

A person with long, wavy hair is sitting in a meditative pose on a beach. They are wearing a light-colored, long-sleeved top and dark pants. The person is facing away from the camera, looking out at the ocean. The sun is setting on the horizon, creating a bright, golden glow that illuminates the person's hair and the sky. The ocean is a deep blue color, and there are some clouds in the sky. The overall mood is peaceful and contemplative.

**What is
Happiness?**



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

Happiness is another word for being content without accomplishment. What I mean by accomplishment is an accomplishment of desire, what desire is, is a pursuit of the mind. What the mind is, is a bundle of contradiction. So when we follow something unstable, our life becomes unstable, but when we follow the heart or the seat of the Guru, then we are guided without needing to fulfill our desire, our desires get fulfilled as needed! As they must! It will happen! So let's take to heart the fact that happiness is contentment and contentment is staying in the region of the heart or at the feet of the Guru.

Sathyam

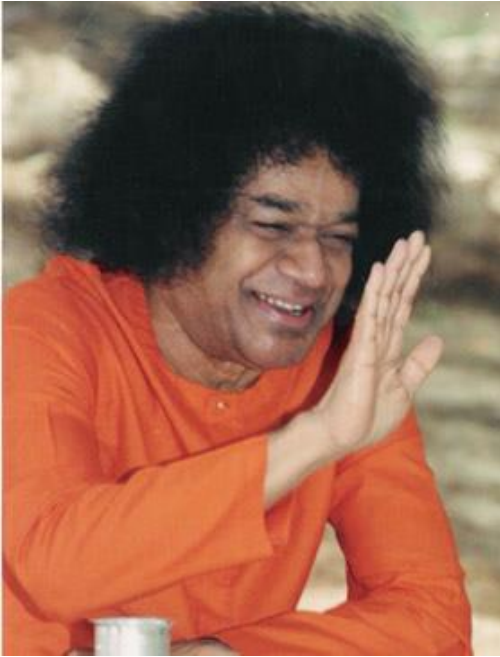
Morning darshan at Sathyam's house, Dec 2012

TABLE OF CONTENTS

<i>Cultivate Divine Love</i>	1
<i>Most Precious Q21</i>	2
<i>What Is Happiness 6-1-04, DVD transcript</i>	3
<i>Happiness Is Union with God</i>	8
<i>The Truth Is Perfect, Be Happy, I Am with You</i>	9
<i>Are You Happy?</i>	14
<i>This Is a Happy Day</i>	16
<i>It Is Man's Duty to Be Happy</i>	17
<i>Be Happy, Compilation by FDE</i>	18
<i>Speak to Us of Happiness & Joy - p19</i>	
<i>Just a Fragment of the Ocean of Oneness - p22</i>	
<i>True Happiness - p23</i>	
<i>The Best Gift Has Been Given - p24</i>	
<i>Happiness Can Be Explored from Several Different Angles - p26</i>	
<i>When I say "thank you"- p27</i>	

You are born with a helpless lamenting cry; you should die with a smile of joy. That is the purpose of the years in between.

Baba



Cultivate Divine Love

Divinity, like light, is the witness of everything. Its effulgence illuminates everything else. Where does it exist? We find santhi (peace) within asanthi (unrest). In the depth of the santhi (peace), there exists prakanthi (supreme splendor).

In this prakanthi (great light), one can experience Param Jyothi (Divine Effulgence). Param Jyothi, in the form of Atma Jyothi (the light of the Atma)

is within you. That is the light of non-duality and eternity, of immortality; that is the light of the Self.

Since you possess that light within yourselves, why should you be afraid of anything else? Why should you worry? Be happy. Where is happiness? How to experience it? Union with God is happiness.

You should realize that Love is the form of God.

As long as Divinity, in the form of love, exists within you, unrest cannot reach you. But, these days, people are subjecting themselves to unrest and unhappiness by misinterpreting the nature of Love and by attributing to it certain impure feelings. It is a blunder. Know that Divine Love is unsullied, selfless, and pure. Without any hesitation you should try to acquire that Love. Strive to possess it.

Embodiments of Love! Strengthen love, saturate your lives with love and live in that Divine Love.

Divine Discourse delivered on April 26, 1999 at "Sai Sruthi", Kodai Kanal

Most Precious

Question 21

Sathyam: Contemplate on this question and dissect and discuss it in your meetings.

Q: Speak to us of happiness.

A: Happiness is a state of stillness, where thoughts do not pound. Happiness is the union of the Self with the form, where there is no desire, nor is there any need for it. Happiness is not an emotion as we know it. It is the Self without emotions or thoughts. Happiness is just being, "isness".

WHAT IS HAPPINESS

JUNE 1st, 2004

Sathyam: What we are trying to do here is to un-condition, un-brainwash, and undress ourselves. It is not about learning, we have learned so much crap, that we don't want to learn anymore, it is about un-learning and spitting it out. To say to ourselves, 'No, I don't believe that anymore.' We spit out anything that gives us the remote idea that we are just this body, condemned to suffering and pain. Then we should go *in* and discover who we really are.

A woman asks about how we got here, how we ended up in our present life situations in the world.

Sathyam: This is going to be a little bit shocking, but they told you that you were born and you believed them and the entire story came after that. Believe me, this is the truth, even if you don't understand it, there is a truth in that, which I vouch for. What does this mean? It means that as soon as we believed that we were only the body, the limitation came and wrapped itself around us like a piece of rope. Why was it like this? It is because the nature of the world is duality.

Something happens that you believe it and once you believe it, unknowingly you start the journey into separation, then there is an impression of separation, not that you are actually separated. Then all of a sudden this feeling comes to you in the sense of 'I am not satisfied anymore. This doesn't make sense anymore. Who am I? What is the goal of this life?' That is when you start going back Home. The game goes on until there is no longer a need for it. You know, everyone.... (Sathyam stops)

*V In that bed of calmness (the depth) there is no boundary. This is true happiness.
Just Be! Most Precious Q21*

This however is my explanation; your explanation could be given to you even better than that in your own meditation. Ask yourself the question of why is it that things are the way they are. When I asked, that is the answer that came.

The same woman asks if we are going backwards and in some ways dying in the world.

Sathyam: Of course you are dying, I am hoping you are dying, I am hoping for myself that I am dying. I am referring to dying to all the knowledge that has been shoved down our throat, which is not who we really are.

Dying daily is what we started our meeting with, in a split second we could be gone, why don't we live life as if we were gone? That is dying daily, that is detachment.

However, what replaces all of that is an undirected love, a love that does not say so and so is good and therefore we are going to love her, but so and so is bad and we don't love him. So it is this undirected love that replaces the dying daily. And that is because what is dying is the falsehood, and what is being born is the Truth.

The same woman: And once the Truth is revealed to you or you become aware of it, everything is so much more clear...

Sathyam: Yes; this way you know without your mind, you see without your eyes, and you hear without your ears.

Right now the senses are sharpened, because that is all we know, but once this Ocean has been noticed, then you are not living by might or power, you are living by the Spirit, to whatever degree you are acknowledging it. In that there is tremendous freedom, to know that we don't have to go anywhere, and that where we stand is holy ground.

For those of us who really love God, wouldn't it be wonderful to be aware that we are no different, and then it would be the love, the lover and the Beloved all in one package. I am not at all ashamed to say that I am a sucker for God, but because of that, I needed to merge with Him. That desire to have Him so close to my heart brings out the Truth; it squeezes the Truth

out of you, because you cannot stand the separation. Then at that time God says, 'Guess what? We were never separate!' Why? Because there is only One.

One of the women asks Sathyam about envisioning that Oneness and the difficulties she has doing that.

Sathyam clarifies: Envisioning Oneness is very difficult. If you have some background of prayer and love for God, and if you realize that God is Omnipresent, you ask yourself, 'Then what can I be?' Immediately there is a mergence there, because you realize that if there is only one power, only one energy, only one current, then what can I be? Some may call it God and some may call it energy.

The Truth is revealed regardless of whatever stages you may need to go through. If it is too big of a bite for you to chew on, then go ahead and take it a little farther from yourself, then bring it in a little closer and then logically look at it or dive right into it, whichever way is easy for you. (Sathyam says this to the same woman who asked about envisioning God's Oneness.)

If whatever is being said tonight doesn't suit you at all, just throw it away, because some people may think that whatever I say is not really good. At that point I would say don't come back here, because that means your thirst is for something that cannot be quenched here. If, however, you like what you hear here, it will be repeated over and over and over again. I used to dread hearing something that was repeated but now...

One of the men says: It is a good thing because there are so many ways to hear it.

Sathyam: I can promise you that it comes out a little bit differently each time. If it hits your heart, it always puts a smile on your face, where you say to yourself, 'That sounds good.' I know it does that to me, it puts a smile on my face.

One private thing I would like to share about my own personal life that was 'killed' (laughs) is that I was born in a family that was financially

and emotionally comfortable. I only share this because I feel that some people could identify with it. Here I was in a family that would fulfill any desire I had, and I am saying this so you know none of this means anything. Then I came to this country and married someone who continued that same lifestyle that my family had provided prior to my marriage. Yet I was the most miserable human being you could ever come across. The reason for that was the mind and the body were getting fed, but the spirit was drying up, it was screaming for nourishment. Unless these three are in harmony, there is always a disease that shows up, whether it is mental or physical.

If I could find a certain amount of comfort, anybody else can too, regardless of their background, and I mean even cats or dogs. What we are doing here is really feeding what needs to be fed, in order to put the others in alignment. And that is another piece of good news.

Sathyam gets quiet for a few minutes.

She continues: Let's take a few minutes of meditation; let's close our eyes and go into silence. Before you ask the question that I will suggest, make sure that you have found a certain amount of quietness. Then in a whisper of a sound ask yourself inwardly, 'What is happiness and where is it?' Then just be quiet, just stay quiet and vigilant.

Meditation takes place for a few minutes

Sathyam continues: Would any of you like to share something about your meditation?

One of the women talks about her experience in relation to where the happiness is. She talks about going to a wedding and being around a particular relative who she used to be uncomfortable around. She says she noticed a change in herself this time because she was peaceful around her and this was because she was able to stay at Home within herself.

Sathyam: This is taking the pulse of your progress, like they do in acupuncture. Your reaction is almost a non-reaction, or a mild reaction, because you just don't care. The peace is so overwhelming that it doesn't allow someone else's behavior to overwhelm you. If your happiness had depended on your cousin's behavior and demeanor, you would have been miserable there at the wedding. Yes, Home is here, (Sathyam pats Her heart). Thank you for sharing that.

Anyone else?

A woman explains how she calmly dealt with some difficulties in her life.

Sathyam: Yes, and you did it yourself; nobody helped you...(Tape ends there)

NAMASTE

I + You = We

We + He (God) = He

not I, not you

Baba



Happiness Is Union With God

All that is connected with the body is temporary and transient. What men should seek is enduring bliss. Happiness is union with God. Buddha prescribed five duties: good vision, good thoughts, listening to good things, good speech, and good actions. These five-fold duties constitute true sadhana (spiritual practice).

Divine Discourse, 11th May 1988

Happiness is union with God. There is no place without God. Whatever you do, you should feel that it is God's work. God is acting through your body. He is thinking through your mind. He is working through your hands. If you work with this feeling, there is no chance for the ego to arise. The body is lifeless, just matter. The mind is a bundle of desires. It is just imagination. You are not the body; you are not the mind; you are the Atma (soul).

Baba

THE TRUTH IS PERFECT

BE HAPPY,

I AM WITH YOU

When Sathyam joined the phone conference, everyone became energized and happy. After a short conversation about the previous newsletters, Sathyam said the title of the next newsletter is going to be “What Is Happiness?” and how that DVD transcript should be included in the newsletter. Everyone was laughing and there was a cheerful conversation going on.

Someone says: Our joy and happiness in this conversation reflects that the next newsletter will be about happiness!

Sathyam: Yes, you said it right! The Bazaar is worthless; one needs to be happy. Do you remember that they used to say that so and so is light hearted and happy go lucky? Is it even possible to be serious and happy? If one is serious, she won't be light and happy!

Someone says: It is interesting that the subject of the previous newsletter was Silence and we all became silent when You joined the conference. This time that the subject is Happiness, we are all laughing and feeling light-hearted!

Sathyam: Yes; The Truth is perfect, if we do not interfere with it. If we do not interfere with the Truth, whose essence is perfection, when it is supposed to be happy, it will be happy; when it needs to be stern, it will be stern; when it needs to be silent, it will be silent; and when it needs to talk, it will talk. It is perfect in all situations and at all times.

So should we become serious or not?! (everyone laughs)

But forgetting about joking and having fun, which is great in its own place, I thank all of you for all the effort you put, all the work you do and all the benefits you get from it. If you pay attention, you see that your life is filled with this kind of work and this is the one-pointed focus that God wants you to have. By doing this kind of work, our lives have become service to others.

Q: How can I be happy?
Just BE; in that, your happiness lies, "IS".
Most Precious Q41

The same person says: I have a feeling that during the past 2 or 3 years, you have been teaching us to focus on contemplating on just one sentence. Instead of jumping around, You want us to dissect one sentence and go very deep with it.

Sathyam: Yes, yes; but at the same time, the mind needs to hear it in different ways, otherwise it will get tired. For this same reason, in the recent January FDE phone conference, I talked about Contemplation that way, but on another day and occasion, the same truth will be expressed in another form.

If you listen to all my talks over the years, from the retreats and the DVDs, you will see that nothing has changed. It is like the Divinity in different people, which is the same but with different faces.

The conversation here is about finding a volunteer for transcribing something in English.

Sathyam: I would like to say something; anyone who understands the value of doing the work would transcribe, translate, or do any other work without anyone telling them to do it. Also, anything that no one volunteers for does not have to get done! I mean that each person has to help because of their own interest, the value and the worth that they give to these teachings, and also because they do not want to miss out on that opportunity. Otherwise, imagine we give this work to someone and they don't do it! What good is that? If they

understand the worth of it, they would try to grab it from each other. If they do not know the value, it is better for the work to not get done now, but rather when they know its value.

Another person says: Yes, definitely, since we have waited too long for this to be transcribed in English...

Sathyam: No, do not wait! If it does not happen, it does not happen. You do not wait; everything needs maturity. Do you see how patient I am in my own life and with others? Everything requires maturity! When someone does not understand something, they won't be very interested in it either, but this does not mean that the same subject won't knock on their door again later on; they will eventually become interested. It just might not happen that everyone hurries up and writes down whatever comes out of my mouth. For this reason, we will let things take their natural course and anyone who is interested to take on a project would volunteer to do so themselves.

Just remember to pick up a project that you are interested in that clicks with your inner needs. If you are not interested, know that it is not the time for it; you can do it later.

Everything needs to be done with interest and not out of obligation, and one's interest changes. So don't be shy, take advantage of whatever feels right at this time and is in tune with your present state. The goal is to benefit from doing something; the goal is to benefit from it.

Divinity knows what to do next. Yesterday I was amazed with God, Baba, Self, or the Truth, which are all One and the same, because it does not let even one word of the Truth get lost. He sends so many to do this task. Collect them; collect them with interest and put them together, but no matter how you look at it, everything is temporary; everything is for this dream; everything is for our personal use and benefit; everything is for taking care of what we need. While we do have this need, we should have a burning

interest. When the need goes, the interest goes with it. I promise you that you are in the middle of a beautiful experience.

(Sathyam asks one of the young adults) How are you darling?

She responds: Thank You; I am well and I thank you for creating these beautiful gatherings and opportunities. This is invaluable for us.

Sathyam: Happiness should come to all of our lives; we should always be aware of making ourselves happy and bringing peace and freedom to others.

(Sathyam asks another young lady) How are you little one?

She responds: Thank You Sathyam; I love You so much.

Sathyam: Me too. It is a heart to heart connection.

Wow! In the old days they had such interesting phrases!! “Heart to Heart”

The only way is “Heart to Heart”; “mind to mind” would be dreadful!

(Sathyam laughs)

Do you remember, before our teachings, when your friends called, the conversation would be about politics, life’s problems, complaining, etc. When you hung up the phone, life would be even worse. The usual opening up of the same old luggage, seeing bad in others, revenge, anger, etc.... Right now our bazaar has gotten so small that little things make us happy, and if we are not happy, it is because we are in silence; otherwise, the sky is the same color as before, it is no different!

At this time Sathyam says goodbye and hangs up, and everyone continues talking about the newsletter. After a while...

Sathyam: I have been on the phone and listening for a while, and it wasn’t because of a bad curiosity. I called and joined the phone conference again to tell you that since Baba says, or since God from within us says “I am Omnipresent”, we should never think that God is not with us; or that the

Truth is not with us. I came back on the conference call, as a role play to make you understand that whenever we doubt this truth and hesitate or whenever we feel that God or the Truth is not with us and we say “I feel separation”, not that I say, but God says “I am always here; I am always looking; I am always aware, and whoever’s eyes are on me, I will give them this same awareness.” Apart from joking, this was what made me call back and show you how the Omnipresent Presence works.

No matter where you are, the Omnipresent is always watching; She is always with you. If you, I, or anyone else feels separated, it is not because the Omnipresent is not everywhere, it is because of the judgment we have of ourselves. Judging ourselves and putting our behavior under the microscope will cause separation, but focusing on the fact that we are not alone, will cause nearness. Just like this phone call. You thought I was gone, but in fact I was here.

Sathyam continues: Goodbye; this time actually goodbye, but seriously, I am always with you!

Excerpts from the May 2nd Newsletter Phone Conference, recorded Jan 2013

In the manifest, to the extent that one touches that inner source, to that extent one is able to be the result of that union. For everyone who has done this, his joy and happiness are expanded. Most Precious Q5

Are you happy?

Be Happy is Who We Are

Too much excitement entails elation and along with it its crash, which is its other side. So the best thing is to just Be. Just Be. Be happy because that is who we are.

Report Card, 4/11/07

'Your Being is Happiness'

When Baba says 'Be Happy', He is not referring to the state of happiness that a normal human being experiences. When He said this to me years and years ago, He meant that your *Being* is happiness, there is this bliss and this extreme o.k.-ness, a feeling like being in the right place at the right time. When He put it that way, He put a stop to a lot of my emotions. This is because so many emotions indicate that we are sad, happy, unhappy, shy, etc. If, however, we translate all of that into this state, we realize that we are none of the above.

Permutations, 9/27/05

Close Your Eyes to Duality

I asked many years ago 'What is true happiness?' The answer was 'To see with a single eye.' True happiness is to see with a single eye. What does that mean? To close your eyes to duality, to good and bad and to stay in that 'I' that sees no good or bad. It needs practice; take everything you see to a deeper level.

Reading the Mind, 4/11/06

Why Most People are Unhappy

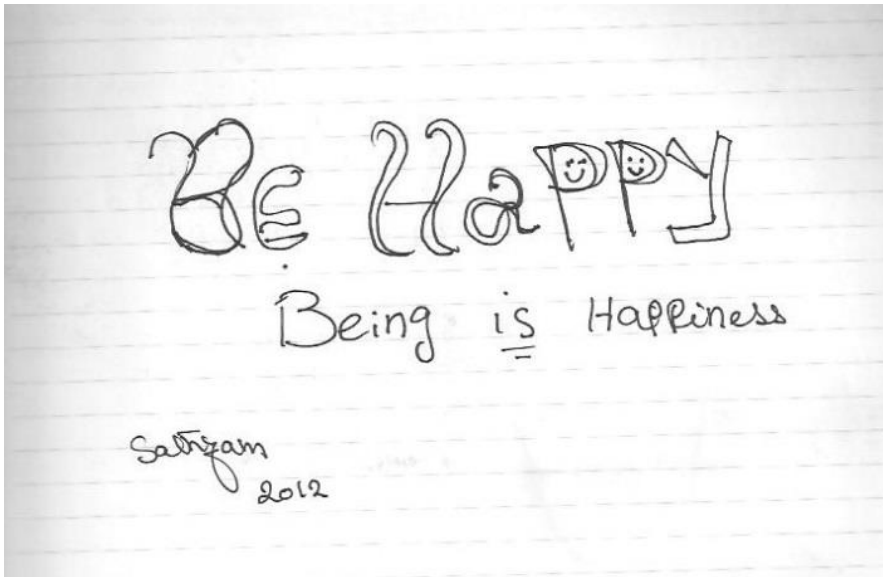
The reason why most people are not happy, or their happiness is very transient and passing, is because they have not tapped into their nature. They have not discovered this treasure. Now what is this treasure house? Omnipresent, Omniscient, Omnipotent. It is everywhere, all-knowing, and all powerful. And that is who we really are.

Be Still & Know, 5/2/06

Eternal Happiness

You might think that you are happy now, but in the next minute you might not be. However, when you are in your Existence, the happiness is eternal.

Trust & Let Go, 4/4/06



Sathyam's drawing from a private note book

This Is a Happy Day

This is a happy day, because we choose to gather together

It is a happy day, because we have found silence for now... for This Moment

It is a happy day, because we are content in our own skin

It is a happy day, because we feel the grace

It is a happy day, because momentarily the bazaar is not in existence

This is how it is when we spend time with the Self, with That which is Silent, happy and content, always in the background, always existing.

When we come together, we experience the sweetness and the honey-ness of it.

So, I am very grateful to have each one of you with me and me with you... so happy

Sathyam, March 25th, 2013

It Is Man's Duty to Be Happy

Sai: Happiness is essential for God-realization. It is one of the major gates to divinity. It is not just a fault if a person who is not happy; it is one of the most serious of all faults. It is a barrier to Realization. Mostly, people are unhappy because of worldly pursuits, attachments, enjoyments, too much interest in the world. To get free of this fault, a person has to be told of the seriousness of the fault. He should realize that desire is never ending, like the waves of the sea.

*Conversations with Sai Baba, J. Hislop, p 67-68
Printed in Aug 2011 newsletter, Umbrella of Grace p59*

Be Happy

Compilation by the Foundation of Divine Era

Speak to Us of Happiness & Joy

The answer to question No.21 of “Most Precious”: Happiness is the state of stillness, where thoughts do not pound.

Sathyam: Okay, so misery comes when we read the thoughts, even the good thoughts.

The continuation of the answer to question No.21 of most precious: Happiness is the state of stillness, where thoughts do not pound. **Happiness is the union of the Self with the form,...**

Sathyam: Whenever we focus our mental energy on the region of the heart, Oneness is experienced. Just imagine what I am saying. In your silence you all know the Truth of what I am saying. When you direct your mental energy to the region of the heart, you experience eternal happiness. Aren't we lucky? Anytime we want, we can experience true happiness, for no particular reason.

This is the biggest gift that we have been given in this lifetime. This gift is the only thing that we can carry with us. It existed before this dream, and will continue to exist after this dream is over. If we had not found this gift, we would come and go with the dream. When we would leave the body, we would still identify with the images and the body. But now, when we experience the Stillness completely, we no longer travel through the imagination of the body and mind.

The continuation of the answer to question No.21 of most precious: Happiness is the state of stillness, where thoughts do not pound. Happiness is the union of the Self with the form, **where there is no desire, nor is there any need for it.**

Sathyam: Desire activates the mind, and the lack of desire is Stillness. We can't wake up one morning and decide that we will no longer desire anything. The mind does what it does. Your job is to find the Stillness, bring your attention there, and free yourself.

The continuation of the answer to question No.21 of most precious: Happiness is the state of stillness, where thoughts do not pound. Happiness is the union of the Self with the form, where there is no desire, nor is there any need for it. **Happiness is not an emotion as we know it, it is the Self without emotions or thoughts.**

Sathyam: All of you said this earlier. What you used to feel as happiness is not truly happiness. In the past, our happiness came from the creation. For example we thought that if I get 'this', I will be happy. If I don't, I will be sad. If I go 'here' I will be happy, if I don't, I will be sad, etc. Now this is all meaningless. Our happiness is no longer in the hands of the mind. It doesn't reside in the universal mind. So where is it? It is in the first line of the answer to question No. 21: Happiness is the state of stillness, where thoughts do not pound. When each of you go to the Source, which has been revealed to you, you will see that it is not the mind, desires or wants. It is Stillness. It is 'Just Be'.

The continuation of the answer to question No.21 of most precious: Happiness is the state of stillness, where thoughts do not pound. Happiness is the union of the Self with the form, where there is no desire, nor is there any need for it. Happiness is not an emotion as we know it, it is the Self without emotions or thoughts. **Happiness is Just Being; Isness.**

Sathyam: Isness has always existed. It is there whenever you go to it. Death, birth, desires or thoughts do not exist in Isness. So what is it? It is beyond definition. You all know what I am saying. It cannot be described or explained, but it is clear when we are in it. Isness means Being. When you say "Be" to yourself, you can not describe the state after Being, which is Isness. You say "Be", and you are there. The body and the mind cannot go there, because it is not of this world.

The continuation of the answer to question No.21 of most precious: Happiness is the state of stillness, where thoughts do not pound. Happiness is the union of the Self with the form, where there is no desire, nor is there any need for it. Happiness is not an emotion as we know it, it is the Self without emotions or thoughts. Happiness is Just Being; Isness. **You probably will ask next how to acquire it? There is Stillness permeating the universe and beyond, without a beginning, an end, or any borders. Once pictures are faded, the canvas will show forth; once we drop all repeated thoughts, which most of them are, we are left with the Self, the Stillness.**

Sathyam: This is exactly what each of you has said to Me today. Whenever you want to experience happiness, it is within your reach. The Stillness is the white canvas. When you don't go with the images on the canvas, you can see the background. This background is your Truth.

An Excerpt from the Foundation of Divine Era Phone Conference # 24



From My Diary

Just a Fragment of the Ocean of Oneness

Among all of the lessons and the teachings, happiness is the most tangible one that we experience these days. Although we experience it wholeheartedly, putting it into words is so challenging. So many days passed where we were truly experiencing happiness, but we were unable to write about it or describe it, until this moment when Your grace filled us with such a joy that the words began to pour out of us spontaneously all on their own.

In this state, even when a thought occurs to the mind, it automatically transforms into hysterical laughter. We laugh our heads off at the nothingness of these thoughts, as we look at Sathyam's picture happily, wherein She is showering Her children with love, and that in and of itself intoxicates us with joy. We don't know whether love is the result of this happiness or if it is this love that makes us happy, but we are definitely experiencing them simultaneously, and very clearly. Perhaps love and happiness are like the oval energy and they transform into one another. These days we truly experience that by dropping the wrong beliefs and expanding our understanding of the Truth, such an energy is created. The result of that in the bazaar is acceptance, acceptance, acceptance, and Freedom, Freedom, Freedom.

In this moment, our entire existence is love. Our bodies are intoxicated with joy and laughter. This is the result of tasting the "Self". How truly fortunate we are to have You!. How truly fortunate we are that You love us. In this process, one can Be so beautiful, simple and fluent, and just watch. We can be in love with You and taste the fruit of this love. And we can completely accept ourselves, and others, and in this acceptance be able to see God. In this moment, we can clearly hear the heart calling to us. It says "Come to me, there is no risk involved here." Throughout these moments, each and every cell in our body, mind and soul say, 'Ahhhh...How truly lucky we are'...It says: 'Ahhhh...Sathyam we are so grateful to You'...It says: 'We are so in love with You'...and it says: 'This is just a fragment of the ocean of Oneness.'



From My Diary

True Happiness

True Happiness is attained when "Just Be" is experienced in deep silence with the inner Guru. This is not a feeling that I can explain in words or put to paper. This is the understanding that was given to me after the first meeting with the Lady of Truth. During the last moment of our first meeting, She wrote for me, "Dear Samaneh, always be happy." This sentence is the biggest gift from my dear Sathyam. Even in instances when I am dealing with challenges in the bazaar, I feel my heart is happy and is laughing.

My dear Mother, I enjoy being with You and I worship You wholeheartedly. I kiss Your lotus hands and feet.

The real happiness is the same as "A Letter to Richard". When you say "I am present" the freedom is in your hands.

Personal Conversation, Sep. 2011

("A Letter to Richard" is printed in the Dec 2010 newsletter.)

The Best Gift Has Been Given

Sathyam: Happiness has the most meaning when it has meaning for you. The biggest gift that has been given to us in this dream is the revealing of a source within ourselves that is real and endless. It is open to all of us. By going to this Source, we can get our Freedom. Now you are all familiar with this Source. You know what it is and where to find it. Now you know how to find the light in the jungle, and have it light the path to your destination. So continuing to follow the path is in your hands. Your progress will depend on your interest, effort, patience, and practice. You may say, "But Sathyam, whatever will be, will be". And that is correct. But the interest, hard work, patience and practice that I mentioned play a part in the design. Working to increase your interest is also a part of what will be. We cannot sit down apathetically and say everything is alright.

There are two ways. Either you must have so much love on this path that through it you can experience your Oneness, or one must have great wisdom, without ego of being somebody or being the first to know something, in order to go after this love. Both ways will take you to the same place. You have all experienced this interest, whether you have been on this path for two, five or ten years.

Our topic today is Happiness. It makes me so happy to hear that from Iran to America, and throughout the different cities, there are people whose Divine torch is lit. The result is that they can see the light of this source and live within it. Just as one of you said, the choice is yours. Either you can choose to live in this light and experience happiness or not. But you are not alone. Whether you see me or not, whether you hear me or not, you know the Source. If you don't go to the Source, whose fault is it?

I want to say something very important to you today. We each have been shown how to wake up. But staying awake is up to you. Now you may ask, "But Sathyam, you always say whose fault is it?" When you come to this world, or you are in the bazaar, that is correct. But don't tell me that if you are lazy on this path, or you allow your interest to wane, that the path still owes you some progress. This has never happened.

Even the few people in this world who have achieved Self-Realization had to work at it. Whether they did labor or service or sat in a cave, they had to continually work at something. At times the mind will try to trick you. It will tell you that you are God, so what else is there to be done? Don't be fooled! It is just the mind. Practice, practice and more practice is necessary. Even happiness is achieved with practice. When you say that you are always happy, how are you happy? Because with every thought that comes to your mind, you say, "No, I am not this." You don't go with the thought. This takes effort. It is the effort that does away with any other effort. You can say it is effortless effort.

I see you, right before you are about to fall asleep in this dream. Little by little I see that you are falling asleep. And I see that you are waking yourselves up, little by little. This process is similar to recycling. It is like the Oval Energy. Be happy! Do whatever you like in this dream, to the extent to which it doesn't hinder your progress or put you to sleep. Keep one eye open to the world, and one eye open within. As it says in "*Most Precious*", walk with your eyes half open. We have the tendency to allow ourselves to get lazy and fall asleep. And then we must do whatever it takes to pull ourselves back up. And we must do it. It takes dedication, involvement, love and wisdom. I have done my work. For those of you with interest, you must do your work.

An Excerpt from the Foundation of Divine Era Phone Conference # 24



From My Diary

Happiness Can Be Explored from Several Different Angles:

As it has been mentioned several times by our Guide, true happiness is at the core of Divinity and Truth. The Being is happiness. We partly experience this Truth at the moment of meditation, when contact is made and we get close to our Being.

On the other hand, in the day dream, happiness is associated with a game. Usually in order to entertain oneself, have a pastime, or to attain a feeling related to happiness, people will play all sorts of different games in the day dream. It means that the real result of a game is happiness, when we understand the world is a game. The reason that we sometimes get upset after such a game is that we take it too seriously; It is only a game. Perhaps this is a small model of what happens in the day dream. If we realize that life is only a dream, then everything that happens in the world will resemble a game, and we become the actors, simply playing the roles. Seeing the world this way will result in eternal happiness. Or at least in each instant that we remember this, we will feel relaxed, happy and free.

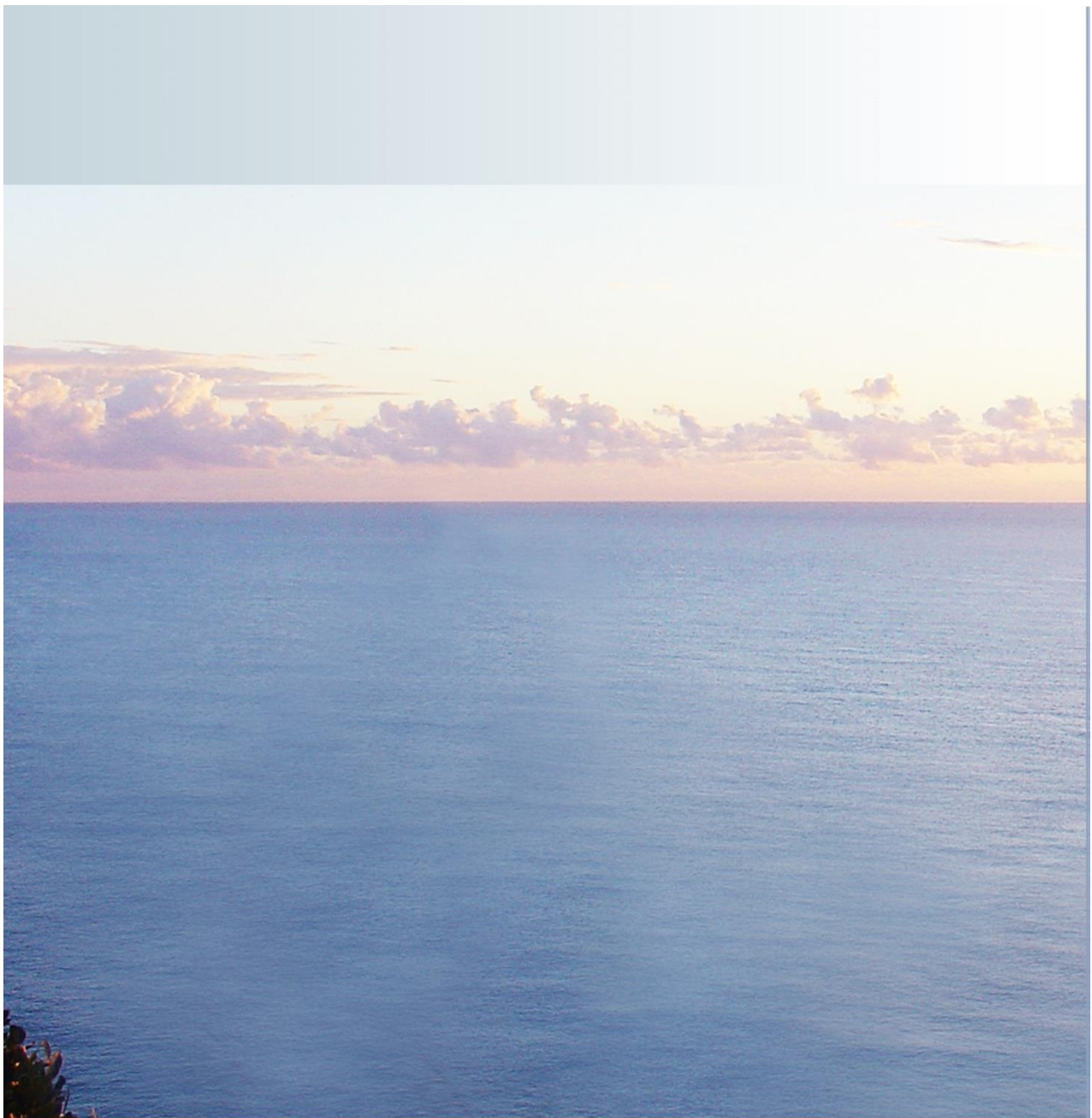
When we watch children play, that is exactly what we see in them. Children usually love to play and never get tired of it. They are filled with happiness. They are happy without even knowing the reason. Can we say that children's playing is closer to the Truth?

Many situations or phenomena in the world are prototypes or models of the Truth, and in order to understand them, we must be conscious and aware.

**When I say "thank you"
It is actually your Inner Being
who says:
Thank you for reaching the top
of the mountain;
I waited for you for so long.
Now we can dance, talk and make love to one another.**

**Sathyam
Valentine's Day 2013**





May 2013 Newsletter