



Amazing Grace

Sathyam's Prayer

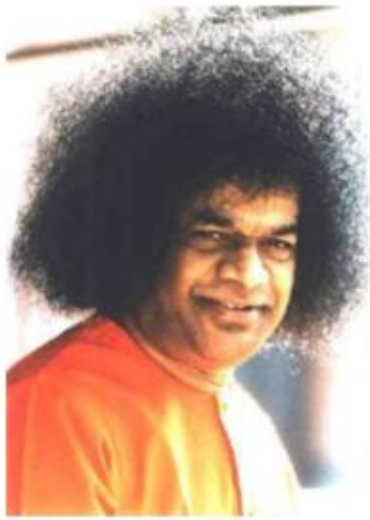
Dear Truth, Dear One
Let us see One, where there is two
Where there is pain, let us see One
Where there is fear, may we see One
Where there is stress and anxiety, may we see One
Where there is disharmony, may we see One
Where there is mis-trust, may we see One
Where there is loneliness, may we see One
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



Religion of Love

*"Start the day with love,
Spend the day with Love
fill the day with love,
end the day with love:
this is the way to God."
Sathya Sai Baba*

There is a lamp in the center. The six petals show different symbols representing world's six major religions. The 'Om' at the top represents Hinduism, the cross depicts Christianity, the crescent and star are for Islam, the star of David is for Judaism, the fire represents Zoroastrianism, and the wheel is for Buddhism. This is the Sai Emblem to show the unity of all faiths and the common basis for the values of all religions.

*Love in thought is Truth;
Love in action is Right Conduct;
Love in understanding is Peace;
Love in feeling is Nonviolence.*

Sri Sathya Sai Baba

Unity in Religion

By Sathya Sai Baba

I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster. I have come to tell you of this universal, unitary faith, this spiritual principle, this path of love, this duty of love, this obligation to love. Every religion teaches man to fill his being with the glory of God and to evict the pettiness of conceit. It trains him in the methods of unattachment and discernment, so that he may aim high and attain spiritual liberation. Believe that all hearts are motivated by the one and only God; that all faiths glorify the one and only God; that all names in all languages and all forms man can conceive denote the one and only God. His adoration is best done by means of love. Cultivate that attitude of oneness between men of all creeds and all countries. That is the message of love I bring. That is the message I wish you to take to heart.

Let the different faiths exist, let them flourish, and let the glory of God be sung in all the languages and a variety of tunes. That should be the ideal. Respect the differences between the faiths and recognize them as valid as long as they do not extinguish the flame of unity.

Whom the Muslims adore as Allah, Whom the Christians adore as Jehovah, Whom the Vaishnavas adore as Phulabja, Whom the Saivites

adore as Sambhu, Who grants in answer to their several prayers, health, prosperity and happiness to all, wherever they may be, He, the One God, is the God of all mankind. God is One and only One. Have His thought in your minds.

If each one lives the ideals propounded by the founders of their religion, unaffected by greed or hate, then the world will be a happier and a peaceful habitation for man.

There is only one religion, the religion of Love;
There is only one language, the language of the Heart;
There is only one caste, the caste of Humanity;
There is only one law, the law of Karma;
There is only one God, He is Omnipresent.

I have come to light the lamp of Love in your hearts, to see that it shines day by day with added luster. I have not come on behalf of any exclusive religion. I have not come on any mission of publicity for any sect or creed or cause; nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this unitary faith, this spiritual principle, this path of Love, this virtue of Love, this duty of Love, this obligation to Love. I have come not to disturb or destroy any faith, but to confirm each in his own faith -

so that Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu."

Each should practice his own religion sincerely. A Christian should be a good Christian. A Hindu should be a good Hindu. A Muslim should be a good Muslim. Let each one be a true practitioner of his religion.

Education must remove hatred between the pilgrims on the various roads to God. There is only one God, one Goal, one Law, one Truth, one Religion and one Reason.

Religions are many, but God is one;
Jewels are many, but Gold is one;
Appearances are many, but Reality is One.

Cows may be of different breeds or colors or sizes, but milk they yield is the same, the world over. So too, all religions, what ever their origin or extent of influence, are means to teach man this process.

Do not give room for differences based on language, religion, caste or nationality. Develop the feeling that all are children of God. You may worship God in any form of your choice, but always bear in mind that God is one. Cultivate love and promote unity and harmony among all.

Religions are many, but the road is the same. Flowers are many, but worship is the same, professions are many but living is the same. *Should each person* live the ideals propounded by the founders of his religion, unaffected by greed or hate, then the world will be a happy and peaceful habitation for man. In spiritual terms all of mankind belongs to one and the same class, race, and religion. The followers of each religion call upon One God who is omnipresent and listens to their prayers, be they from any race or whatever language they speak; but it is the same God who confers happiness on all of mankind. No religion has a separate God showering grace only on those who profess to abide by that faith.

Love and serve the motherland. Do not hate or hurt the motherland of others. Honor every religion. Each is a pathway to the One God. Love all men without distinction. Know that mankind is a single community.

All religions have emphasized the same truths in their basic teachings. But few people try to understand the inner import of religions. Out of the narrow feeling that one's own religion is superior and other faiths are inferior; members of different religions are developing hatred towards members of other faiths and acting like demons. Such narrow ideas should be given up totally. All should develop the awareness that though names and forms may be different, the essential truth is one in all religions.

All religions teach one basic discipline; the removal from the mind of the blemish of egoism, of running after little joy. Every religion teaches man to fill his being with the Glory of God, and evict the pettiness of conceit. It trains him in methods of detachment and discrimination, so that he may aim high and attain liberation. Believe that all hearts are motivated by the One and Only God; that all faiths glorify the One and Only God; that all names in all languages and all forms man can conceive, denote the One and Only God; His Adoration is best done by means of love. Cultivate that attitude of Oneness, between men of all creeds, all countries, and all continents. That is the message of love, I bring. That is the message I wish you to take to heart.

Love IS
Love IS



Sathyam: Happy Valentine's. (Sathyam stays quiet for a moment)

Do any of you have anything to report?

A man says: Having the music play throughout our meditation was very different tonight. I was not in a very deep meditation, but it was quiet for me on the surface. I replayed my whole day, like a silent movie set to the music which was playing. So, all the stress from the things that I thought were going wrong today was rather comical, because it kept replaying in my head to the music. In that, the stress of the day was gone. So the music helped!

Sathyam: I am glad that it did, whatever works!

How about you? (Sathyam asks one of the women)

She replies: I was watching one of your DVDs before class tonight, and you were saying all this stuff that I have heard you say before, thinking to myself, 'Duh! I really should pay more attention.'

Sathyam: Yes, but you know I was telling someone very recently 'what do you expect from yourself?' We filled ourselves with junky beliefs all of our lives, and now we think that within 24 hours, the

expansion will be so big that it will embrace nothing but the Truth. So, the main thing is that we are not leaving until it is done; this is the most important part of it. You have *no idea* how much more expansion each one of you will experience; and you have no idea how your life will be. It is beyond words, it is simply beyond words; it is not of this world.

Now that we have Valentine's Day, we are going to talk about L.O.V.E. Would anyone like to talk a little bit about what true love is to them? What is this word that is so commonly used, and which Hallmark has made billions from? What is it? Where does it come from? Where is the location of it?

One of the women points to her heart.

Sathyam continues: Are you being romantic, or do you really feel it there?

The same woman nods yes.

Another woman says: I don't think it has a location, it is formless.

A man says: It is more of a recognition.

Sathyam: How is that? You recognize it when you have it?

He replies: Yes. Now...I know a lot of people look for it and they can't find it.

One of the men says: When you are not looking for it, it's right there.

Another man says: I will add something to it. I have stopped using the word Love, because of the trite commercialism associated with it. I decided I was going to just stop using that word, so I like to use the word compassion instead. I do not know if it is any better, but they are not singing any songs about it yet, so it is o.k. for me to use that word.

Sathyam: Until everyone chooses to replace the word 'love' with compassion.

That is exactly why we use the word Truth instead of God.

Another man says: That is why I never liked the word 'God'.

Sathyam: Yes, it is imagery and we are escaping from formation and the concept that goes around this formation.

To me love is a romantic way of looking at something that is really not romantic at all. We will get into that in a minute.

What about you? (Sathyam asks one of the women)

She replies: I don't know anymore. I think of what love used to be for me before, and I think of what it is now. And it is totally different, and as I explore this whole new way we are looking at what we traditionally called 'love', I know that I feel things that I have not felt before; I don't know if it is love or not love.

One of the men says: Could we say that Prema (Divine love) is that which stems forth from one who has Jhana (wisdom)?

Sathyam: Love is; that's it. Love is; love *really* is. You cannot give it anything more than that. Try it, however you try to explain love, it will not be that. Love just is; and if we mould love into a hugging and loving expression of what we know best, then that is what we have done. Love IS...and the most unbelievable love is when it is not even known to the mind that it is love. It is just a spontaneous flow of *selflessness*.

So far we know that love IS and we give it a mould and a shape. I give it the shape of my sons and my husband and a hundred other people, whom I love, but really love IS and you cannot touch that, as 'I Is'. *Because* 'I Is' and there is only one 'I' in different moulds as Sathyam, Joanna, Mahmoud, Hans, so forth and so on. Since there is

only one 'I', *every* love is because of the 'I'; *every* love is for the sake of the Self. You cannot see that there is anything but that.

I will give you an example; some people say 'I love my husband so much, I am so selfless that I would give my life for my husband.' Why is this? Because without your husband, you don't feel good, it goes back to the Self again. This is because there is only one Self and you cannot run away from it. Selfless love does not mean that you sacrifice yourself: rather it means there is no individual self. I am not talking about the individual self, but rather the 'I IS'.

So, all this romantic poetry, which I love to hear, is for the sake of the Self; it is for the sake of the person who comes up with the poetry, and the one who receives it.

One of the men asks: The self you are referring to is also known as the ego?

Sathyam: No, the self that is related to the ego would be body identification and that is an individualized self, my 'self', your 'self', etc. I am not talking about that self, because the love for that self is so temporary that we don't even want to talk about that.

What I am talking about is 'That One is' (Sathyam has Her index finger up to show the One,) and therefore Love IS. There is no two to give and to receive love; therefore everything is That (One). All the love is standing on the pillar of that One. So, whenever we have expectation in our love, we have to realize that each and every time we love, it is for our own sake. That is already a reward in and of itself, to be allowed to satisfy that Self. Do you follow me?

We hear people say things like, 'I gave so and so my life and loved him so much.' You really loved the Self, what is the problem here? Where is the giving and where is the taking? It is all One!

So here it is: when we look at everything with the new vision we have developed...the vision that there is nothing but the Self, nothing but the 'I'...then the Lover, the Beloved and the Love are all that One playing a game for the sake of the Self, and then we can go on and play it. We can play this game as intensely as we want to or as weakly as we want to. But eventually, there is only one Self, and isn't it magnificent that, that one Self can play infinite games with oneself? Infinite games and that is the play of creation.

One of the women asks: Can you explain that a little more?

Sathyam: An infinite game, it means that this *unbounded, unending* Sat-Chit-Ananda or the awareness of the Chit or the Truth, can become personalized and play this magnificent and at times sorrowful game. In reality...that's it, that's pretty much it! Imagine if people who have hostility, hatred or even jealousy, would sit down and contemplate on this, what would happen? There would be no jealousy, no anger, no possessiveness, etc. What can you be possessive of? *The Self is unbounded*; you cannot even say it is unbounded, because it is beyond words and explanations.

This is the translation with the light of wisdom that takes place.

Do you have any questions on that?

The same woman asks: So, when a person loves another and they are elated when they love that person, and they are devastated when that love is taken away, is that the closest expression of loving the Self that they are experiencing?

Sathyam: The thing that we have to recognize is that what I am saying is even beyond devastation and the feeling of elation for love. Yes, when you lose someone that you thought you loved, you will be devastated and at that point we ask ourselves, 'Who is devastated?' We find out that the body and the mind were used to having the

proximity of that person, and they are no longer there. So, they react because they were programmed to react; it is like what one of you was saying some time ago, about some people being programmed to cry hard and mourn the physical loss of another.

Going back to your question, the answer is that we are talking about the beyond the beyond of all these things that go on in the ordinary world. I love my husband and he loves me, and I am certain that when one of us leaves, the other's mind and body will be very uncomfortable. *But so what?* Nothing happens to the Self, the Self is so absolutely completed by its own standing, and just to understand that will help us realize and take a little bit of the blow away from the devastation.

The same woman says: I am just reiterating, is what they are 'tasting' the Self and when they lose their loved one, what they perceive is the loss of that Self which causes their devastation?

Sathyam: Yes, they are perceiving the individualized Self and since the Self cannot be individualized; it is very uncomfortable! Just imagine if you took the ocean and tried to put it in a bathtub, it would be very pissed off. That is why all of us are *so* uncomfortable as an individual, and the more we have wisdom, the more comfortable we are in our own skin. This is because we are sort of opening up the cage and we feel freedom by doing that. Loving is an expression of the Self, but the truth of the matter is that love IS. The more we dwell on the Self, the more we find that it is not separate from love.

So 'Happy Valentine's Day, will you be my Valentine?' is the Self. How beautiful that we glorify the Self by expressing it to one another, and there is nothing wrong with loving.

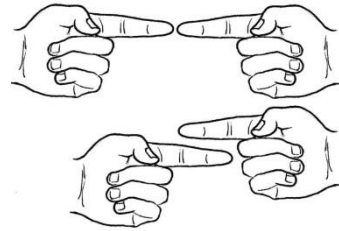
This is why when we hate, which I don't think is our case anymore, it is uncomfortable. This is because hate isn't, love only IS. In other

words, to the extent that we realize “love only Is,” to that extent other emotions such as anger and hate will be foreign to us. They are so foreign to us that even physically and mentally they mess up our system...Love IS. Another foreign emotion is jealousy, and we might no longer experience it very much, but it is very uncomfortable because jealousy isn't, love IS...the 'I' IS. Therefore, any feeling that is not neutralized in this contentment is foreign.

The same woman asks again: I have another question. I asked you once about that longing for the Guru or the Beloved, however you would like to term it. I want you to talk about that a little bit more and also in relation to how we are talking about this love for the Self, is that the same thing?

Sathyam: The reason people fall in love with the Guru, without even knowing the Guru well, is because the love they feel for the Guru is the closest to the Truth that they are seeking; the Truth that is apparent in them is without interruption. When I fell in love with Baba, the first time we went to India, I asked myself, ‘Why? I have not been with this man long enough; we only spoke for thirty minutes, why do I feel this way?’ Because the Self is very apparent in that person; there is not too much static going on. It is more available without having too many concepts. And again, the love of the teacher, which I can only talk about from my own experience, is *extraordinarily* important, because through this love, you develop trust for the words of the Guru. If it is a genuine Guru, like mine was, you develop trust and your path becomes a shortcut. You do not have to deal with the dilemma of doubt or any other distractions on your path. Your path gets shortened, and that is why they say it is necessary to hear the truth from the Guru.

When your path becomes a straight path, through your love, your trust, and through the practices of what was said and what worked, these two (Sathyam demonstrates by Her two index fingers, one representing the inner Guru and one the outer Guru, facing each other and touching at the tip) come together, until the inner and outer (Guru) are completely merged and are one again (She slides the two fingers together to show this mergence). That is really what happens, and that is how it has been for me.



One of the women says: I would describe it as two people who fall in love, but my question is that I find outside interferences on both sides, for example the others' parents and other family members, begin to affect the relationship. Is this because we are listening to what they are saying and being affected by their interferences?

Sathyam: You are talking about the worldly stuff; I am talking about the Outer Guru and the Inner Guru.

The woman says: I know, but I think it is similar to how we fall in love with each other and you become one.

Sathyam: No, you don't! I will tell you why that is not how it is. When you fall in love with someone and you are both still an

individual, individuals cannot merge. The reason I say what I say about the Inner and the Outer Guru, is because they both work together to destroy your individuality. And this is the only way to feel the One-ness.

With regards to worldly love, even if everyone agreed to your marriage or your relationship, death will tear you apart, as two individuals. So, it cannot be lasting and the absolute most it can last is from A to Z during the lifetime, even without anybody's interference.

The most important thing I can say is un-individualize and set yourself free. Un-individualize! I cannot emphasize it more than that, and if you do not understand, since it is such an important point, please do ask. Do not let me repeat something that you have not understood, because it would be completely useless. Does everyone understand what is meant by 'un-individualize, un-personalize,' or anything else you can 'un...'?

The same woman says: I understand, but I was just saying that my comparison for what you were saying was that at the beginning when you fall in love with someone, everything feels so good and so kismet, so meant to be. But if that begins to dissipate, how do you get that back or was that even real to begin with?

Sathyam: Kiss him goodbye!

One of the men says: I agree with Sathyam because you cannot get it back.

Sathyam: (Chuckles) because it never was in the first place; it was never the real deal to begin with! But the being in love can turn into a very *deep* spiritual love, which is far greater than being in love, without the fanfare of being in love. My husband and I were madly in love with one another, and after marriage this became a deep bond

of spirituality. Now, this will last beyond our bodies, because our expression was One. To say however that we could come back together and be completely gaga goo-goo for one another is not even necessary. Do you see what I am saying? Because it has given its place to something extraordinarily comforting and much deeper! Did I answer your question?

The woman says: Yes.

Another woman asks: On the same thing that you were saying about the longing for the Guru or the Beloved, that ache which you feel sometimes, is that because at that time you are feeling the separation from the Self, or is it part of that divine romance you are always talking about?

Sathyam: This type of yearning is the only type of sensation that actually eliminates the twoness. That is the only time this happens and I tell you why. The more you yearn, the more you want to merge; the more you yearn, the less distance you want between the Inner and the Outer Guru, and the more enthusiastic you are to finish the game. It is different for different people but for me, my yearning was my conductor, and all I can say is that that type of yearning makes you restless and it finishes the game

One of the men talks in detail about how people exist in our imagination and we love them based on who we imagine them to be.

Sathyam: I am going to drill in and tonight I am not going to let you go easily. You confused me, first you said 'Quit imagining' and then you said, 'Imagine the best you want.'

He replies: I did not mean quit imagining; I meant continue to imagine him to be a wonderful person.

Sathyam: You mean set yourself up for disappointment?

He replies: Not really! Do you think so? The wonderful part of him is him merging with you. Can you complain? He is merging with you.

Sathyam: What you are saying is very nice, but I would like to add a little onto it. Every person's individualized imagination in this room is far more intense than anything they can find outside of themselves. Therefore, it is best to break the idols in your mind, so you can live through life with satisfaction, because no one can identify with that image that you have created in your mind. This is why Baba says, 'You are not who you think you are, you are not who your spouse thinks you are, who you are is beyond imagination.'

Each one of you will have an opinion of me and I am not that opinion, I am not even the body, what are you going to do? When I was judging myself, I was not my judgment; I always wanted to be something that I wasn't, and if I wasn't that, then I would condemn myself for not doing better, for not being a better human being, etc. So, we are living in falsehood, from the beginning to the end! Do you follow me? *It is truly happy and magnificent when you live in an empty castle.*

The same man says: Yes, however...

Sathyam: However?

He says: Women often complain when their castle is empty, and they want the beautiful imagination of Prince Charming.

Sathyam: Yes and I would say stay away from falling in love with those women (laughs wholeheartedly). An empty castle to me means breaking all the imagery and then whatever comes to you is new and it is perfect.

The man says: I am trying to think of a relationship where this is done and maintained forever.

One of the classmates asks: What is done? (This person tries to clarify what the previous man is saying and make more sense of his comments.)

He replies: Where they have an illusion of 'wonderful' and they maintain it for the rest of their lives.

The classmate asks: Isn't that contradictory, because how can you maintain it for the rest of your life, if it is an illusion?

The man replies: Well for eternity.

The same classmate asks again: If it is an illusion, how can you maintain it for a few years or even a few hours?

One of the women says: The problem is the illusion; it is not the time frame.

Sathyam: It is not even real; it is like saying 'Till eternity my night dream lasted.'

The man with the original question about maintaining the illusion of love says: Neither is love real, it is just something that is.

Sathyam: We were talking about that, and you are coming back to the first word we were saying here. I am glad we went full circle, because we come back to this thing of Love IS. Now, if you want to be a sculptor of this love, *go for it*, make poetry and sculpt beautiful imagery of that. But remember the mother... 'IS', just IS, and in that you will live without expectation.

The same man says: I got it. Be like a mother. The mother's perception of her child is the illusion that I speak of. There is only love, adoration or endearment for that child. Now is that better?

Sathyam: Than what?

One of the women says: It is still an illusion.

Sathyam: I have known parents, who want their child to be molded to that which they failed to accomplish in their own lives (Sathyam clarified). For example, I have also known parents who have put so much time and effort to have their child become a doctor, because this way it could fulfill the wish they had for themselves.

The real love IS and once we realize the IS, honest to God every movement of the hand is communicating something of a profound nature of the Truth and Love. Until we empty ourselves to realize 'I' and Love IS...period, and there are no two entities or two qualifications, we will always be setting ourselves up for disappointment, heartbreak, and unnecessary expectations.

One thing I would like us to go away with tonight is, when you simplify everything complex, you are getting very close to the nature of who you are. This is as simply as I can put it: simplifying everything complex, like the thoughts, words and deeds.

I could sit here and make a mockery out of the Truth, by bringing in all types of scientific proof, facts, and theories, but the Truth was not given to a scientific mind; it was given to an illiterate mind. Why? It is because I had to be simple (to receive it), and those of us who have simplicity in our way of thinking, will get it the fastest and the easiest. This is because there is not a clashing background of noise and chaos in a simple mind. For those of us who have a very active mind and a very active imagination, I would say as much as you can just Be. Just BE!

One of the men asks: Could you say that the love comes forth when you are established in that IS?

Sathyam: It is inseparable and it does not have a shape at that time. The 'I' of Truth could be angry looking, and it would still be love, and it completely goes to another caliber. It is not of this world and it has nothing to do with the five elements¹ or the three Gunas². It is absolutely beyond imagination!

Baba always says, 'I am not the body. I come here and fool you to believe that I am'. The first few years I was there in India, I could not understand it. It takes your own understanding to understand what He has to say; it takes your own realization. The Truth is not of this world, and this is why it is so simple and ancient.

One of the women asks: You speak a lot about love between people and you continue to take us back to the love for Be, because that is true love.

Sathyam: Fortunately or unfortunately for the listener, I will not budge, because there is nowhere for me to go. I am not saying this just for you, but you did bring up a very beautiful point. This is what happens with the Truth; since the Truth just IS, it cannot come and take different calculative and reasoning forms. This is exactly why all of us including myself, have witnessed the Truth here for the past seven years. You can watch any DVD from the past and you will never see a DVD deviate, no matter what question comes up. Why? Because it just IS and it is not subjected to changes; it is not 'IS' this way today

¹ In ancient ideologies Creation is made of five elements: earth, water, air, fire and ether.

² Bhagavad Gita refers to the three Gunas -sattvic, rajasic and tamasic- as innate nature (psychology or personality of an individual). Sattvic guna is one driven by what is pure, truth, compassionate, without craving, doing the right because it is right, positive and good. Tamasic guna is one driven by what is impure, dark, destructive, aimed to hurt another, contemptuous, negative and vicious. Rajasic guna is one that is ego-driven, out of personal passion, active, ostentatious, seeking the approval of others.

and then tomorrow another way, and because of its permanency, it cannot be anything but real.

So, I appreciate this point you brought up, and I knew you wanted to clarify something for whoever listens to this DVD. Every time any of us may be confronted with some type of discord, we can use our methods, as one of you did by nullifying it by the music and his methods during our meditation. Every time something becomes serious for you in the world, just hold up one finger (referring to the one 'I'). You then realize that everything else just melts away, because your understanding says, 'Wait a minute, it is this simple,' (holds up the one finger again.) So, every time your mind wants to make your life complicated, hold up one finger (to remind yourself of Oneness) and do not forget this finger.



Another woman asks: At the beginning of the class, you were talking about the DVDs and how your life starts to change, is this transition gradual?

Sathyam: If you are a true seeker and not like a rabbit, who gets exhausted and gives up when the first obstacle comes up, you would go as Baba says, 'Start early, drive carefully and get there safely.'

I will give you an example: many, many years ago, before a lot of things began happening to me, I was watching the video of a self-realized person. The followers of this person were being interviewed and every one of them said 'We are realized and we are this and that.' It was so absurd to me, and they were all saying how they are beyond the mind and 'this' and 'that'. Finally, I had heard enough to say to Baba, 'What

are you doing with me? How come they can have it overnight, they just saw their Guru for two days, what is going on here?' That same night, I went through different experiences and it was proven to me, the difference between picking the orange from a tree, while it is still green and putting it in the windowsill to ripen, or waiting for it to be organically sweetened on the tree. When you pick it in its un-ripened state, one out of ten may barely survive, and even then if you take the orange or even a tomato that was ripened naturally and you taste it, there is not even a comparison in the way they will taste.

The hearing of the Truth and the contemplation on the Truth is the I.V. When you hear it, do not let it go, then you begin to dissect it with an awareness beyond the mind...believe me; I know you have experienced this yourself. So you do that and you regurgitate it and you make it your own and then it becomes an expansion of your own Being. It is very, very simple. We dress our body as we decorate a Christmas tree, but the Christmas tree is not the decoration. Do you follow? It is very simple!

Once again, I emphasize it for some reason; remember...anytime you find yourself in a complex situation, you are living an imaginary life! I asked Baba some years ago, in a dream 'Who are you?' He said, 'Do you really want to know?' I said, 'Yes I really do.' I was actually asking about myself. He said, 'I am Sat-Chit-Ananda. I am Truth, Awareness, and Bliss.' Then He went on to say, 'On the surface, you will not find Me, in the depth I am always there.' The translation of that is 'In the mind and imagination, you are on your own, and your concentration is on Maya. In the depth, there is no separation whatsoever. There is no you and I, it just IS.'

Someone says: Would You please sing a love song for us?

Sathyam blows a kiss to the camera and says: Love to anybody who watches these DVDs.

Because love is so devotional, it is, love is devotional; you become devoted to the person you love, I am going to sing the following song:

“Know that the Lord is sweetness itself
Everything is a sign of His grace
He is the nearest, He is the dearest
Born in the world as Sri Sathya Sai
Hold on to Him as close as you can
Everything is a sign of His grace
Everything is a sign of His grace
Know that the Lord is sweetness itself
Everything is a sign of His grace
He is the nearest, He is the dearest
Born in the world as Sri Sathya Sai
Hold on to Him as close as you can
Knowing Him as an intimate friend
Knowing Him as an intimate friend”

Sathyam continues: Have a wonderful week and remember simplicity is divine and complex is just chaos; so stay away from it.



NAMASTE

“LOVE IS” DVD, FEB 13, 2007

I IS



Sathyam: As the candle is worthless without the wick that goes through it,

all the fuss about the candle is for the wick. This is the story of the 'I' in the midst of us; the 'I' is the wick of the body. 'I am' is body identification, I am Sathyam, I am a woman, I am sitting here, the 'I am' makes the manifestation. So to realize our true Self, we see that 'I' is the cause of 'I am' and yet completely independent of 'am'. So by erasing 'I am this or I am that' and by vigilantly watching the 'I am', you realize that the 'I' is not personalized, it is not individualized and in that, our consciousness is free. It is free of duality, free of disease, discord, and disharmony.

(Sathyam gets silent and goes into a state of Samadhi i.e. bliss. She continues to talk and answer a few questions for 16 minutes or so until She is back to Her usual state.)

Sathyam continues: What can I say; get a hold of the 'I' and you will always be free. We memorize all these verbs and their various conjugations: I am, you are, he is, she is, we are, they are, past tense, present tense, and the future tense; they are all nonsense. There is only 'I...I' to eternity, pure, the rest is fuss, imagination in the mind, the universal mind.

'I' in the midst of this appearance of the body is mighty, just like the wick of the candle. Then there is absolutely not even an iota of individualization in the 'I'...once you catch a glimpse of that, you are free. Not only are you free, but everyone in your life is also free, because in your consciousness, you do not behold them as an individual.

We can meditate until the cows come home and the pigs fly, but unless we catch this un-individualized 'I', we have not done anything. Everything melts in that: religion, God, Goddess, gurus, yogis, yoginis, saints and sinners, killers, all...all melt away. (Sathyam is silent for a few minutes) 'I' is not a woman, 'I' is not a man, 'I' is not here or there, it just IS. 'I IS'; *our vocabulary needs to consist of two things: 'I...IS'.*

That's it; we can throw all of our books away. We are telling the truth from beginning to the end; in that there is *infinite* supply, *infinite* purity, *infinite* joy, *infinite* Is-ness. We are not of this world...the world of imagination and falsehood...who we are just IS...just IS, and once we have a glimpse of it, our life is never the same again. Once we have a glimpse of it, we have known the Truth and the knower of Truth is the Truth, the knower of God is God, the knower of the Self is the Self.

One of the men asks: In that state of 'I Is' would anything having to do with the world begin to fade away?

Sathyam: You cannot serve two masters, once you get a glimpse of That, there is no question of the other. Once you have a glimpse of the world, there is no question that you have not known the Truth.

The same man says: That would imply that if you had a glimpse of 'Is', your vision of the world would be totally changed.

Sathyam: Yes...not so much the vision, but the concreteness or the reality of it fades away. As this picks up the reality, the other one

weakens and loses reality, because the world is of the mind, so as the mind weakens, the 'I' appears.

He continues to say: Would one then say that there should be less and less time spent in the world and more time spent seeking the 'I Is' or dwelling on the 'I Is'?

Sathyam does not respond and is in a deep state of Being.



After a few minutes of silence, She continues: There is nothing to say anymore, this was the whole truth! (She continues to stay silent)
Only bliss, only bliss.

'I' appears as many, don't believe it; enjoy it, but don't believe it; go back to that 'I' and you will see that everything you see is the 'I', everything you eat is the 'I', everything you smell is the 'I'. In that, there are no conflicts, there is no duality, there is no fight, there is no pain, there is no disease, there is only That! The more time we spend holding on to it, the less we have to jump over obstacles; it is so simple.

The same man asks: In that consciousness of the 'I Is', wouldn't all obstacles be removed?

Sathyam (chuckles): They will not be removed; they won't even appear. The more we stay away from the business of the world, the more we are concentrated on the un-individual Self. The more we are

entangled in the imagination of the world, the more lost we feel; we need to always remember that the only permanent...the only permanent, the eternal is 'I'.

(Sathyam comes out of the deep state that She was in and says hi to everyone.)

He continues to ask: Were you addressing what you saw here?

Sathyam: I was telling the Truth.

Another man asks: Are you at a place where I can ask you about the Observer?

Sathyam: Yes.

He says: Is the Observer, the Witness, whatever you would like to call it, an individual 'I' or is it part of the Universal 'I' that I am just observing or feeling?

Sathyam: You are feeling the universal 'I' as an individual, and it isn't like that. The reason you see it this way is because you perceive it through your mind, which is individualized. Once you digest what was said tonight, you realize that the glimpses you get are an invitation to drop the individuality.

Another man asks: Would that mean that you would have a different idea or perception of the 'I' as an Observer?

Sathyam: I cannot perceive what you are saying.

He tries to clarify: The Observer is observing this world as separate and apart, and there is still some duality there and at some point and time, if the Observer would dissolve, all that would exist would be that 'I'.

Sathyam: This is the statement which you need to put some effort into, and then we can talk. It is too much of a concept.

One of the women says: It is easier to be this way that you are talking about, when you are not in this world as much. But when you start going out in the world and working at a job, I know it should not be hard, but it is.

Sathyam: It is hard as long as you have weakness in the mind and it is very normal. But if you dwell in a high place that was mentioned tonight, with any leisure time you may have, even if you have two minutes in the bathroom or five minutes in the shower, then what happens is that state of 'I-ness' becomes the totality of your life. It becomes apparent; not that it was not like that, because it was always like that, but it just comes more to the surface, because your mind allowed the reflection of it. It is like the moon that allows the sun to reflect on it and then your work (job) becomes your worship. In other words, it becomes the field of Being, the Self becomes worshipped no matter where you go, or wherever you are. The individuality as a boss, or a colleague or a specific work place becomes a joke, as you are practicing this...it does not have such a hold on you. But if you go unprepared into the battlefield of work and making money, even the billionaires get defeated, they get defeated.

Sathyam's husband says: Those of you who may have questions, now may be a good time to pull out that which you need to hear.

The same woman with the previous question asks: So, going ill-prepared to work can cause all kinds of problems, even injuries? Say you get an injury at work, can you go back and act as if the injury is not there, or should you go to the doctor?

Sathyam: Yes, and I say yes to every part of your question, because it depends on where you stand; you have to be honest with yourself. If you have the consciousness that you realize in your 'I-ness', that there is no disease, discord, or disharmony, then there would be no

question of going to the doctor. But as long as there is a question of going to the doctor, I would say go. But when you are sitting there in the waiting room, *entertain* the idea of that One-ness...that 'I'...until you either don't have to go, or you go with the full realization of what is going on.

So the honesty with yourself is *extraordinarily* crucial on this path, we cannot pretend to be something we are not. We cannot pretend we are not when we are. But at the same time, whether you are or you are not, the 'I' has to be the focal point of your inner vision, the wick, the 'I' in the midst of me is holy...in the midst...what does that mean? Look at the candle.

The same woman asks: 'I' is perfection and can't be anything else?

Sathyam: Yes, the more you entertain this, the less you need to jump over your obstacles. Take your time and entertain it and if you fail, get up and continue. Do not sit there and say 'I can't do it.'

The same woman asks: So, keep trying for that perfection in the body as well as the 'I'?

Sathyam: Not for perfection honey, do not constantly get disappointed, impatient, or disheartened. Because no matter how big of a tantrum you throw, if you want to be free, you have to get back in the line all over again. Have that in mind. After you throw your tantrum and you scream and get mad at Creation, remember you have to get back in line again.

So stay in that State of Being for as long as you can; no amount of effort here, whether it is a split second of contact or hours of contact, is ever wasted. The more priority you give it, the more priority it gives you, the more you serve who you really are, the more it will serve you. The more you stay with it, the more it stays with you and I say 'you,' by which I mean the body and the mind.

Those of you who may not understand as clearly as you would like to, please do not be concerned about it; just the fact that we were together in this type of vibration will do its work. I am completely amazed tonight that I am able to talk; it has been an impossibility in this state, I do not know anyone who has.

Another woman says: Sathyam, as I was in Los Angeles, visiting my family and to the best of my ability I used my tools and meditated when I could, even for short time periods. I saw that it helped quite a bit, where in the past I may have had a lot of friction with my children, or with my issues of control. This time I put into practice things that You have been teaching us, things You have been working with us on and things that You want us to realize. It has been helping, and I see it and therefore in the midst of that, I could see the movement of things going into One. I do not totally understand it yet, but I do get little glimpses of it, I see it and to me it is love.

Sathyam: When you look in the mind, you will see things such as numbers, imagination and lots of activity, so your life becomes very active too. When you look at the One, everything calms down and everything gets sucked into that One. Everything that you believed, as soon as it comes into your consciousness, the One sucks it in and therefore there is no conflict and conflict begins to be less and less. The pictures around you, and as far as the people in your life are concerned both begin to calm down. Why? Because the "One" is what you are paying attention to, and the others just get melted into that pot of bottomless Truth.

In an ordinary life, without our tools, without our self-inquiry and silence, normal people who seem very abnormal to me, are involved with billions of movements. And since they can't see One, each movement communicates different things to them. One movement will make them shiver due to fear, and another movement may

induce another unpleasant feeling in them. But once you are constantly zoomed in and focused on the Truth, all other things begin to bow at the feet of this Oneness. The tools you referred to are *phenomenal*, not because it came out of this vehicle (points to Herself), but because they simply are.

A dozen times a day people call me and tell me about how they benefited from using one of the tools we practice here. Why is this? Because using something like the Stop Meditation, is like cleaning your field of very old dirt. By using the Trust Meditation or other higher or lower meditations, you are demolishing those old beliefs and crops of weeds; what becomes of that field is nothing but the Truth. What is? The 'I Is', it just is, not 'I am', but 'I Is'.

When you say 'I Is,' what can you add to that? There is a period at the end of that sentence and it is finished. All of our lives we said, 'I am..., I am controlling, I am angry, I am this, or I am that,' and the mind began to create those experiences, not that it has any power to create, but it was all imaginary like a movie.

So, first we recognize the problem, which is reading the mind. Then we recognize the nature of this problem, which is believing that the nothingness has power, which it really doesn't. By that we take the weapon out of the hand of duality, and then we fill ourselves with the truth of oneness and the next thing we know, we are nakedly 'I Is' and the game is then finished triumphantly.

A woman says: We are very lucky.

Another woman asks: So, should we not concern ourselves with what is going on in the world?

Sathyam: One time, when one of my sons was seven years old, he mistakenly swallowed a nickel. Being a frantic mother, which I was at that time, I called the doctor because I had never seen anyone eat

money before. I asked the doctor what I should do and he said not to worry about it, that it would come out by itself. I asked if I should stand close to the toilet and look to make sure that it comes out. He said that I could if I wanted to, if it was worth it for me, but that it wasn't really necessary to do so. This has become the affair of this world. (Everyone laughs heartily)

If you want to find your nickel, look where you have to look for it. (Laughs)

A man says: I would really prefer to erase this visual image.

Sathyam: No, keep it, keep it very closely and it will demolish the appetite for this temporary nonsense.

One of the women asks: I don't mean to ask the same question in different ways...

Sathyam: You are very smart to do so.

She asks: I know we are the 'I'...the spiritual 'I', that is what we are, the Totality. But we also have this physical body...

Sathyam: Do you?

She asks again: So we don't?

Sathyam: No go ahead and finish, that question was for me.

She continues to ask: Do we not take care of this physical body, if it is injured?

Sathyam: Yes you should and you must use common sense. Listen, when you need crutches use them, who are you kidding? I am telling you however, as you are using all the crutches that you may need, remember something in you, that the reality does not need any crutches.

Sathyam: Not now, but later yes. The more your consciousness is imbued, filled with the One, the more the duality has no place, it simply has no place. So use your crutches, but do not take your eyes off of the One. And then at the right time, the One will pull the duality right from under your feet. You then say to yourself, 'Oh my God, I did not fall.'

There once was someone here, who needed to take medication for a certain medical condition they had, and they asked me if they should continue to take their medication. I told them yes and they were somewhat offended. I knew that since they did not have that consciousness, if we took away their medication, they would have gotten very ill.

So you get the Truth, you eat it, you practice it and you give it more priority than anything else in your life with honesty and integrity about it. So, you don't lie and say to yourself, 'You know what...I am God and nothing can happen to me,' actually it will happen because your words will not have the conviction behind it. It is not just about saying it, but rather being it.

The same woman asks: But you don't give it any weight if it does, and it therefore doesn't have a hold on you.

Sathyam: No you don't, unless you want to give it weight and importance. I do not, but that has been the work and the end result of many years. So, the duality that is created right now for you, is to let go of the old and to grab the new. What if the new is not sufficient? So do not let anything go, just concentrate on the Truth and do everything as you did before. Go to the doctor; attend to your leg or whatever part of you that may be hurting, quit any job that is hurting you physically, etc. Do everything as you did before with one difference, never let go of the ONE as you are going through your

activities, that will take care of the others, if you are faithful to it and if you don't lose heart or become impatient.

The same woman asks: Everything happens for a reason?

Sathyam: Everything happens without any reason.

She further says: Well I was thinking pretty negatively and was having pity party thoughts when the injury happened. That was a lesson in and of itself.

Sathyam: Well, you can think very negatively but remember that it does not help your goal, which is peace of mind. Why would you want to inflict more pain on yourself? So, even though your tendency wants to say, 'shoot... God damn...why did that happen to me?' all you are doing is more damage to your peace.

She asks: Is it self-sabotage?

Sathyam: Listen, you come into the room and your boyfriend has done something really awful, and you want to get really mad. Awful things are already awful and by your anger, it will be twice as awful. Why? Because not only are you hurt about what he has done, but you are also hurt about your own reaction to it. Remember always that your thoughts, words, and deeds have to feed your goal. *They have to feed your goal!*

When I wanted to be free, you have absolutely no idea what my dedication to it was, only my husband was there to witness this dedication. Dedication, dedication, dedication! Love of the freedom and the wisdom of that freedom come together and ignite your thirst.

She asks: So a job cannot be enslaving or binding to me?

Sathyam: Yes it can...if your mind says (Sathyam stops midsentence) yes. There are people who are free in prisons and there are people who are in captivity in their castles.

The same woman says: Thank you.

Another woman says: Sathyam on your c.d. (audio book of *'Most Precious'*) you talk about healing and I was very interested in that, because that was the initial reason I came to this class. You say on that c.d., 'To the extent of your realization of what is real and what is not, or your understanding of that Oneness you can then heal.'

Sathyam: The biggest prayer and the biggest healing you can give to someone physically, emotionally, and mentally or a person who appears to be out of balance, is to not go along with the idea of personalizing their disease. You must however be very proficient at this yourself, before you can do it for others; otherwise you are giving it away without any power. You do not personalize it and you go back to that Oneness and you say 'Since God or 'I' is Omnipresent, what can this man or this woman be?' You can use God or 'I' or whatever word sits in your heart, when you do this. And then you let it go and ask yourself, 'What can I do for it?' If you decide to do something, you cannot heal because you are already seeing a sick person. Immediately when you say, 'What can I do for it?' you are seeing the Truth; 'I don't see any lack, what is there to do?' You cannot however do that unless you are convinced by it; you cannot sit there and tell someone who is sick, 'Oh you are God.' If you do that, nothing will happen, nothing will change! Your consciousness has to be imbued with what is being said and rolled around what is being said and it has to have been practiced and practiced, and the next thing you know, it automatically hits your consciousness, and it gets dropped immediately.

One of the men asks: When you are imbued with the 'I Is', everything would get dropped?

Sathyam: Everything drops.

One of the women asks: Did you say she could heal?

Sathyam: She could heal when she knows there is nothing to heal. As long as you need healing, or you will give healing, you still have individuality. You see, realizing the Truth, the picture changes. When you are asleep at night and you are being chased by a lion, in a split second you realize you are dreaming, there is no fear and you just wake up. That is what happens to a so-called healer.

One of the men says: More than that, in your night dream when you are in the 'I Is' and recognize you are dreaming, you can change the dream and turn the lion into a pet.

Sathyam: Yes, but why bother with that and not just wake up?

He replies: That is true.

One of the women says: I just want to share this, when I was a kid, we went to church often and we were taught the One, to hold up your one finger as a symbol of the One.

Sathyam: Wow, that church was a good church.

She continues to say: We would sit in the back of the station wagon in traffic and point our One finger to other cars. It was 'honk if you believe in the One,' and we had so many people honk, wave and smile as we would hold up our finger. This just reminds me of that, every time you hold up your finger (begins to cry).



Sathyam: Yes and you are reminding me of the fact that whatever happens in your childhood, as far as spirituality goes, you will eventually go back to the same point you started at. You heard the One then and now you are hearing it again, but this time it is different, because you have a better understanding and readiness for it, so you can just swallow the Truth and make it your own.

She says: Yes, we believed in it and as kids miracles would happen to us all the time.

Sathyam: What we call a miracle, it is our absolute pure State of Being and the

Thank God we came in one car, so you can drive me home (referring to Her husband.) I am going to leave this room quietly after you all leave, I will not hug anybody, because the vibration is very high. I will see you all next week.



NAMASTE

I Is DVD; Jan 9, 2007

Sathyam's DVDs, audios and Transcripts
from her classes, conferences and books are
available in our website

<https://www.trustandletgo.com/>



Amazing Grace