

*Amazing Grace*



*When Outer Guru Meets Inner Guru*

# 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 miss-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*

# Acknowledgment

I would like to acknowledge Gopi, Nilufar and Sepideh for their amazing effort and love on this work. I am very pleased and appreciative for all of their effort for creating such a magnificent newsletter out. I salute your priority

With Love,

Sathyam



# *True Love*

Christ determined to make the giving and sharing of love His main objective in life. Such love was met with many obstacles and losses. Christ considered a true man to be one who could face obstacles and move forward in love. Don't give in to losses and pain. Don't be carried away with pleasure. Face everything with equanimity.

Christ could never see suffering passively. In Jerusalem, doves were sold and killed as an offering. Christ decried the violence committed towards the poor creatures. He began to undertake the holy task of stopping such violence and freeing the captive birds. Some men began to cast aspersions on Him, and tried to punish Him....for good is always followed by bad as a shadow. For pleasure, difficulty is a shadow. All opposites are interrelated. Pleasure and pain, profit and loss, co-exist. Christ went on pursuing his path in the face of many obstacles with strength and endurance. He dedicated His life in the service of men and propagation of love”.



*Bhagavan Sri Sathya Sai Baba*

Divine Discourse: 25 December 1995



*'I in the midst of me is mighty'*

Get out of your comfort zone and really get into it. Get into it with an open mind, and without anything that you have experienced before. This is because experience can become a concept too. Go in completely empty and see what happens. Concentrate on every part of this saying. 'I in the middle of me or among me is mighty', mighty means big.

First find the silence.

**Meditation continues for a few minutes. And after, there is some discussion.**

**Sathyam:** So, now the next meditation is:

*'I in the midst of Creation (or the world) is mighty.'*

**Meditation goes on for a few minutes.**

**Sathyam:** 'I in the midst of me is mighty,' that goes to show us that the 'I' is mightier than 'me'. Therefore, the 'me' is in the bosom of the mighty 'I'. 'I in the midst of Creation is mighty,' therefore the

mightiness is prior to the Creation. Therefore, the Creation is in the bosom of the mighty 'I' .....

**Sathyam:** Now, our next meditation is:

***'Who am I?'***

Just remember the first and second meditations in this third meditation we are doing. Sort of put them all together. Please do not go into it with an old experience; go into it openly. Let it be all new tonight, devoid of our concepts or old knowledge; go into it completely empty. Concentrate on 'Who am I?'

**Sathyam silently contemplates for few minutes then comments:** Are you in your hands? Are you in your feet? Just see where you can find '*Who am I*' in your body.

**Meditation continues for a few more minutes.**

**Sathyam continues:** Slowly open your eyes. How many of you felt that you were mightier than the body, as the body's various parts went away?

**One of the men talks extensively about what his body is made of.**

**Sathyam:** I did not ask you what your body is made of. I asked you 'Are You in your feet?' I am talking about That Existence. Do you find your Self (your Existence) in your feet, or your hands or your neck, etc? Where, in the body, do you find your Self? When you do this, you find out by your own first hand experience, that this search in your body is not localized to a specific area. You are witnessing your toe; you are witnessing

your heart beating; you are the Witness. This exercise that we did tonight shows that the 'Witness' witnesses the body; the 'Witness' witnesses the Creation and the 'Witness' witnesses beyond the Creation. Therefore, the 'Witness' is the mightiest. If the 'Witness' is the mightiest, then nothing else could be 'That'.

It is very important to know that **the I-Witness is the only reality. That is it!** However, it is not enough to just say that the I-Witness is the only reality; NO! You must be aware of it by direct experience yourself. It has to be a continuous living awareness.

That is why we started with 'I in the midst of me is mighty;' I wanted you to see the individuality in your greatness. Then I wanted you to see the Universality in that greatness with 'I in the midst of Creation is mighty,' and at last, we explored where you can find your Self, with contemplating on 'Who am I?' All of this was stripping the nonsense that we have believed. As I always say in this class, 'they told us that we were born and we believed it.'

What we are doing here is for you to first, realize that you are greater than your body, and that you are that divinity which motivates the body. We must realize this before we get to the Universal BODY. Then whenever there is a problem, you have a better understanding of yourself and also YOURSELF. Therefore, you can't get fooled as easily, thinking that you are the body.

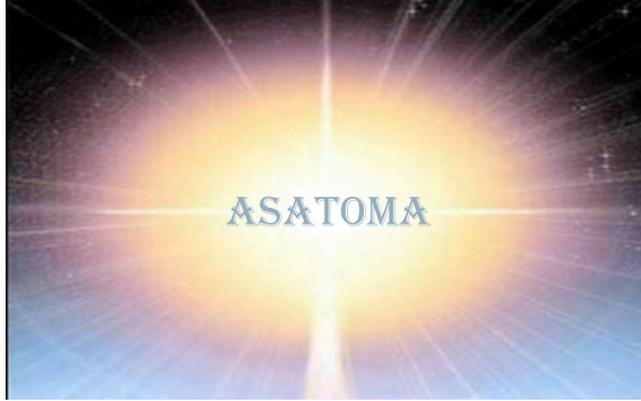
I have a nightmare at night; what is the remedy? The remedy is to wake up and know that I am mightier than my dream. This is the remedy for the nightmare.

*Sathyam*

**Excerpt from dvd "I In the midst of me is mighty"**



# SATSUNG WITH SATHYAM



Sathyam sings the Asatoma prayer which is as follows:

***Asatho Maa Sad Gamaya  
Thamaso Maa Jyothir Gamaya  
Mrithyor Maa Amritham Gamaya***

***Sathyam follows:*** The meaning of this prayer is the reason why we look for a teacher. '*Asatho Maa Sad Gamaya*' means '*lead me from untruth to truth.*' The remainder of the prayer translates into '*lead me from darkness to light and from death to immortality.*' That is the job of a Teacher, or a Guru. What does it mean to go from untruth to Truth or from the unreal to the Real? '***Unreal***' is ***anything that we perceive with our senses.*** That, in and of itself, pretty much gets rid of a lot of things.

Anything that we perceive through our senses, and interpret by our mind and intellect, is unreal. Realizing that fact is *Freedom*. So, whatever you are testifying to, by your senses, and accepting with your mind, is not

the Truth. The reason why the senses and the mind can persuade us to feel happiness, sadness, anger, loneliness, and anxiety, is because we believe them to be *True*. In actuality, they are not *the Truth* at all. Why are these not the *Truth*? If they were, they would feel good, and the feeling would be lasting. Some of our senses do bring in good feelings, but these feelings don't last. So, ***going from untruth to Truth, is to unlearn***, and the sooner the better. The body is the only vehicle that can allow you to accomplish this. There is no other way to taste it. *If we are serious seekers, any time that we have testified to this duality, or the unreal, we recognize it, and we drop it.* The belief in the five senses and this unreality is so strong that people cannot even face the Truth very easily. They tend to escape it. Now that we know what is false, what is the Truth?

**A man responds:** "The opposite of a lie."

**Sathyam:** Truth is the absence of a lie. ***The Truth is the absence of untruth.*** That is all there is; when we remove what is untrue, what is left is the Truth.



Just imagine that we are in a dark room. Most people in this world will try to move the 'darkness' out of the room. And in that, there is a struggle. The wise open the curtains. By simply opening the curtains, the darkness goes away. The struggle signifies that we did not open the curtains. We are trying to fix, drag, mend, prepare for, and repair our lives,

which in and of itself is a part of the untruth.

So, the best thing to do is to bring in the wisdom of Truth, and then we don't have to adjust, repair, mend, help with, or solve any problems. Otherwise, from the beginning of our lives to the very end, we will be trying to solve problems, our own and others'.

Here is a typical scenario. We did something that we thought was right, and a few years later discovered that it was not right. We then stop,

and condemn ourselves for a while. We repeat the same routine, all over again. This goes on, and on, and no one ever says ‘wait a minute, this never worked in the first place!’ And then, we wonder why we have repeated thoughts. It is because we don’t quit following the mind. *Self-confidence is very important. However, the past is not important, and what we have or have not done in the past is not important. What we are going to do in the future is not important, either.* Why is this? This is because we live in the duality, which is infested with the unreal. As I always say, there are hundreds and thousands of places where we can go to remedy our problems, but wouldn’t it be easier to just wake up? That way, the whole nightmare would end.

*Dwelling on the past is a habit that a person who is Self-recognized will not carry anymore.* Inner or outer dialogue such as ‘I should have done this, I should have done that, I should have been that, I should have been born in another family, etc,’ is unnecessary. *The fact of the matter is that even if we eliminate everything that bothers us, the mind continues.* So, wouldn’t it be better to just pull out the wisdom tooth completely, rather than trying to give it more room to expand in our mouth? This is going from the unreal to the Real, and we gave the method for doing this last week. Do you remember what the method was? *The method was to Stop. It was to stop being convinced by the unreal, and to stop going with it.* Does it happen overnight? It absolutely does not, unless you have worked very hard in the past. It needs practice, and then we get to a point where there is no need for practice anymore. You are living it.

The second line of the mantra, ‘take me from darkness to light,’ means ‘take me from ignorance to wisdom.’ The way to do that is to eliminate what is not real, by saying ‘not this, not this, not this,’ to all that is not real. The following is what I used to do, and it was very effective for me. Say that you are watching the news, or getting information through some of your other senses. Just don’t believe it. Eliminate it; say to yourself, ‘no,’ to all that is unreal. Say, ‘this doesn’t even hold a candle to what I know.’ Pretty soon, the mind learns to eliminate automatically. I am sure that some of you do this already. If you don’t do it, life becomes a struggle.

The last part of the mantra which says, ‘take us from death to immortality,’ means that by the light of wisdom, which removes the darkness, and the untruth, we realize that we never die. *We never die; death is a continuation of life.* So, then we wonder, ‘what is the problem?’ The problem is that we try to solve the problem, on the level of the problem. For example, we say that this flower in front of me is orange, and it should actually be red. We bring some red paint in, and we paint it.

I will give you a perfect example of this. A long time ago, there was a king who had gotten very ill. One day, a sage walked by his castle and the king’s associates consulted with him, and asked what they could do to help the king get better. The sage suggested that the king not see any other color beside green. He must only see green in order to be healed. So, they painted the entire kingdom green, and unless they were wearing a green outfit, no one could see the king. Some time later, the sage was walking by the castle, and noticed that everything was green. He found this to be ridiculous and inquired of the castle staff why everything was green. They told him that they were just following his instructions about the king, not being able to see anything but green. They also told him that the king had recovered, and was feeling fine. He responded, ‘All of you have no knowledge, the only thing you had to do was get the king some green glasses. That would have remedied it all.’ (Everyone laughs)

So, here we are, trying to change everything to suit us specifically. We try to change our lives, our surroundings, our job, our friends and our relatives. We even try to manipulate the Creation. All we have to do is to employ the vision that sees beyond all the pictures, and all of these drawings.

How is this done? It is done by Self-inquiry, and getting to know the real ‘Self’ at every given moment. It is worth it to do this, because it is such good news. It gives you peace of mind, and it doesn’t cost you anything. Are you willing to not pay and see the worth of it? (Sathyam laughs)

***Who we really are is Sat, Chit, Ananda.  
It is Truth, Awareness, and Bliss.***

Here we are, looking for bliss and all along our nature and *the essence of who we are is bliss*. That is funny to all of us, and also very good news at the same time. I might sound like I am repeating myself. Do you know why this is? It is because I am. (Laughs very hard)

**One of the women says:** “I think it is great that you repeat everything a lot because the more you say it, the more I remember it.”



**Sathyam:** The Truth is so simple, and yet so complex because we put so much complicated non-sense in our head. Therefore, it is better to talk about it totally untarnished or unfiltered, rather than beating around the bush, to make it more comfortable and comprehensible for people. I would much rather have it where none of us understand a word of what is being said here, so that we don't go

home and make a concept out of it, rather than saying something that is very easy to understand. This is because *understanding comes from the mind; it has to pierce your heart*. That feeling of ‘*I like it*’ is expansion, and it is worth much more than trying to understand what is happening. Do you have any questions?

**A man asks:** “What was the ‘Shanti, Shanti, Shanti’ part?”

**Sathyam:** Peace, Peace, Peace.

**He asks again:** “And that is in Sanskrit?”

**Sathyam:** Yes. The reason you say it three times is for the ‘*past, present, future*’, as well as different levels of understanding, and the three Gunas. The three Gunas are the three tendencies that are part of human nature. It has a lot of significance.

**A woman asks:** “How do we learn to trust ourselves more?”

**Sathyam:** Who do you want to trust in yourself, when you ask that question? Answer truthfully; don't come up with a concept.



**She responds:** “For example, if you think that your child is in trouble, and it happens just as you predicted. Is it true or not true – that feeling that you had?”

**Sathyam:** Oh, you mean ‘intuition’ and things similar to that? *Unless you know who you are, everything that you think, has no power, and is not true. And, the more responsibility you take as the doer, the more you are going to be crushed under it. Remove the idea that you know; you don't know anything.* The mind is trying to convince you to be somebody; refuse it. You just showed up, and the children showed up, and the best you can do is to love yourself and to love them, and leave the doer-ship to somebody else.

I am trying to say that your mind has no power, but for some reason, throughout many lifetimes, we became very arrogant. The arrogance that we now have is that *we think we are the doer, and we picked up a whole bunch of garbage along with that.* And, the most unbelievable thing is that, ***‘the less you do, the more the doing does itself.’***

All a Self-realized person would have to do is ask for what they want, within a whisper of a very subtle thought, and what they need is provided for them. This is because they don't take thought. Why do we take thought? We do it because we think we are the doer. We think that these are our kids, and we have to raise them responsibly, and we make millions of mistakes in the process, and put ourselves in many horrible situations. It is best therefore, to nourish ourselves, and our children with the Truth. I learned this the hard way myself. Believe me; I used to be a very neurotic mother.

Through the understanding that we have of our “Self”, our salvation comes. It becomes our release. The more you work on yourself to Stop, the more it will benefit your children. Why is this? It is like a mirror. They see

themselves in the mirror of your eyes. If we take responsibility, however, and think that there is power in *'thoughts'*, we get stuck. So watch the mind. Don't give it much attention, as far as importance goes. I have been there, so I know.

**A man asks:** "So if you are raising a child, using this idea, would you simply live the Truth?"

**Sathyam:** Yes. Not only do you live the Truth, but you also realize that your

children are absolutely identical to 'who you are'. So, whatever understanding you have of your "Self", you will have it for them, too. You also realize that as a body and mind, your children are here for certain experiences. That, however, is not who they are, and so you sort of separate the 'doing' from who they actually are. Otherwise, we become very judgmental of our children. We say things like, 'you should not have done this,' or we ask ourselves, 'what have I done wrong that they are acting this way?' What you are addressing is their mind and body, and they are not that. So, *the more we tap into the Truth, the less we try to limit them.* One way you can do this, especially for those of you who have small children, is to *tell your children each time you see them, that they are the Light.* Eventually, it dawns on them that 'I am not good or bad. I am not a failure, and I am not a success. I am not kind or unkind. I am the Light.' Right there, you release them of having to prepare for, and to repair their lives, in the realization that there is no need for repairing. Now, you may be saying to yourself, 'oh my God, I wish I had known this from the beginning.' Whatever has happened is not anybody's doing. So, we can rest in peace, right? (Sathyam asks another one of the men in the class.)

**He responds:** "I was going to say 'how can I go back, after eighteen years of raising my daughter, and tell her to forget everything I ever told her...'"

**Sathyam:** You don't, it is not your responsibility. And, if you say 'oh my God, I should have known better,' you are picking up the baggage of doership, yet again. That baggage is absolutely untrue, and it is the absolute most untruthful thing anyone could pick up. Now that we know, we work on ourselves.

In my 'Most Precious' CD, it asks "how do we raise children?" And the answer is "by raising our own consciousness." How do we even raise the vibration of the world? *We raise the vibration of the world by raising our consciousness. Why? Because there is only One consciousness. You raise your consciousness, and you have therefore raised the whole consciousness.* This is exactly why I refused when they asked me to picket for peace. For me to admit that there is a need for peace would mean for me to admit that there is a war. Do you see this? The best position to take is a neutral position, or no position. Then, you have nowhere from which to run away, and nowhere to take refuge. You just Are. This is good news. (Tells one of the men in the class)

**He says in response:** "I agree, it is not a very popular course to take, but it is the only course to take."

**Sathyam:** When did popularity ever bring anybody happiness? Just look at any gossip magazine. One day they glorify somebody, and the next day they are shot down.

Again, I just want to mention the rarity of what we talk about here. Sometimes we dismiss the grandeur of it, and we might not give it enough value. It is like a gem in our hands.

There are only a handful of places where you can hear the Truth. Just remember that! If you don't believe me, run all over the world, and discover it for yourself. I am '*no body*'; the talk just comes out of my mouth. There are many people who talk about the Truth, and they don't know the Truth. And many, many people just remedy the picture. How lucky we all are, to have this amazingly simple Truth, so freeing and given so spontaneously.

We just show up. We don't care who shows up, and who doesn't. We don't know what we are going to talk about, or how to receive it. We are not the doer when we are here, so what happens? This beauty happens. *The*



listener and the speaker are not the body or the mind. The listener and the speaker merge together and they become One.

**A man asks:** “Tell us more about God, is He 5 foot 8 inches, and 180 lbs.?”

**Sathyam:** (says in nearly a whisper) He is actually 5 feet tall. Do you want to know about a tangible God, or someone that we can Love and be Loved by?

**He responds:** “God, as the consciousness.”

**Sathyam:** We were just talking about that, and that is a beautiful question. Let’s go back from Wisdom or Jnani to Devotion or Bhakti. I don’t say too much about Devotion, for it is very sentimental to me.

***When you Love God, be it the God that you made up, or the God that you believe in, with all of your Heart and with all of your Soul, it is the most magnificent thing you could do in your life. When you Love Him or Her, whoever you believe Him or Her to be, so unbelievably, you begin to surrender. When you start surrendering and thinking that this power will take care of you, the gates of the Kingdom of Heaven open to you, which is the Wisdom of Truth.***

First, you are the ‘servant or the messenger of God’, serving the society and thinking that the service you are providing is going to attract God’s attention, and that God’s Grace will be showered upon you. My God could be one God, yours could be another, and it truly doesn’t matter, for they are all ONE.

Then, when you get closer, you are what Jesus called ‘the son of God.’ That is when you begin to love your Father with all of your Heart. There is devotion between the Father and the son. There is no longer a salary involved. In other words, you don’t work to get rewarded, as they do in various religions. You work because of your love for your Father. You are the householder, and you live in the same home as your Father. So, the Father doesn’t need to give you allowances.

Through your association with Truth, or what you may call God, you get closer and closer. You weep for God, you pray to God, you repeat the name of God, you read about God, etc. I am not even talking about religion, for I am not very fond of it. You do all of the above, and then your love for God, as you see Him/Her, becomes so unbearable, that the only way your thirst could be quenched, is to merge with God.

This is when *'I and my Father are one,'* as Jesus said, and that is the wisdom that we are talking about here. You may be saying to yourself, 'wait a minute, I just showed up here, and I don't think I had the Bhakti (devotion) or Karma Yoga (service).' My response to that would be *'maybe not in this lifetime, but you could not have skipped it.'* There is no way of skipping it, because if your heart had not been anguished for God, in another life, you would not feel the undirected thirst in this lifetime.

That is the *'three-fold story.'*

Thank you for asking that question, and I want you all to know that I really encourage you to ask questions in this class. Asking questions pulls answers out of me.

**The same man with the previous question asks:** "Do you think that those of us who come here have the same interest."



**Sathyam:** Yes. When there is an earthquake or high winds, the trees that are called 'weaklings,' can actually withstand it better than those who are rigid. We have melted like butter, or we wouldn't be meeting here weekly. There is little resistance towards the pure consciousness, and therefore there is harmony. If there is rigidity, trust

me, I am the first one to feel it. A few times I had people in here, with whom I felt that rigidity, and I just said to myself 'oh my Lord.' They never showed up again after that. (Laughs) One time, I said that I felt there was a wall up in the class, and that I was trying to penetrate through, and that I might just go into silence, instead of continuing the class. Towards the end of the class, the wall was down.

There is a freedom in 'Deep Understanding' that can change people far more than judgment. When you have the deepest understanding, it is *utter acceptance*, regardless of what appearances tell you. If someone comes here, and confesses that they had done something terrible, I cannot judge. If

my consciousness was into judging, and I sent them away, there is a 100% guarantee that they will make the same mistake again. This is because once you judge and show your judgment to a person; he (she) gets tossed between the duality. He goes back and forth with 'I should have, I should not have,' etc. When you give him complete understanding, the mind stops, and the person learns what is good for him on his own.

I would like to do a few minutes of meditation, before we say goodbye.

*For a moment, let us consciously realize that we have absolutely no need to take thoughts. We can just rest assured for the next five minutes that everything is taken care of. No thoughts are necessary; let's just Be.*

**Meditation takes place for a few minutes.**

***Sathyam continues:*** Slowly open your eyes. Was it good for everyone?

It is very rare and nearly impossible to know God, or the Truth that is without a form, unless we have someone to point us to it. I call this a Guru, and in my case it was Sai Baba. Why is a guru necessary? You cannot tell someone who is very lazy to get up and run 20 miles. Similarly, it is beyond the mind and senses to realize the formless, for it is something so abstract. This is why the Avatars and the sages come into play. *They embody the formless.* Through their rapport or contact with those who are seeking, the seeker can develop that love between the student and the teacher, as it was for me. ***Because of this Devotion we begin to comprehend the formless, because the concentration goes to the Love, and Love is formless.*** This gives us a good idea of how to perceive the formless, or the Truth. And that is why they reincarnate from time to time, so that they can point us to our "Self".

I am going to recite another mantra for you now. *It is a beautiful mantra called the 'Gayatri Mantra'. It prays that the fog of ignorance be removed by the sun's rays, that we be freed from the past and the future, and that outside influences not effect us.*

**Om Bhur Buvaha Suvaha  
Thath Savithur Varenyam  
Bhargo Devasya Dheemahi  
Dhiyo Yonaha Prachodayath**

Sathyam chants the Gayatri three times and concludes the chanting by saying:

**‘Shanti, Shanti, Shanti’**



***Namasteh***

*Sathyam*  
Asatoma DVD  
3/1/05

From Sathya Sai Newsletter, USA  
Baba's 80<sup>th</sup> Birthday Commemorative Edition, November 23<sup>rd</sup> 2005



## From Darkness to Light

As it is impossible to paint God on a canvas, so it is impossible to write about God.

Even the mere use of language in attempt to name the Nameless creates a painful separation. Therefore I will attempt only to share one of my early experiences of Sri Sathya Sai Baba, with the hope on conveying to you the powerful transformation that has resulted from

the blessings of my Master. In order to truly know who He really is, the ideas of separation should not exist. To understand the power of this interaction, one must shed judgment and surrender to the mysterious healing potential that exists in the midst of the heart that is willing, ready, and full of yearning.

We each have to know Sai Baba by His Oneness and not by a concept of what we think He is or should be. Even if we think He is God, what does this mean? Do we really know what God is or is not, or do we just have a concept or belief in the images we have created in our mind about Him? Baba's teachings are aimed toward the destruction of these concepts and beliefs.

His teachings target the breaking down of every image in our mind in order for us to see what is beyond all these ever-changing images. By this method we eventually see the nothingness of the mind. As our images fade away by intense inquiry toward the source of the mind, we witness the mind devoid of images; there, we behold pure consciousness, or Being - Awareness - Bliss as Baba calls it, *sat-chit-ananda*.

We have among us, One who is ready to set us free: free of illusionary judgment, free of misconceptions, free of the relative world. May we ever avail ourselves of the freedom that He is here to offer us by His Grace.

Now I would like to share with dear readers one of my early experiences with our beloved Baba, and how I was led of His guidance:

This body was born and raised in Iran, in a predominantly Islamic society. Although my family and I did not practice Islam, its presence was undeniably and deeply ingrained upon my consciousness. I saw this clearly on the day that I met Baba. The first darshan for me was not pleasant at all, as it is pleasant for most people. I understood that my initial feeling of skepticism was due to the fact that Muslims worship only the formless, and this belief unconsciously had affected me. Therefore an overwhelming fear and doubt stole my precious moment- a moment I had waited for all my life. I was terrified at having committed the worst sin by coming to this ashram in the first place, where people were treating Sri Sathya Sai Baba as God. I was shocked to see that even though, until that moment, I had not practiced Islam, how easily I was persuaded by those feelings of resistance. Fortunately a force or strong prompting from within kept me around for the remainder of our trip. On Christmas Eve of 1981, Baba gave us an interview.

During this stage of my life, I felt so completely wounded by life that I barely crawled into the interview room. I was sobbing and whispering to myself, "At last I am home." Immediately Baba let us know by His remarks about our lives that He knew us inside and out; then merely by the wave of His hand, He made so much *vibuthi* for me that it would have been enough for many more people. Although most people would appreciate His *vibuthi* and feel fortunate to receive it, such was not for my case.

Before I went on our trip to India I recalled saying to myself, "I hope that Baba does not make me *vibuthi*." I remembered having read in the Avatar book that Baba makes *vibuthi* for people. I think I was scared to accept the *vibuthi*,

because unconsciously, I was fearful of change. Since change represented an area that was unknown to me, and as much as I was there to get His help, I was also resistant to receiving it.

At that time I had two enormous enemies coexisting in my feelings. One was fear, and the other doubt. These two “thieves,” as I used to call them, would rob me of every precious moment. On that first day with Baba, the two thieves marched as soldiers in the form of thoughts toward my mind, until my mind became a battlefield of illusionary emotions. Baba, knowing full well what was going on inside me, completely ignored my dilemma and created much *vibuthi*. I looked at His face; He was beaming with a smile of radiance. I said, “Baba should I take it for my children?” He answered, *No! You eat all of it. I will give you more later for your children.* He knew my plot. He went around the room to other people, and yet kept His eye on me, so I could not cheat.

When I finished eating some and pouring the remainder all over myself, He came back and filled my palms once again. I looked at Him to ask what was going on. He indicated to me to eat the second helping. (Indeed it was a helping.) I looked at my husband with a look of helplessness. My husband had an ear-to-ear smile on his face.

This was my first physical contact with Baba. He was teaching me to trust Him, so that He could help me to fly. He was saying, *Cooperate with me in the mending of your wings.* Since I had been doubtful and fearful from the very first time that I saw Baba giving *darshan*, I decided to come clean; I turned to Him and said, “Baba I doubt and fear you.” I figured either He

would get offended and ask me to leave the *ashram*, in which case I could blame Him for it, or He would successfully free me from the two thieves.

He looked at me with a great deal of affection and deep, deep understanding. He said, *Don't worry. I will take care of it.* He gave unexpected and unconditional understanding and love. This was just the right remedy for such a wounded bird. I felt much more at ease after that, and I said, "Baba I have suffered so much." He answered. *Yes, Yes, I was there beside you.* I asked Him how to end it, and He said, *Listen to your conscience-voice.*

At that time I was so young, sick, and inexperienced that I had no understanding of what the inner voice was, so again I said, "But Baba, I don't know what the conscience-voice is." He simply said, *You will.*

This is the power of the *Sadguru*. The words spoken by Him are like thunder, tearing back the curtain of ignorance. From then on, His teachings in the form of the conscience-voice continued.

For me Baba is the *Asatoma prayer* ("Leads us from the unreal to the real, from darkness to light, and from death to immortality"), the *Gayatri* mantra, every scripture, every pilgrimage, every path – and His presence is beyond all faces and forms. He is the One who lovingly takes us from unreal to real; He is the One who points us to our true existence. He is beyond recognition, yet the face beyond everything that we recognize. He is beyond understanding, yet everything that we understand.

He is beyond love, yet everything that we love, and ultimately the greatest Truth is that He is you and I.

Until we have experienced our ultimate Self, it is impossible to realize who He is, and Baba will continue to remain a mystery. For those of us who truly are ready to receive what he is here to give, I would recommend to dive deep, and there you will find Him as Thyself. Until the many is seen as one, the One remains unseen.

I would like to say to all my Iranian brothers and sisters, and all the people reading this who are struggling with doubt and fear in their lives, that there is not only hope for us, but there is total freedom awaiting us.

Our Baba knows how to turn our weakness into strength. All we have to do is trust Him, listen to our inner Truth more than the stirrings of the mind, and to love our Guru with all our heart and soul until we realize that there is no difference between Guru and disciple.

I would like to thank my most precious, my Nazzanine, my Baba – for all the patience, love, and grace that he has showered upon our family.

*Sathyam*  
Reno, Nevada



# **Conversation With Sathyam**

**Q1.** I would like to know more about chanting the name of God. Why is it effective, and how it should be done?

When I chant, or start meditating, I chant both Sathyam and Baba's names, although I know both are the same. Is this right?

Does this make me deviate from One-Pointedness?

**Sathyam:** What ever name gives you peace and joy is the right name for you. Repeat the name that is closest and dearest to your heart, and if is more than one name take one of them as your main one and use others at other times.

This is how it happened to me. I was looking to find a name of God to repeat. Short time after I met Baba, I was given a wonderful and magical book about the life of Shirdi Sai Baba, the previous life of Sai Baba. In that book I came across a name of God that Shirdi used to say often, ALLAH MOLEK, this name moved me so deep and I knew right away that I had found my name, It suited me so well. I repeated the name with love over and over until the name became one with my breath. As I breathed the name also was chanted.

I also used Baba's name when I was in trouble or needed him to be with me, although I thought of him all the time. Baba's name was my dearest friend, and still is.

So repeat what sits in your heart. At different time different name can be used, do not repeat what I did only because I did it, let your heart tell you which is suited for you.

Here I like to put few words on this subject that Baba has said.  
**What ever be the tangle in which men are caught, if they immersed in the lord's name, it will make them free. Besides, by this means, they can realize without fail the name and the form through which they constantly remember the Lord. There is no iota of doubt in this. Handus, muslims and christians may differ on many points, but they are all one in the glorification of the name of the God head. All of them take but the name of the lord, though the language through which the name is expressed is different.**

### *Baba*

Here I like to add that there is no need to change the name to Baba's name or my name, if you already have one that is dear to you, in fact is better not to. Also the name can have attributes with it, like Molek or Rahim or Karim etc. Repeating the name with love when you are angry, Baba says is the solution to your anger.

**Q2:** If everything is God, and everything is divine, is there such thing as mistakes?

**Sathyam:** It depends where you are standing. If you are still in the process of learning who you are, yes there is such a thing as mistake. Mistakes are what you learn not to do, that is all it means. Each situation is different, but if you are standing in another ground or you know what is going on, you wouldn't even have this question. So in one place there are apparent of mistakes to advance us and to ripen us, but in another part there is no mistake. When you realize that you are absolutely not the doer, then in this case mistakes are meaningless. But as seeker, mistakes are only events to teach you to discriminate

between real and unreal. You see as ordinary person we need to discriminate between good and bad and to not make a mistake but on this path our measure is different, it is no longer good and bad since we have learned that million times over, now our measure is what is permanent and what is ever changing. What is real and what is unreal, so our mistake now would be to believe the old lies.

**Q3:** Sometimes it is very easy to go beyond the mind but often it is not possible. Why?

(This is related to the first question in Elhumi az Nazzanine book.)

**Sathyam:** Mind has been our ruler for countless time. We did not have any other reality but identification with body and mind. Only past few months or even years you have come to taste something beyond body and mind. Through the practice of (Are you with me) you felt what is there deep inside, and through Omnipresent meditation we had an immense opening. You must be seeing the difference yourself. The mind is like a thief. When we go beyond the mind, by doing the stop meditation it is like locking the room, therefore the thief can't enter the room. But when you are in the world, it means you identify with every thought, this way it is easier for the thief to come in, because the door is open, everything is open. What it is, is that humanity does not know how to close the door but we do, have patience DO NOT GIVE UP go forward with more practice. The mind will fool you over and over again, and you must practice until all the residues are gone. It might take a year or 200 life times. It all depends on your sincerity and your desire for freedom. Until total freedom, Sadhana must go on. (Stop meditation is the ONE for this.)

**Q4:** How do we expand our divine Love?

**Sathyam:** Again, It's your interest. Your interest brings love.

**Q5:** What should we do to believe that the day dream is the same as night dream and this belief is not just in the level of learning instead of experiencing?

**Sathyam:** It comes with Maturity, with ripening. I repeat, that needs time. What does that mean? That means that it needs to be practiced, and contemplate on your day dream and then compare it to the night dream, see if both are unreal or one is, and the other one is not or both are real for you. The interest brings Love and love brings deep experiences. There is Oneness in Love.

**Q6:** What is the difference between Self and the Observer?

**Sathyam:** Find either the observer or the Self, then you will see.

**Q7:** At the beginning of this year (2009) your prayer for the whole world was to experience Unity among each other. Is this some kind of preparation for "Heart of the Mother" that you have been lately talking about?

On Baba's birthday on Nov 22-2009 You said: Everything has shifted to the heart of a woman, the heart of a mother. The heart that has no judgment and is patient, don't hurt anybody, therefore accepts and loves.

How has that shift happened?

What's our responsibility as the first group?

**Sathyam:** HEART of the MOTHER is the eye of the storm. It is the center of the storm yet is totally CALM, the storm is not, yet the center of the storm or the eye is infinitely calm “Heart of the Mother”, the vibration that has descended is vibration of goodness, the vibration that was descended about 7-8 years ago is righteousness, unity, understanding, selflessness and nourishment. Those of us that develop this in ourselves through our Sadhana, through our spiritual practice, will notice harmony in unity. What happens is when you feed that vibration and become in tune with it you will have more understanding and more Divine love. I tell you war will not have victory like in past. In past war would end with one side having victory and the other side defeat, but now the world needs unconditional UNDERSTANDING, selfless acceptance. Sai Baba is the greatest example of this. How do we practice that?

When we do our Sadhana, when we give understanding to people and situations in a way that is not tarnish by our memory and the old selfish way of seeing and feeling, then and only then our heart purifies, and we are harmonizing with this vibration. But if we go with the mind we are not harmonizing with this vibration, therefore we fear our life.

**Q8:** How do we realize if your Guru is happy and satisfy with you?

**Sathyam:** I asked this question many years ago. GOD said to me whatever gives you peace pleases me.

**Q9:** I would like to know more about what it means to serve two masters. How does it relate to earnestness and how to avoid it when you are trying to walk the line?

**Sathyam:** Serving two masters means serving your mind and serving your heart. This is true meaning of serving two masters. It also means not having your thoughts, words and actions supporting your desire to be free of the unreal. When you serve the mind by grieving and identifying with it, you are not serving the heart which is the Oneness, Unity, Comfort and Nourishment. It's okay to serve the mind but is not comfortable, so staying on the wall with having attention in and out, and finding the balance between using the mind not too much and not too little and using the heart not too much and not too little. The balance for each person is different According to their circumstances, their position and their behavior. In other words when you find HOME stay in and call off the search. This is the meaning of do not serve two master. Remove the contradiction from the thoughts, words, and actions.

**Q10:** How can I create a balance between my Silence and the world?  
You say: "Be in the world but not of it", How?

**Sathyam:** Answer to this comes with maturity. This comes from ripening, and it can take years and lifetime to achieve that, but each person has to find his or her balance. You see this is the thing, you get the map but you have to find the treasure yourself. Baba gave me a map when he said listen to your conscious voice and I had to go find the treasure.

**Q11:** Often when I come out of meditation I am mindless, people take advantage of me and my children don't take me seriously anymore. What should I do?

**Sathyam:** find out what is more important to you, for the children to obey you and take you seriously or to have peace and to be able to prove it to them by your example. You can give the children explanation if they are small, and if they are not small let them find their own way.

With love of SAI,  
Sathyam

December 2009-12-19  
Interview number 5 with Sathyam





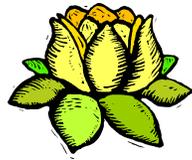
The interest I have to “THAT” amazes me! It is so much bigger than I can ever imagine and I know that. Sathyam’s existence and teachings have become the only reason I feel truly happy. She is the only completeness I feel exists in this world. This completeness has transcended into my daily life in a mystical way. The ups and downs I now welcome. The differences I now embrace and the tendencies I accept open armedly. My experiences in this path I cherish like my breath because they have caused me to expand my vigilance as well as my heart. This vigilance and Love allows me see God in people’s eyes and feel Her during the simplest of activities. Each and every single moment I praise Her simply because She is Everything. How else can I explain Her? She has taken away the fear and replaced it with undying LOVE. As Sathyam always says,” This is a spiritual world. Not a world

of hatred and sadness.” This has become more and more clear to me and in that I feel safe because” I am I” and that is all that matters!  
My dear Guru, my Sathyam, You are my Highest Family, My Brilliant treasure, My everything!!

I know from bottom of my heart that Sathyam is constantly working on me and purifying my heart for Her True purpose. This pictures says it ALL!

I offer you ALL my aching heart, my love and a deep wish for the whole world to feel this joy and unity!

Sathyam’s Labkhandeh Ziba



I would like to share a wonderful dream that I had about month or so ago.

I dreamed that my friends and I (those on this path) were having fun with our beloved Guru Sathyam on top of a wild flower covered mountain. We were all holding hands and playing around, so happy to be in the presence of our dear Sathyam. There were thousands of other people who were having fun as well, though they were not with us. All of a sudden, it seemed like the whole world was being destroyed. People began to panic. They were screaming and running for their lives - confusion and commotion was everywhere.

However, we the Asheghan, were holding hands along with Sathyam and marching forward in a straight line with no worry or fear. As we were marching forward, we came across a tall, wide, stone wall. We stopped for a moment and watched as our beloved Sathyam stretched Her hands forward into the wall. She then gracefully marched through the wall and we went along with Her. As we were going through the wall, I realized that we were encased in a crystal clear balloon - we were very happy.

This dream illustrates that there is no death. As Sathyam says in the Most Precious, *"Death is continuation of life; you name it the end and therefore fear it, when in truth it is not that at all. Death is as life is. You put them in different compartments and then you suffer one and enjoy the other. There is no death, I tell you. Only the manifest, which is subject to illusionary time only because itself (manifestation) is also an illusion, seems to*

*end. As this picture vanishes, another merges. Really, life never dies. Death is truly only an end to what is temporary."*

Given the little knowledge that I have gained on this spiritual path and the teachings Sathyam has provided through her tools and lectures, it is clear that indeed, we are living in an illusionary life and just playing roles.

With awakening and living in the Truth, we realize that there is no Death. We realize that our nature is Ananda, which is protected in that crystal clear balloon that I spoke of earlier....and that this Ananda is our eternal life.

I am so pleased and honored that Sathyam has hand selected me to be part of this Divine path. With Her True Love, Grace and Divine teachings and tools, I can march along with Her through this illusionary life to the eternal life.

Sathyam Jan, I thank you for taking me under your Godly wings.

Sathyam I adore You ...Lay my life before You.

For ever at Your lotus feet.

With love,

Siamak





*I don't know who I am, I don't know what I am,  
Whoever I am, whatever I am not,  
I'm after Your Love.  
Sathyam Please hold my hand.*

*If you see me drunk,  
it is for I drink the nectar of your Love.*

*If you see me out of my mind,  
it is for your Love has swept my mind away.*

*If you say that I am enslaved,  
it is for your Love has captured my heart.*

*If you say that I have no religion,  
it is for I am filled with your Love.*

*If I have only "Now" in my mind,  
it is for there is only your Love on my mind.*

*If I know God,  
it is for your Love has taught me.*

*If I am drunk, if I am intoxicated, if I am day, if I am burning,  
it is for your Love has transformed me.*

*If I am soaring in the seven valleys of Love”,  
it is for the wings your Love gives me.*

*If I am the phoenix residing at the summit,  
it is for your Love.*

*If my bowl is filled with “Now”,  
it is for your Love that I am “Here”.*

*If I am the butterfly and the nightingale by your flame,  
it is for your Love that I am burning, and for your Love that I sing.*

*If I am a mountain, the Light, a seeker of the Truth, or in raptures,  
If I am mad, if I am drunk, If I am Sathyam’s gopi  
it is for your Love.*

*It is only your Love that will change this picture.  
I adore burning in Your Love that aroused my heart  
My heart is rid of sorrows, for it is filled with Your longing*

Forever at Your Lotus Feet,

With all my heart, Gopieh Sathyam 

# Sathyam's Love Story On Her Self-Realization Journey

(Phone call transcript translated from **Farsi on Valentine's** night 2008)



This message is for anybody who wants to experience oneness with God. It is truly a drop in the ocean of my Divine love affair stories with my Guru, Sai Baba. When I look back at my life, I have no other stories to tell other than my adventures during the journey of Self-Realization. Everything else has been erased. I just wrote this a few minutes ago; it is not very poetic but it is from my heart.

This story is about LOVE.

When I went to see Sai Baba, I fell in Love. “But why?” My heart responded, “He knows something that you don’t know yet.” This love

filled every cell in my body, and I let it flow to Him. Only Him!! He was the focus of this love. This Divine love affair, my love for Him, and being close to Him made me happy. I was miserable when I was not close to Him.

What a LOVE!! What a love making is this Love between Divinity and the Self!! This love was the air I breathed. The one who ignited this bonfire of Love in my Being became the Lover who, also, received it. But why!?!.... After the awakening of this Love, every thought I had was about and for it. But why!?!... This Love erased my pride and sat me down at His feet. Nothing was bad; and nothing was good anymore. All the good and the bad merged. But why!?!.... This Love and my Yearning was the only thing that existed for me. But why!?!.... There was a lot of Love in me, but why was there misery too? Little by little, the Love and the Lover merged; but still, the Beloved was the symbol of this Love. But why!?!....

For years and years, I sat with this Love and the Truth that fueled it. The Truth talked with me; we were friends. And the LOVE was the witness of it all. But why!?!.... Life did not have the same meaning as before, and I kept burning in this Love. But why!?!.... Conversations with my Beloved, throughout the night were the most precious thing I had. But why!?!.... I overcame every obstacle to be closer to Him and express my Love. Day and night I was looking for ways to be near Him. When I was near, the thought of being away made me miserable. But why!?!.... Every time I visited Him I became thirstier, and my ego was uprooted more and more. But why!?!.... Every time I was face to face with Him, it all became more effortless. As time went by, I felt the Presence of the Beloved in the Silence of my Heart. Our Hearts beat together. But why!?!.... One second my Beloved was the TRUTH and

the next moment it was the LOVE, and behind both was my Guru's face, the Beloved in that specific form. But why!?!....

The bonfire of my Love became more and more ALL consuming; I saw with my own eyes how the flames burned me into ashes. My form and name was being erased gradually; and I became One with the Formless. But why!?!.... But why!?!.... But why!?!....

The reason is very clear!! Every single thing that happens on this journey has a reason! With this internal fire, every part of you has to burn down to ashes before you can be resurrected in the Divine Light and be One with the Formless.

This Day of Lovers (the Valentine's Day) is not about finding a lover and sending him/her flowers and taking him/her to dinner, or complaining about why he/she does not make love to you. It is not about why your son or daughter did not call, or you did not call your mother. True Love is ALL encompassing.

The Lover, the Beloved and the Love all merge into ONE.

The Love Baba instilled in me, and the Love that flows from me to Him, is the same Force that resurrected me.

Yes, I fell in Love with my teacher on the spot and without hesitation. I trusted Him and knew that He would help me. If you are not Absolutely in Love, you won't trust the Beloved; and if you Trust without being in Love, it won't work. It is like counterfeit money.

How does this Love come?

It must come to the seeker on its own accord. The seeker, however, must add firewood to it, and help the flame become an All-Encompassing brushfire. Once a small window opens in the heart, the flood of Divine Bliss will commence.

In the “Oval Energy DVD” I explain this Divine Romance as the Love-Making of the SELF within the Self.

Since I am talking about Divine Love, I would like to sing to you a song that is about Krishna. Two of the greatest symbolic stories about this Divine Love are about the Love that Krishna (a Guru like Sai Baba) had for Arjuna (his disciple), and the Love that Gopi (a disciple) had for Krishna.

This is the day that “I” want to give you LOVE.

**Sathyam sings:**

Murali Krishna, Munkund Krishna Mohana  
Krishna Krishna Krishna  
Gopi Krishna Gopala Krishna Govardhana Dhara  
Krishna Krishna  
Radha Krishna Bala Krishna Rasa Viola Krishna  
Krishna  
Shridi Krishna Parthi Krishna Sri Sathya Sai  
Krishna Krishna  
Musical Krishna, Magical Krishna, flute-playing Krishna, come play for me  
Charming Krishna, who lifted a mountain,  
guarding the cowmaids, come protect me  
Radha's Krishna, dancing Krishna, baby Krishna,  
Come dance with me  
Krishna Who appeared in Shridi, now lives as Sai in Puttaparthi  
Hai! Krishna, the flute player,  
who enchants us  
Charmer of the cowmaids,  
who held up the mountain in protection  
Radha's lord, the Child Krishna,  
who dances in ecstasy

Krishna, who appeared in Shridi and  
Now lives as Sai in Parthi.

Thank you for sending me this amazingly beautiful bouquet of red roses and tuberose. Tuberoose has great symbolic meaning for me. It gives me great pleasure to receive the flowers and even more pleasure when I offer them to Baba. To this day, every time I am given something, like a spoiled child, I run to Him, and offer it at His feet.

**Sathyam sings another song:**

I am God; I am God; I am no different from God.

I Am the Infinite Supreme, the One Reality.

I am Om Tat Sat Om.

I am Love, I am Truth; I am Peace eternally.

I am ever pure Delight; I am always full and free.

Fear or grief can never touch me.

I Am Om Tat Sat Om.

February 14, 2008



A list of Sathyam's DVDs, Audio CDs, DVD Transcripts, Books, and also Her Interviews, Conferences and Newsletters are available via our website [www.nazzanine.org](http://www.nazzanine.org). You may download DVDs, CD's from our website.



