of the above! Stop Meditation means that we do not give thoughts any importance; we do not pull them nor push them away and we do not read or converse with them (knowingly or unknowingly). Stop Meditation means not reading the thoughts and not giving them importance, Just Be...Just Be!

So in order to make this clearer, the first step is Silence and giving importance to Silence, and the second step is to do Stop Meditation.

(Iran Phone Conference Book, 2006-2007, Excerpts from pages 292-294)

D	O	G ¹⁶		D	N	I	M ¹⁵
	D ¹⁴	L	R	O	W ¹³		V ¹²
L				I	V	S ¹⁰	
L		E	B ¹¹			F	
U	O	Y ⁸			F		Y
V		E ⁷	V	O	L ⁵		D
F ⁶			O	G	H ⁴		O
	L	L	I	T	S ³		R ¹

Crossword
Puzzle
key for
page 29

Lack of Progress

♥: I am not in a good emotional place right now. I cannot sleep, I have a lot of anxiety, and I have become very vindictive and cannot forgive others. I do all of the meditations that You have given us and used to feel the effect of Stop in my life. But now I feel that I have to go back on the antianxiety medications that I used to take 8 years ago.

Sathyam: I know why! This happens when you do not practice Stop or the other tools and you go with your mind too much. This will cause the thoughts to become repeated for you, to the extent that you get exhausted and it is making you crazy. In other words, they cause you to suffer. You have gradually let go of your practices, because had you not read your thoughts and surrendered to them, and had you not judged yourself and others, you would not be in this emotional state.

This is a fact, when you absolutely do not open and read the letters that the mind sends you, how is it possible to worry?

Each and every one of our senses, such as hearing, sight, taste, smell and touch are like the tentacles of an octopus. To be free, we have to continuously bring them 'in'; we have to bring our senses back to the center of our Being. When you pay attention to the outside world, or read one of the old letters from your mind, you become tired and desperate and you lose your ability to cope. My first prescription for you is to not blame yourself for showing reactions to your thoughts. This is because by doing that, you are going with your thoughts again and then you face two intense situations (reading the old and repeated thoughts and blaming yourself for reading them) which exhaust you both mentally and physically. Please listen to Me!

I will repeat it again, what you have done so far is not important; the first step is to not blame yourself. And the second point is for you to know that what others say or do does not affect your happiness or unhappiness, because it is your own reactions that cause your misery, not their reactions towards you. Their words hit the wall of the room too...would the wall get upset? It is not important what your husband, neighbor, or anyone else has said; if you do not react to them, they would not cause problems for you.

Let whatever is bothering you take you deeper. In other words, the instant something from outside or inside bothers you, tell yourself 'This is a sign that I have to pay more attention to my Inner...to my main core.' Sit in silence; put candles, incense, flowers, music, etc. around your house and turn your home into a shrine to encourage you to go within more and more. Designate a place in your home where you can take refuge and let loose in the bosom of silence, until you taste the effect of it for yourself. Right now, you have read your thoughts and emotions so much that you cannot stand it anymore, and you cannot let go and forgive yourself or anyone else, and this is not your fault! You have sat yourself down under an umbrella whose only job is to show you beauty and ugliness.

The best thing for you is to listen to Me and do what I tell you, so that you can remove yourself from being under the umbrella of duality and going instead under the umbrella where there is no conflict. You only have to make an effort and not be lazy about it. *Do not allow the water that has come from the heavens and has been poured into your hands seep out through your fingers!*

Participate in satsangs (spiritual gatherings) more often, watch our DVDs, fill your house with the sound of bhajans (devotional songs), listen to things that are worthy and valuable, look at beautiful things. All of your five senses have gone outward and because of that they have weakened...you have to bring them all back in. As Baba says 'You have to put up a fence around this

new seedling, in order to protect it so that it will have a chance to take root and grow'. This means to put a Divine wall around yourself! Socialize with people who give you Divine nourishment, and if there are people in your family with whom you do have to associate, make that an opportunity for you to go deeper. In other words, accept that God has placed those people in your life so that by bothering you, they make you practice more. Say to yourself 'I will no longer be fooled by this.' This is the exact story of the sweeper in the book '*Nazzanine*'.

I call our Divine tools 'meditations'; one of these meditations is very effective for this particular situation. Anytime thoughts from inside or someone from outside bothers you and stirs up your emotions, immediately go and sit in the place that you usually go for practicing silence and tell yourself 'I am no body and I do not know anything.' Sit in silence and dive deep into this phrase. You are no body! Could anyone's words or behavior affect something that is not an individual, meaning that it does not have a body and a mind? By saying 'I am no body and I don't know anything,' what words, deeds or worries can affect you?

Each time before going into silence tell yourself 'I am no body and I do not know anything.' When you say that, you watch yourself get empty, and the luggage that you carry drops and you become free of all the repeated thoughts. I am not saying to not get help from doctors and medications, if you need them, you should certainly use them; there is no shame in doing that. But whether you use medication or not, it is better for you to liberate yourself from the gutter of ignorance of this world! This is My advice to all humans and even animals.

At this time, because of believing all the thoughts and lies of this world, we have put ourselves in a ridiculous bind. But as I have told you before, each and every one of us is part of Divinity. With the expansion of our

consciousness, we will understand that we are not only part of Divinity, but that we are the totality of God.

Remember the Omnipresence Meditation 'When God is everything and everywhere, then what can I be?'

This is very simple: if God is everything, would He get upset? Would He read thoughts? Would He get sick? Would He get depressed? No...No...No...No! So why should I get upset? Why would I read thoughts? Why would I get sick? Why would I get depressed? So this is a false belief! Therefore, I will no longer accept that! Since God is everything and everywhere, then how can I be sad, sick and helpless?

In the same manner, cross out every one of your beliefs, one by one. This will not happen overnight, but it is never too late. Even if we are 80 years old and come to a meeting like this and hear these truths, we have to count our blessings that we were able to hear the Truth of who we really are before we die.

Whatever you see in the world comes and goes (it is impermanent) because they are all illusions. The outside world is nothing but an illusion, what is an illusion? Illusion is the reflection of your own mind. Clear your mind, and your world will be cleared too. Now how can you clear your mind? With silence, letting go, searching for the Truth, with the understanding of 'When God is everything and everywhere, then what can I be?'

Imagine that you are upset about something. Now...with everything that you know about the Truth, sit and contemplate on 'When God is Omnipotent, how can these thoughts have any power over me?' Then you can cross them all out and erase them. Erase, erase and keep erasing them and it will be ok as time passes. Never have the feeling of desperation. I understand your position and your desperation, since where you are standing, so many thoughts are attacking you and making you feel hopeless.

But I am telling you do not be sad or disappointed, since you have several tools that even just a single one could save you and help you not go along with these upsetting thoughts. The key is to use these tools and not let them slip out of your hands. Practice, practice, practice...I Myself have been practicing for 30 years now. Practice and you will see for yourself that every day you will be better than the day before.

♥: Thanks.

Sathyam: You are welcome dear. Before you do anything else, write down what I just told you, so you won't forget. Let all the problems in your life take you to a deeper silence and remind you to practice more often. I translated all my failures as 'I have to be silent more often, I have to know my Self better, and I have to work on myself more.' So allow all unpleasant events to turn into an opportunity instead of misfortune and despair.

(Iran Phone Conference Book, 2006-2007, Excerpts from pages 296-300)

The last thing I want to say is that I feel One-ness with all of you because we do not have a real existence through our mind and body, but rather we are One through the Presence. The only remedy for all the temporary fortune or misfortune is waking up. When you are not dreaming, you will not feel the effect of the dream. I hope that you will practice all that was said and nurture it in your heart. I wish for all of you to be awakened, I wish you success in awakening, and I wish you peace in awakening.

(Iran Phone Conference Book, 2006-2007, p. 190)

*Whatever needed to be said has already been said. Whatever is needed to take you Home has been given to you and you have been gifted with that which shall free you. Take one of the teachings or even a part of it and practice it with all your might, until it is proven to you that what you are doing will free you. When we gather a lot of information and jump like a monkey from one branch to another, even if those branches are full of Divine and heavenly fruits, we get used to jumping around. However, if you contemplate on one of the sentences from the book '**Most Precious**' for one year, two or three years, it is sufficient to give you freedom. Nothing else can do this! That is why if our focus is concentrated in one direction, one place and one center, it will cause an explosion (in our consciousness).*

(Phone call with Isfahan, March 2012, Esfand 1390, Track 9)





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