

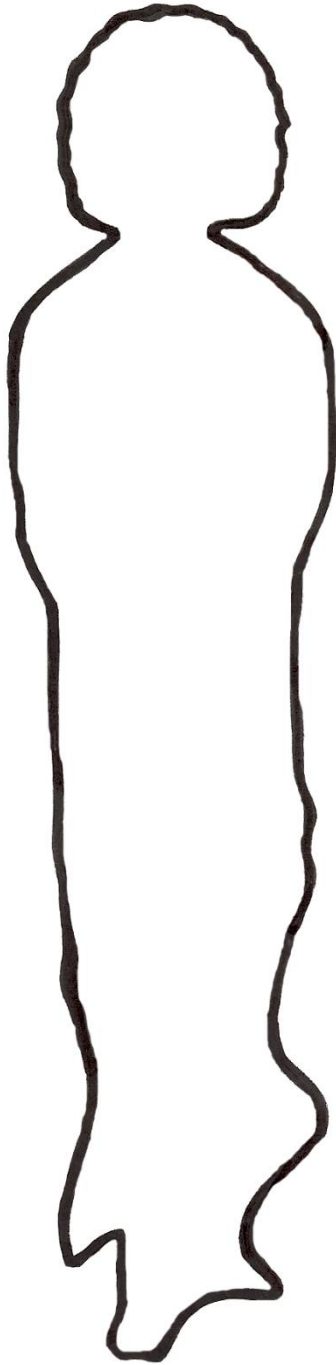
Enlightend Buddha

Amazing Grace



You can't serve two masters





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

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After all, silence is God.

*When the heart and mind are silent,
you can experience God.*

Silence means the state where there is no mind.

*When can you say that there is no mind
or that the mind ceases to exist?*

*When it is not disturbed by emotions, desires,
feelings, thoughts, etc.*

When the mind ceases to exist, you can experience God.....

*Practice silence at least for half-an-hour every day.
You can observe silence even while going about
your daily chores.*

*When the tongue is active, the ears are also alert
for responses and you absorb all sorts of vibration
which can affect the mind adversely.*

Consequently, the mind cannot be calm and still.

*But when the tongue is quiet, the ears are
unresponsive and the mind is not affected by
external factors. The mind therefore becomes
calm and quiet and you will be able to
experience a sense of deep peace within yourself.*

*When the mind is peaceful and silent,
you also have extra energy.*

Sathya Sai Baba

SSAV p. 3

Q. Speak to us of how to be in this stillness that you talk about.

A. Silence, Deep silence. Let the thoughts go nowhere, then they have no choice but go to silence. At first give the mind words like God, Life, Peace, or Light to dwell on, to inquire in. Just be silent, be still and know. Silence and diving deep will get you where you want to go. Talk little, and only after you have tapped in and gotten direction. In order to talk one has to stay on top where the waves are. In the beginning, you want to go deeper and deeper and to stay there longer and longer. Don't come to the surface too soon, too often.

Most Precious, question 22

CONVERSATIONS WITH BABA

Interview by: Dr. John Hislop
Baba's translator: Mr. Kasturi



Q: Everybody is self-conscious; conscious that he is, conscious of his being. Is this consciousness the base, or is there something prior to this?

SAI: That consciousness is second. First is God-consciousness. God-consciousness is the base.

Q: A source of confusion is about everything being a creation of the mind. Creation of whose mind?

SAI: Yes, it is the mind.

Q: But Swami, how could that be? Is my mind creating war and all its horrors? I do not find such actions in myself.

SAI: When you think of the world, it exists for you. When you do not think of it, for you it does not exist.

Q: When I do not think of the world it is not in my consciousness! Does the war exist only according to my consciousness of it? But there was a beginning to the war. How could that beginning be due only to my mind?

SAI: At your stage it will not be possible for you to grasp this. As long as the mind exists, it is not possible to comprehend the mind and its activity clearly. When thoughts cease, there will be no mind. Mind is a bundle of thoughts. Do not follow the thoughts. Then the world will not develop for you. Now your thoughts have gone to America, to problems there. But these are just thoughts. If you now follow these thoughts and go to America, they will bring about the world for you.

Q: Does Swami mean that one should just be a witness to the thoughts going through one's mind and not do anything about them?

SAI: Exactly. When the mind is destroyed, then the coming into being of the world will be clear to you. There is only God, God only. Hold to Him. Hold closely to Him and the matter of the mind will be resolved.

Q: Swami! I do hold on to God! My thought is always on Swami. I am always regarding Swami as being in my heart, not someplace else. But my mind is not destroyed.

SAI: It will come. To have that strong confidence is important.

Q: I have no trouble seeing that my mind creates my personal world – that is, Mr. Kasturi and Swami are known to me only because of the senses relaying messages to the mind, which then forms concepts and externalizes Mr. Kasturi and Swami. But the creation of something big outside, like the war, I cannot comprehend.

SAI: When the mind is destroyed and the world goes, God also has no existence.

My Baba and I
Dr. John S. Hislop
Pages: 226, 227

YOU CAN'T SERVE TWO MASTERS

7/11/06

A woman talks about practicing the meditations, especially the Trust Meditation. She talks about being very happy about experiencing the state of Being, since in that state she doesn't have to perform or compete, and she can Just Be.

Sathyam: Yes; it is as if your pretenses are down. Who you think you are is down, who other people think you are is down, and you are in your natural state of Being. Can you imagine if you could go through life like this? How peaceful and joyful life would be.

When you do the Trust Meditation, you trust because of the promise that was given to you when your body came into this world. You trust that you do not need to take thoughts in order to accomplish something. So, when the thoughts come, you remember this promise, and you remain unmoved. ... Did you know that most people have thousands of children? Every thought that pulls and nags at you has not grown up to be mature. Every time that you have repeated thoughts you are taking care of children.



What is the best way to quiet a child down? By not paying attention to him! There is no way of contacting the Source (pats her heart as she says this), or the peace that we all have within our Self, unless we are still, and do not go with the mind. This is why we have so many methods here to help us understand the nature of the

mind and ways not to go with it. All of our lives we have gone with the mind and gotten used to the agitation it causes, so much that we are no longer aware that it is really not normal at all. It is not our nature to be agitated.

We live in a society that says the mind and thoughts have power, and that we have to be able to think well. On this path that I talk about, the mind that has been filled with falsehood and beliefs that are not even true; it is a hindrance. We have to undo and drop the false, and yes, it is hard if you don't know what you are doing.

I would like to specifically work with you tonight (addressing one of the women in the class specifically) because you are very, very serious about this. ...

Close your eyes. What I am going to tell you is the Truth, but for now 'imagine' that at the time that we were born there was also a force within us, in the form of a promise that lays dormant. If we trust that this force will take care of everything, we are free. So, we sit here and let the thoughts come. We remember the promise; we trust and remain unmoved by the thoughts. We will do this for a couple of minutes now. As soon as a thought comes, remember to trust and remember the promise, and just be still.

Meditation takes place for a few minutes.

Sathyam continues: Slowly open your eyes. ...

I don't know how many of you are familiar with the fact that when you give up, everything goes well. This is because for a moment, unknowingly, you trust the promise. However, usually we don't give up until we are pushed

to the edge of the cliff with one leg hanging out. At the moment we give up, the mind stops and the promise is activated. This tool that I am giving you is very simple and some of you may even laugh at it. You may ask yourself 'what is she really talking about?' If you only knew what a secret is being revealed here! If you only knew! Wouldn't it be foolish for us to go through a chaotic life and die in the end, and yet all along we had this promise and we were either not aware of it, or we were told about it in this room and we did not listen to it? Practice it on your own until it is proven right.

When you know this secret and trust it and believe in it, it activates what is already there but is dormant. The more often you trust the promise, the more you will see the result of this contact. ...

At the time of birth of this body (points to Her body) and other bodies (points to the people in the class), there is a hidden promise given to us. If we don't take thoughts, the promise becomes activated and everything will be taken care of. This is not a myth. It is true. It has been true in my life and for many others who are in silence in other places like India or the Himalayas. By living with this 'grace', things do come to them naturally. I am not saying that in our Western culture with its modern lifestyle we need to sit somewhere in silence and do this. What I am saying is that you need to remember this promise throughout the day as you are working, taking care of your children, doing housework or even driving your car. Every time there is a grip of thoughts which I call children that never grow up, you go

back and remind yourself of the promise and trust it. Why do you have to do this? Because this promise is not aggressive. If you don't take advantage of it, you will not know it is there. Use thoughts that are necessary for your daily functioning, but with any type of thought that is repeated and bothersome take advantage of the promise. Do this with even mundane thoughts such as 'should I eat this or that? Should I go here or there?' Just relax and see if this power within you doesn't take you to the right place at the right time.

A woman asks: "So you are saying to let it go and it will all take care of itself naturally?"

Sathyam: I am not asking you to let it go. When you say to yourself, 'from tomorrow on I am going to let it go,' it is out of suggestion from the mind. What I am telling you, however, is the truth; there is a promise that if we trust, everything will be taken care of. There is this omnipresence, an omniscient and omnipotent power that is dormant unless you know the secret of staying on that trust. So, it is not just deciding to let go. Many people do that and pick it right back up again two minutes later. It is more like what one of you said earlier. There is a comfort, there is a feeling of being at home, because you have found home. You take this 'home' with you wherever you go.

There is a 'knowing' and you become convinced as soon as you do it and you see the result of it. By doing this you become a beacon of light in

society. You become one of those rare people who do not need a lot of chaotic energy around them. This is because this promise is truly there; it truly is there. It is so magnificent, and the good news is that this promise is within every single one of us.

Why is it that we don't use this promise even when we find out about it? Because we are unwilling to have that peace that we are looking for. A lot of people will look for peace but they hinder it every step of the way. The peace has become a myth for them, it has become a cliché. They say things like 'I wish I had peace, but right now I am going to be un-peaceful.' But this peace is already there. When we wholeheartedly desire peace, we must be alert and vigilant not to disturb it. And one of the ways to support our peace is to trust. I am not saying to trust in God, or in this or that, or to trust in something that changes or something that is a concept in your mind. What I am saying is for you to trust that promise and see what happens. It is an invitation to glory, an invitation to a feast. However, the irony of it all is that only a few respond to this invitation. Everyone, however, is in the line for chaos. It is this way because of habits, concepts, and beliefs. ...

A woman talks about being in the flow of things or the state of grace.

Sathyam: You are in the rhythm or the flow or the grace, as you say, when your life pours out spontaneously. Most of us, however, don't even know what spontaneity means. All we know is to strive, in order to survive, and to add more to our lives, etc. And that is all we have been taught, it is the

Universal chaos that has been happening. It is nobody's fault. So, it is up to us to hear the Truth, grab it, and then run with it. And most won't do that because it is too simple. ...

A man talks about his quest for knowledge and how he likes to learn more and more, but that coming to this class has helped him a lot.

Sathyam: I call that gathering more and more concepts. I am glad, however, that you come here, because then you balance it. ... Life is all about balance. What have you learned since you have been coming here? What has been your realization? What has changed for you? (She asks the same man.) ...

He says: "Well, I get to look at me."

Sathyam: You mean, 'Look at me', as the mind?

He responds: "From this class I get to look at me and see where I need to go."

Sathyam: That is not good enough. When you say 'I look at myself and now know where I have to go,' it is like an alcoholic saying 'I will not drink anymore tomorrow.' I don't know how serious you are about this, but I do know that you have a heart of gold, and that is what brings you to the places where you can see the Truth. However, if you really, really want freedom and you don't want to play around and waste your time like you have been doing, I would recommend this: *it would be better not to come and practice than to come here and not practice.* This is because the freedom is in practice, not so much in repetition of hearing it. ...For one week I would like you to do the

Trust, or the Stop or any of the other practices that you have learned here. I would particularly recommend the Stop Meditation for you, and we will all do that together ...

I would like you to keep your eyes half open. (Addressing the same man.) *Continue to look at whatever you are looking at, and just stop reading every thought. Just be empty, blank.*

Meditation takes place for a few minutes.

Sathyam asks the same man: Now tell me; were you able to not go with the mind for a few seconds?

He responds: Thanks to all the prior sessions here, I was able to go longer than just a few seconds.

Sathyam: Just hold onto what you were feeling here, during your day, because if you vacate this unbelievable invitation, you are welcoming and inviting extreme, chaotic duality. Therefore, we can not serve two masters, we really, really can't. We can not serve the mind's every whim and ask for peace. You cannot do that, if you are seriously after freedom and peace. I would say to you 'do not delay your arrival.' It would be really foolish to be the Sat, Chit, Ananda, which mean Truth, Awareness, and Bliss, and act like an idiot, as we all have.

... You are an old student and I can therefore talk to you like this. You see, I have so much patience with all of you until it gets to the point that I think

you are ready, and then I am going to ask you to make up your mind. It is now time for you to jump. If you start walking the walk, the benefit to you will be much greater. And if you don't, you are delaying your arrival.

He says: Today, I leave here feeling that my past will no longer pain me.



Sathyam: Your past will not hurt you forever when you no longer carry it. When you drop your story you have dropped your story. Again, here and now, the invitation to you is: Jump; start trusting and do not delay this arrival. You may give yourself a hundred

excuses why you should not get there, and I am telling you to drop it. ... Just stop your story in your own mind for five minutes...

A woman says: "I know that the 'wise' unlearn."

Sathyam: Yes; the 'wise' unlearn, they do not learn. This is exactly the process that we are doing. We have taken in so much stuff in, through our senses, that we have indigestion; we are unaware that learning has a limit. ...when you are connected to the Omniscient, you do not need the worldly knowledge, you really don't. Worldly knowledge is about going from A to B; however it will not follow you. This knowledge is also subject to any disease, discord, or disharmony. I am just reminding you tonight to give

priority to this source that we all have within us. Most of you are very familiar with it to various degrees. ...

We have delayed the meeting with the Self for so long. Those of us, out of hundreds of thousands of people, who choose to come to this gathering, come here because of a prompting. The prompting uses others as instruments and brings you here. So, this is the play of seeing your Self, without any masks.

A woman talks in great detail about learning to heal her body and the process of unlearning for her.

Sathyam: Do you know what unlearning means? It is the dropping of all of your baggage. Do you know what your stories are? They are the small children in your mind. These small children are constantly bringing up this unnecessary feud, which takes energy to listen to and to act upon. When you feed the body and you pile up information in the mind, but you close your eyes to that which you really are, there is no way that you will not get sick, period. This will be either a mental, emotional, or physical illness. This is because there is no balance, it is out of whack.

Our five senses cater to eating, seeing, touching, smelling, and etc. There are also another five senses, which are on a subtle level. We do not use these at all. So, we send all of these allies out in the world to bring in junk, and yet we don't use the inner senses that are inviting us to equanimity and silence. People feel more miserable in societies with the most

technological and scientific advancements, because the senses have to go so far out, so often, to research and gather information. The more cures we find for our diseases, the sicker we become, and the more new diseases come up. This is because the mind that is searching for a cure is itself a sick mind. ...



NAMASTE

Sathyam adds: When you leave this room, please recognize, even if it is for a second, that who you are is not what you think, and not what other people think; it is way above and beyond your imagination.

Excerpts From

YOU CAN'T SERVE TWO MASTERS

7/11/06

...Then one day you are sitting there in a corner in the bazaar, and you are so tired of fighting... And then a man comes up to you and asks you 'aren't you so and so? Follow me; I know where your home is.' The guide had to teach you so many things all over again before you could get home... . And how did the guide show up at a moment that was so completely unexpected? You were just tired of fighting...

...Yes, your Self brings all the necessary steps for your arrival. It is so beautiful to see the unfoldment of each one of you due to your interest, Sincerity & Patience. Yes the bridge is a length between the self and Self. That is all, yet the ripening in most cases is slow but constant, and the Goal is always visible to those who keep their eyes on it.

It really takes a person that is ready to receive, to see the Truth & the Grandeur of the teaching that I have been giving for past seven years. I am glad you can see the result of it for yourself.

As you know, we each have forgotten Home. At the end of each life time we find ourself exhausted & more lost than the one before, yet all along we were home, but our senses were bombarding us with tangible, visible universe.

Now we need to see with the intuitive eye, touch with invisible hand & know without thoughts beyond the mind. So Silence is the key.

**With Love
Sathyam**

Excerpt from a personal letter from Sathyam, and the picture of the card, Sept 2007

*I was dead, then alive; weeping, then laughing.
The majesty of Love came, and
I became the Eternal Majesty.*

Since I have come back from the Florida retreat, I have been able to stop my thoughts much more easily. I have become more interested to stay within and be silent and contemplate on my dear Guru's teachings. She says that the inner voice is ultimately the true Self; the sooner we have access to this divine source the faster we will become free. She says God's voice can be heard in silence, and in order to have the inner guru's guidance we must vigilantly practice being silent.

By practicing these teachings and stopping my mind and not going with my thoughts, I am living in a new world, a quiet world that is without any judgment or reaction. This world is without fear, and without good and bad. The only thing I am experiencing in this new world is "Just Being".

Sometimes, I check out what is happening in the bazaar, but now I have the "Sword of Truth" in my hand to cut the roots of any unnecessary thoughts and have a clear understanding for the activities of the bazaar. Sometimes I ask myself, "Why is it that we meander around the bazaar for so long?" When I open my eyes I feel the presence of my dear Buddha who tells me that even He had to pass through the bazaar to realize the Self. Oh my dear God, what mystery is hidden in this bazaar!!

Sathyam always stresses that, "You need to be like a flute in God's hands and let the Divine melody be played through you. Then you will see that the beautiful music being played will melt everybody's hearts. Surrender to the Divine will, and let God embrace you. That is the whole Truth."

Not going with the mind helps me stay in my Heart longer than before, live in the bazaar with complete surrender to God, do my everyday duties and play my role in the world, and also be an instrument for Divine will.

I can never thank my dearest Guru enough and fully show my heart felt appreciation. This retreat was a revolutionary experience for me that profoundly transformed my mind and soul.

*With Lots of Love,
Giti*

Enlightened

Enlightened

Buddha

Sathyam: The middle path is not something that the mind can conjugate. The middle path entails not being on the two extreme sides. The middle path was shown to Buddha as being 'not this,' and 'not that.' By eliminating the false and the temporary, you realize the Truth. In the beginning, Buddha engaged in a lot of austerity and penance. These were all good, but it was not the result that he was seeking. Why? It is because he had the concept that in order to find God, find himself, or discover the cause of suffering, he had to do some extreme things. All the steps that he took were necessary to bring him to the last step.Being in the world and not being of it means watching the mind, and not being a part of it. Buddha's non-reactive stance was due to many years of realizing that he is not the mind. And that is the middle path.

To some people the middle path may mean that they will become a monk or a priest, that they will have to be celibate, or that they have to be 'this or that.' On the pinnacle of spirituality these are all nonsense. The middle path is elimination of the reality of the mind, and that is done through being still...Being still means being unmoved (by thoughts)...

The middle path is extremely important. Just think of the strings on a guitar. If they are too loose you cannot play music on it, and if they are too tight the strings can snap and break. To my understanding, what I just finished saying about Buddha is 'non-involvement' with 'involvement'. What this does in an enlightened or Buddha mind is that there are very few ripples. If you took the same ripples from Buddha's mind and applied them to an ordinary person's mind, the effect would be like having a hurricane in there. The reason it is only a ripple for Buddha is not that his mind does not work; it is simply because it has absolutely no reaction, and therefore no power. ...

This is a very important point. If we have repeated thoughts, and because of these repeated thoughts our actions become repeated, whether they are acceptable or not, we are in the position of going full force with the mind. A realized Being will not have repeated thoughts. Why? He never paid attention to them, so the thoughts cannot ever be repeated. The tricky part is that for most people who think they have grasped this, it is actually their mind imitating a teacher or a realized person. What distinguishes an

actual realized person from one whose mind is mimicking the teachings of a realized Being is the extent to which the person's experience penetrates and transforms the listener.

And, how do we know that we are getting it? We know by how calm our mind is. We can, therefore be a scholar, a physician, a social worker, a nun, or a seeker, but if we have not come to the point of realization of non dwelling in the mind, we are just turning a bad dream into a better dream for the time being, until the bad dream reoccurs. The solution is to wake up. What is waking up? Waking up is looking at what we once believed and laughing our heads off. ...

What we call 'temptation' is a habit and a tendency of the mind. And, the strength we take from here, (Sathyam pats Her heart) will allow us to see the unmoved up here (pointing to Her head). Then what happens is that the mind that was once engaged in constant movement, thinking, creating, and going about its business chaotically, becomes the avenue of this light. You then know but you really don't know how you know! Then you act, but it is not you who is acting; the acting happens spontaneously. At that point what is needed is given spontaneously; you don't even know where it comes from. If you ask that person 'how is it that your life is lived by grace?' If that person is genuine, the response would be 'I don't know.' And the part that does not know what happened is the mind. ...

Once we take up our bodies and become a human being, and act like a human being, we become time bound. The sooner we release ourselves, the more meaningful our life is. ...if the mind is free, even two walls coming together and touching one another couldn't move the freedom of that person. One could be in a jail cell and still be as free as a bird, or in a castle, or on top of the Himalayas, and not feel free. So, why is that? The Creation is up here (Sathyam points to Her head), while the Creator is right here (pats Her heart). Therefore, much more attention should be given to the Creator than to the Creation. Metaphorically, attention should be paid to the sun more than the moon, because the moon has no beauty of its own... Our concentration should therefore be on what "Is", rather than what is "becoming"

So a Jnani, or Wise person, or one who has the Buddha mind, is one who, by his/her own light, shows the truth to his/her disciples and dispels any fear. ...The middle path entails 'not this,' and 'not that.' It entails taking no position. You may think to yourself, 'if I don't think, how can I take proper action? How can my life unfold? How can my work get done?' I am not saying that we do not use our mind; I am saying that we do not get persuaded by its every whim. We use it as it is necessary, and we drop it as if it is a hot potato when it is not. After a while, however, we realize that it becomes an avenue of awareness for all of us. That is the significance of the Buddha....

You can go to many, many places that will tell you your mind has power. The mind is nothingness, but it is everything for the one who is fooled by it. But in its nature, it is nothing. It is nothingness. It is just a whirlpool of energy that is being misled. ...

All of the various approaches we take here are only used to take us to a place where there is little effort needed. Realizing oneself and being aware of that peace is not by practice or by effort. Being effortless, however, needs effort. It is because we are so used to doing and engaging in all the mental gymnastics of our everyday lives. ...So, being 'no body' and 'nothing,' is really the truth, because in that we realize our 'All-ness'. ...

There is no shame in playing the game, it is however truly shameful when we forget that we are just playing a game. When we take it so seriously that it consumes our health, our tranquility, and our state of Being, that is when we are selling our soul to this imaginary rainbow.

When we say 'still' the mind, we don't mean to control or bully the mind. You may go to places where people say that you can control the mind. I, however, say that you cannot. The mind is already devoid of any substance, and by not giving it the extreme energy of your attention, you will realize that it will peel away...

The Truth is very simple, which in and of itself is great news. What make it complicated are the tendencies of habits and beliefs. And how do

we remedy this? We remedy it by not remedying it. As soon as you decide not to remedy it, the mind calms down. In effect, you fire the mind.

Another great piece of news that I would like to share with you, which comes to me with great authority, is that by virtue of having One existence, the individuality that we feel is not real. What is real is extreme, ecstatic bliss. We are That. The more we identify with the Truth, the less we identify with the false.

Baba says, 'you are not the body. You are not the mind. If you are, then why do you say my hand, my toes, my home, my car, etc?' This is very good news. ... We are unlimited. ...Does this mean, however, that we will never get angry? No, it does not mean that at all. Does it mean we will never lie again? No, the whole world itself is a lie. ... Why not? Because we are not talking about the character. We are not talking about our habits and tendencies. We are not talking about being good or bad. That is what middle path is. We are not spending any more time correcting ourselves. It is enough to wake up. ...By waking up, good things happen spontaneously. ...We are not here to reform character or consult emotions; we are here to find out who we are. And through this knowledge we are freed. ...

We are looking at (our reflection in) the water, and we are fooled because we believe in the reflection, and this is the beauty of Creation, as we become more and more evolved, in the same water that fooled us, we see ourselves as who we really are, through those eyes in the water. This is a very

important point and I hope you listened to it carefully. In other words, we look in the water, we see our eyes, but this time we see the reality in the eyes. This is why they say the gateway to the soul is the eyes. Why is that? Baba says that when you are embodied, you can realize your divinity. You cannot do that in any other kingdom. So, through the same illusion that has us bound, by thinking we are the reflection, we can find freedom and see what is really there. ... (As we expand) all kinds of miracles happen, and they don't take any thoughts. They just happen, because of the purity of awareness. And we are all "That".

Excerpts From
ENLIGHTENED BUDDHA
1/25/04



Stop Meditation

Close your eyes, and let the mind think, just be completely quiet, look downward, look towards your chest, or your heart. Just look down, let your mind think, and don't go with it.

Just stay, just stay!

Do it again leaving your eyes open half way, and look at a candle. Let the mind think, you just look, you just stay in the present time. Just feel your SELF, feel the quietness, and peace as you look at the candle. Just let the mind think,

(Certainty, Uncertainty, 8/29/06)

When I saw Sathyam in a bazaar, in one of my dreams, and fell on Her feet, asked to be dissolved in Her, and followed Her out of the bazaar crawling on my chest, I knew I had found my savior. But how could a person who has been looking for the formless Beloved for her whole life, recognize the Beloved in the form? One night I asked Sathyam to let me fall in love with Her. Kindly and gracefully, She said, "If this is your desire, consider it fulfilled."

My love for Her was a beacon that lit up the untraveled back alleys of my life, lifted the curtain, showed me the Sun, and torched the dry and thorny bushes of my existence. It prepared me for the Divine feast. She dressed me in a most beautiful gown, but my shoes were slightly tight. She ordered someone to bring me bigger shoes that fit me perfectly, and sat me by Her side.

I was living the best time of my life, loving Sathyam, and receiving Her Divine teachings. One day, I found out that the honeymoon was over. Sathyam invited me within and told me that the journey continues. She said, "THAT, which has sent Me to guide you, is within you and is waiting for you. You must find THAT in your silence. I will always be here for you."

With tears in my eyes, like a child leaving her mother, I left the comfortable home where I was resting. Sathyam told me that the only place that I can be with Her, talk to Her, see Her, and ask Her questions and get answers is in silence. But finding silence was not easy. Various everyday thoughts, busy worldly affairs, attachments, and endless desires were obstacles that prevented me from going within and being with Sathyam.

Sathyam taught me different tools, like the Stop and Trust Meditations, to help me not pay attention to my mind. By trusting Sathyam's teachings and practicing the tools She had given me, I was able to go back Home, Surrender to Her will, and Just Be. What magnificent flight!!! It is in this "Being" that everything falls into place and things get done effortlessly. What a valuable gem I had lost!!

I thank my dearest Guru, Sathyam, for this liberation, and for giving me the road map to freedom from bondage of body consciousness. I am eternally indebted to Her. I present to Her this poem that comes from the deepest depths of my Heart.

With Love, Tahmineh

Silence in the Heart, God's Abode

*God dwells in my Heart; what a beautiful place!!
Behind the veil there is much to see*

*There is a sun, shining, in this dark night,
If you have the eyes to see
If you look with the eye of Wisdom,
You see many eminent blessings*

*The journey continues leisurely and quietly
Look behind the whisper and see the commotion*

*Spread your wings if your feet are trapped in the mud
See your stately wealth as dust*

*Look away from the dazzle of this illusion
Shut your longing eyes if you desire*

*Listen through your Heart for the voice of the Self
Lay the bait, if you are after the Game*

*As the seeds sprout and the flowers shine
There is much sorrow for the seed that withered.*

*Disregard the two-ness and take the journey within
If you look deeply, there is only ONE.*

*I arrive to beg at the abode of Love and see
All the Kings knocking at this same door, before me!!*



"No matter what you do, give all of your attention to it."

"When you are doing anything put your whole heart in it and your heart then opens. This way you are being present in your 'present', and in that, there is God."

"When you are in awe of me, remember it is all God, the same as you are, I've just been empty so He could fill me for the last thirty seven years."

"Whenever you have any desire in the world, keep in mind that the same source that says desire that thing, will abruptly hit you on the head and ask you, 'why is it that you don't crave your spirituality more?' Don't pay attention to either one."

"When you put the effort as body or mind, the Self will reward you beautifully."

"It is better to go through hardships with better and deeper results than going through a hardship and not having any deep results from that experience."

“Sometimes a fearful thought can come up to keep you in prison. When it comes up, say to it: ‘I really don’t care,’ and really don’t care.”

“The voice of Truth is spoken in Silence.”

“At the times when you feel separated from Me in your mind, do not worry so much about the distance but focus on your closeness instead.”

“We were born into duality and we are relieved to know that we have never been responsible and we will never be responsible. And the moment we realize that, the burden is off our shoulder. What always hits home for me is to surrender to the fact that there is no fault that is ours, and no merit that is ours either.”



FIRST MEETING WITH SATHYAM

For many years I was in search of everlasting inner equanimity. Countless doubts and questions about religion and Self-Realization occupied my mind. I was worshipping the God that I was only imagining in my mind. In search of the Ultimate Truth I frantically ran here and there, joined different study groups, and looked everywhere. Every new venue I found pacified me for a short time and I would feel unfulfilled again after a while, but a certain “power” which now I know was “the Self”, would bring me to a new place, book or group. I remember very well that I was very thirsty for the Truth but because of all the false beliefs that had been injected in to my mind, I was very intolerant and prejudiced; I thought I knew everything and argued with anybody who had a different point of view from me. But very quickly my Heart would announce its dissatisfaction with my words, deeds and thoughts. I tried to control myself but I could not. I did not know how to free myself from this prison. I had a lot of yearning for God and wanted to feel that Love. I had studied and enjoyed “The Seven Cities of Love” by the Sufi Master, Attar which is about Love of the Self; but my Heart was not in Love yet.

At last, in August of 2002 the flood of yearning helped me find my Divine Teacher. The book Nazzanine miraculously found me. A book that stole my

Heart! It was filled with the promise of finding the kind of Love for God that my heart desired. It gave me hope that by using and practicing its tools I can free myself from the prison that my mind had made for me, but that was still not all I needed and wanted. With this book God gave me a road map to find the true and eternal remedy for all this aching and searching. It took a year, but finally, through a friend I found my savior who I later found out has always been and will forever be with me. It was not too long later when 10 copies of the book Nazzanine along with a letter was sent to me. YES, a letter from my dear Sathyam. Ah ...what a heart warming letter! It had the Beloved's scent. The words were dancing and celebrating the arrival of my savior that I had been looking for all my life! After reading the letter, with a heart full of hope and joy, I called the phone number that was in the letter. Wow, there was a storm in my heart. Sathyam's warm and powerful voice and potent words melted my heart like butter. It was like I knew Her all my life. She calmed my heart with Her divine words. Words that I had wanted to hear all my life.

I remember the first question I asked Her was: All religions and different spiritual practices, etc. say that we need to eliminate our ego and pride in order to find the Truth, but they never give a method to do that. How can I eliminate my ego? My mind tries to fool me into believing that I do not have ego, but my heart testifies to the contrary. They tell us to free ourselves from the prison. What is this prison, and how can I open its door?

Sathyam moved my heart with Her words:

First of all, there is no distance between you and the Truth and there is no destination to reach; it is your mind that imagines this separation and believes there is a place to get to. It all depends where you put your attention, your Heart or your mind. The prison they talk about is really your mind and they have told us that the door is locked. To get out of this imaginary prison you must have a great deal of desire to be free. You must really want to get out. The same mind that creates obstacles destroys them too. Therefore, the solution is not to go with thoughts and get familiar with the Silence within. This Silence will uproot unnecessary thoughts and false beliefs; as a result, there will not remain any

judgments. The biggest key to eliminate ego and pride is Inner Silence, "Just Be." This exercise will help you drop judgments about other people's behavior and beliefs, how they like to worship God, or anything else. Anybody can realize God with their own chosen path. This world needs to see the unity in all religions. Baba has come to dissolve all religions in their Unity. The same way, we too should invite all to unity with Love.

This was the first block in the foundation that Sathyam build in my heart; a heart that was still full of concepts and prejudice. Over the phone, She taught me and a few friends of mine how to do the Light Meditation, and how to remain in Silence. We practiced diligently. Then Sathyam invited all of us to join Her, in November, for Baba's birthday. We accepted immediately and without hesitation. On Thursday, November 19, 2003 we arrived in the city of Love; the air was filled with energy of love and scent of the beloved. It was a place unlike anywhere else I had been to in my life. In that magical atmosphere I met my divine guide whom I had been searching for years. Without delay, and before my mind had a chance to step in and analyze, I fell in love with Her. I lost myself and all my senses in this love. Without any doubt my heart fell in love with Her and Her teachings and I became among the first to surrender to Her Truth. What good fortune! How lucky I was! In this meeting, Sathyam showed me the pure and white canvas of consciousness which gradually gets covered with pictures of our life stories. She also told me that staying in Silence is the only way to erase the pictures and lines from that screen and open the door to this imaginary prison. She taught me the methods of "Art of Living" including how to stay in Silence.

She said:

Silence is very important on this path. Be still; stop searching, do not talk excessively; focus on that ONE if you want to see change. The spark to search for the Truth exists in everybody's heart, but it must ignite a bonfire to burn the ego and all the false beliefs. We have come many, many life times for this spark to start a fire; we have waited so long for this Love to get Deep. It is this deep Love that burns our mind's false beliefs.

In our first meeting where Sathyam appeared as my guide in the bazaar, She made me fall in love with Her and then with Her amazing Grace and infinite patience and Love, my journey back Home commenced. I was very impatient and in response to all my questions about where is it that I am going to and when I will get there, She said:

Relax in God, this journey is not about reaching a destination or finding something. This is about eliminating concepts and duality; this is about "Living in Being". It is enough that you believe and trust the Truth, the rest will be taken care of by having unwavering Love, Trust, Surrender and one-pointed focus on Oneness.

A big point to notice is that the core of Sathyam's teachings has not changed after all these years; it is still as it has always been: "Stay in Silence and Just Be."

I don't know who I am and what I am but whoever I am and whatever I am, my feverish heart is constantly burning with my yearning and Love for Her. I pray that I will always be under Her umbrella of Grace, and have the good fortune of being with Her. With every breath, I appreciate what I have received and I am grateful for the Freedom I have from this empty and noisy life in the bazaar. My wish is that every cell in my body be a dutiful and faithful soldier for God.

I congratulate my beloved Sathyam's birthday to dear Baba and all my fellow seekers of the Truth.

Forever at my Guide's lotus feet
Sathyam's Eternal Gopi

*The battle is not yours.
It is created in your mind and it doesn't
even belong to you.
You are free.
You are the master, not the servant.
Just BE.
Let other things come and go, you just
BE. Make sure that this is something
that you do not just use as a meditation,
but rather as the Art of Living. We have
to use it as we walk, as we talk.*

(Stop, Art of Living Tools), 10/11/05

I KNOW NOTHING, ONE MASTER

8-15-2006

When our thoughts, words, and deeds do not correspond with our wisdom, we are serving two masters. If we believe there is nothing but God, or light, or "I"; in other words, when we believe that disease, discord or disharmony were not created, and that the body and mind are not really real, this must become our way of life. If our thoughts, words, and actions do not support this and they declare something else, we are serving two masters. In other words, we are not being 100% faithful to the TRUTH. Therefore, we arrive, but as a crippled human being; as someone who has only one leg, and has to hop. We will get there, but it will not be an easy journey.

How can we do this? Outwardly, we don't have to change. Inwardly, we have to check our thoughts, words and actions constantly. Whenever we want to declare a lie, we don't, because we know better. Whenever we want to think something that separates us (from the "I") and gives us body and mind, we just don't do it (Stop Meditation). If we practice all of these in the privacy of our home but are not able to practice them in our everyday worldly lives and duties, we are living two lives, and neither one of them

is getting our full attention. In other words, if we want to be a worldly person and focus on being successful in the world, we don't belong in this class or discussion. If we are here to hear and practice the Truth, and if we see our advancement and like it, we stay in the world but won't be of it. We will be one pointed and serve only one master.



What is one master? It is whatever you TRUST; it can be the "I", or a teacher or something else. For me it was a teacher, and later on, my own existence. Whatever it is, do not take your eyes off of it as much as possible. It is this simple. Look at this, (holding

up a candle) I have a candle and this is my infatuation with God, light or "I", and I feel that this candle is what is going to inspire me. When I look at it, I see it looking back at me. If I look away, even if it exists, it doesn't matter because I am not having that contact. Serving two masters is when you serve the world and believe it to be real and then you try to have freedom and peace of mind. It just doesn't work.

The happiness and the misery, and the comfort and the discomfort, are not outside of us. We are very fortunate to be among the few who have looked for some sort of tool, practice, understanding or TRUTH to allow our mind to cooperate with us, instead of going against us. We know how not to read our mind. We know that the same way that we don't read our mind, we

don't read our surroundings. We know the less we have a friendship with the mind, the more the mind will have a friendship with the SELF. We know that the body is temporary, and the attention should go to something that is permanent.

Should, should not; could, could not; would, would not; maybe, maybe not; all of these are qualities of the mind that has not known wisdom. So whenever you think, 'I should have', there is some kind of condemnation. Just say to your mind, 'I am not getting involved with you.' and do the Stop Meditation.

Most people think that misery is a natural part of life. It really isn't. So when you drop the mind, of course, you feel better because you are not judging yourself. When you don't judge yourself, there is no way that you can judge someone else.

So this is the story of two masters. Just serve the SELF. We serve the SELF by eliminating what is not THAT. And to me, the biggest healing is to recognize the SELF as ONE. Then what is the problem? There is only ONE.

Excerpts from

I KNOW NOTHING, ONE MASTER

8-15-2006

Sathyam's DVDs, Audios, DVD Transcripts,
Books, and also Her Interviews, Conferences
and Newsletters are available via our
website

<https://www.trustandletgo.com>



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