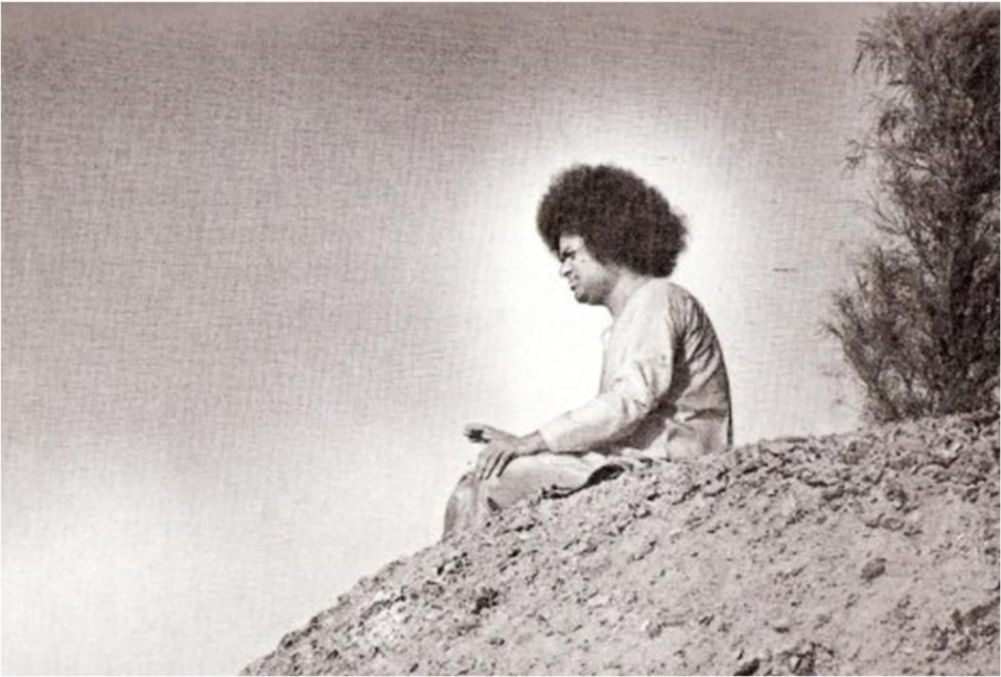




**SATHYAM**





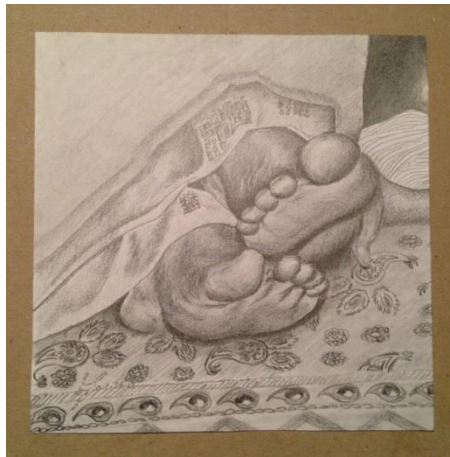
*Baba says 'Sathyam is what I teach...  
Sathyam is what I teach'  
and then  
He named me Sathyam and said 'Go  
teach!'*

Sathyam  
July 2013

*Sathyam is the basic reality  
of you all; that is why you  
resent being called a liar.*

*The real "you" is innocent,  
you will not accept an  
accusation that is false. The  
real "you" is joy, happiness,  
and auspiciousness.*

*Baba*



## *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*

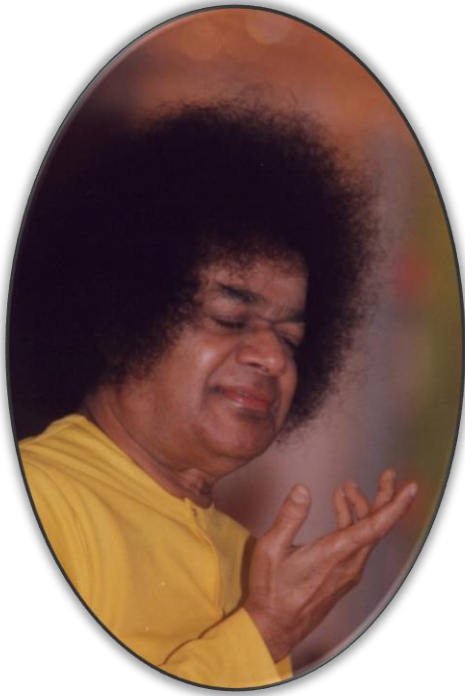
## TABLE OF CONTENTS

<i>My Story is to make you--Storyless!</i>	1
<i>Most Precious Q66</i>	2
<i>I Am</i>	3
<i>The Retreat of Silence &amp; Simplicity</i>	6
<i>Gratitude</i>	10
<i>Go Down</i>	11
<i>An Imaginary Conversation among the Ausheghan</i>	13
<i>The Self &amp; Trust Meditation</i>	19
<i>Stop &amp; an Active Mind</i>	19
<i>Omnipresent Meditation &amp; The World</i>	20
<i>Omnipresent Meditation &amp; the Perfection</i>	20
<i>Allah Malek</i>	21
<i>Pearls of Wisdom</i>	22
<i>It All Started By Eating An Onion!</i>	25
<i>Creativity and Inspiration</i>	26
<i>Self-Realization is the Silence of the Thoughts</i>	28
<i>The Self</i>	31
<i>Everything Has Already Been Said</i>	32
<i>Sathyam, Compilation by FDE</i>	36
<i>I am one with My teachings – p37</i>	
<i>Surrounding the Heart and the Mind until Returning Home – p38</i>	
<i>Don't Blame God for Your Failure – p40</i>	
<i>Never Ever Get Tired of Practicing Repeatedly – p42</i>	
<i>The Story Begins Automatically – p43</i>	
<i>The Skyscraper – p44</i>	
<i>The Most Important Meeting – p46</i>	

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*Ignorance is imported from outside; what is native to you, what is within is wisdom (Jnana).*

*Baba 1964*



*I bring you close to Me, so that your thoughts and mind are centered around Me and your story becomes My Story! But My Story is to make you-Storyless!*

*Baba, Aug 2005*

*The Jnani (Wise or Self Realized one) gets full Bliss from his own Atma; he does not seek it anywhere outside himself. In fact, he will have no desire or plan to find joy in anything external.*

*He is satisfied with the inner joy he gets. The greatness of a Jnani is beyond description, even beyond your imagination! The Sruthis (Vedic Scriptures) proclaim: 'he who has known Brahman (The Absolute) becomes Brahman Itself', 'he who has attained the Brahman Principle has become the Highest'.*



*I declare that Highest Wisdom is Brahman, not a mere characteristic or attitude or quality. The Vedas and Sastras (Hindu Scriptures) announce that Brahman is Sathyam (Truth), Highest Wisdom and Unlimitedness, not that Brahman has these and other attributes. When Brahman is known, the knower, the known and the knowledge all become One.*

*Baba, Jnana Vahini*

# Most Precious

## Q66.

*Dear one, we have a very hard time leaving you. Please speak to us your last words. Speak the nectar of all wisdom that has been said.*



**A.** Yes. First of all, you did not come here in vain. You might not know the true reason yet. I have been here on this mountain for so many years, and never before was I visible to anyone. My work is done only in silence. You are truly the few. I am happy to have spent this time with all of you. As I look into each and every one of you, I see only myself. You are closer to me, and I am closer to you than any distance can exist. I give each one of you an invisible sword, one that only you know of. As the appearances come to your consciousness to fool you, or to make you believe in fear, separation, anxiety, and pain, or even believing in the good things in life -- which could give you the false impression of the One reality -- you silently use your invisible sword. By a touch of the sword these appearances will vanish, showing you that nothing outside of yourself has power for you to fear, resist, or fight. Be consciously aware of this priceless Truth. Use your sword of Truth as often as you see discord, disease, and disharmony that appear to have any power to the believers. Then remember my words: "In silence the totality is known." Do this very secretly, no one needs to know your inner work - until you are told to speak.



# I AM

**Sathyam:** What we are doing is taking a nightmare and turning it into a pleasant dream and this is plenty, we are making the quality of A to Z better (the beginning to the end of life). This is because we are who we are, that does not change, but the picture is really horrible without it.

♥ You have made the picture so, so pretty.

**Sathyam:** It is a beautiful picture, if it wasn't for Baba, I wouldn't be able to make the picture beautiful for you and if it wasn't for your Guide, you wouldn't be making the picture more beautiful for others on our path who you inspire. I am no different than what you are, in fact you are **I**, you are not your name, you are not Sathyam, you are **I!** *What do you say to that? I am the only one that exists, if I take everyone's body out, including My own, I am the only one that lives. I...that is the highest Truth I could give you. Nevertheless, this dream that fools us, we have to fool it!* And that is exactly what we are doing. There is ABSOLUTELY no difference between Me and every one of you. Not even an iota, **I**, Sathyam is you without the form. *What do you say to that?* There is no Me and there is no you, there is no Sathyam, it is all **I's** dream. You want the Truth, you got it!

♥ Are You saying it is the **I's** dream?

**Sathyam:** Yes. Every time you say 'I am', that is all there is, there is no 'I am Sathyam' or 'I am so and so'. Until you realize what I am saying, allow your dream to be very pleasant, because only a pleasant dream indicates your progress. And all of you have made your dream pleasant...there is only **I**. There is only **I** and **I** dreamt it and **I** am going to fix my dream to my liking.

When I say **I**, I take My own body out of the picture too. So strive until you realize what I am saying to you. There is absolutely nothing real but the **I**, '**I am That**', there is nothing but '**I am**'...NOTHING. There is no God, there is no 'this', there is no 'that', there is only **I am**.

And until that day when every one of you (which is not that far) realizes that, spread your wings and spread the goodwill. The more you spread the goodwill, the lesser your distance from the Self. The rest is nonsense. People pretend that they are awake and they are not...*we are waking up*.

The Self that you are, is the only thing that **IS**. *Imagine that!* When you remove the form, there is not even an iota of difference! There is only **That**; the best thing that you can say is '**I am That that I AM**', **Be still and know that I is That**...that is the truth, the rest is the process to get to this point. Everything I say is to help you get to that point.

You have no idea how lucky all of you are...no one would reveal that! They let you work in the dark until you find it, like I did with the grace of my Guru. Never ever, until your last breath forget where you got it from. Some people do...*I don't*. No matter how realized you are, know where you used to be, remember the gutter you were in- that keeps you in line.

Nasargadata was a realized soul, who sang five bhajans every morning and worshipped his Guru, why? He didn't need to...he did it to be an example for those that are just climbing up the ladder to the rooftop, *because it is the devotion that gets them there, nothing else does*. If there is no devotion, *the words of the Guru will not be engraved in them; they will not trust the Guru*. Singing the five bhajans daily was all for his students and not for him at all. When they asked Me if they could put My picture in Baba's room, I said 'Absolutely not. Let people know that in My own place, I am grateful to My Guru'.

If you forget where you came from, the ego comes in. They told Ramana Maharishi, 'You didn't have a Guru.' He said 'Yes I did, the mountain of Arunachala was my Guru.' I never allow Myself to forget where I came from,

just to be an example for all of you, because we should never forget where we came from. I know the highest Truth, but I am grateful to My Teacher, because had it not been for Him, I would have died of misery. I am saying this to you so that you are all in line until the finish line. *I do not need your love, but I need your love for you.* When you are sitting on the rooftop, you look down and say 'That is where I came from.'

Stay humble, stay giving and focus on your silence and do not allow your devotion to go away until the last step! When you enter the kingdom of God, it falls away, but keep it. Keep it! That is your savior.

Even though I was told who I am on the second of May, I refused to let go of My Guru. And the result has been phenomenal, even though I was told, I realized that it didn't matter. Trust that everything I say to all of you is not for me, I've already passed it. It is all for you to keep the ego in check. The ego is 'I am somebody' and it is a very dangerous thing. Always be humble, a servant of God. I feel as though I am your servant, I swear to God.

All of you did so much for me on my birthday, but I swear I am serving you all the time. I am a servant! The Guru is captured by love; nothing else can capture the Guru in the heart but love. And it is not something that you know you love, the Guru has to know that you love. Then satsangs take place among us.

*Sathyam*

*August 25<sup>th</sup>, 2013*

*Reno, Nevada*

*(Six days after the completion of the Retreat of Silence & Simplicity)*

♥: At this retreat we saw that without using our minds and by relying on our inner silence and stillness, everything got done. This retreat was like taking a giant bite that now needs time to digest.

**Sathyam:** Yes, it is true. The effect of this retreat is very deep and will surface gradually.

When you drop a stone in water, at first you just hear the noise of it hitting the surface, but after a while you see the bubbles coming to the surface. Even now, after the retreat, every day I hear from someone that magical things are happening in their life. Everyone says that they are sad that the retreat has ended and cannot wait for the next one.

# THE RETREAT OF SILENCE AND SIMPLICITY

**Reno-Isfahan  
Aug 2013**

*Quotes are from a  
phone call, Atlanta,  
Aug 29, 2013  
and*

*The "Sathyam" Newsletter  
phone conference, Aug 31, 2013*

♥: For me this retreat was like a happy dream.

**Sathyam:** Yes, if we compare the retreat with the bazaar, it feels like a happy dream. But this is because we have not yet experienced the Truth continuously in our day dream (bazaar); therefore, we see the retreat as the truth and the bazaar as the dream.

**Sathyam:** At the recent retreat, I noticed and felt that every one of you is ready to serve and you all know the benefit of service. Every service causes an expansion in the heart and what fills this expansion? It is filled with Sathyam. What really pleases My entire being at this time, the future is in the hands of the future, but in this moment, the satisfaction that I feel from the results of these teachings is immeasurable. My satisfaction comes from the teachings, from the people who were vigilant, who chose it, practiced it, and saw results. There is not a single person who would hear the teachings, grab it, fall in love, put them into practice and not have their life transformed in a good way. These people were not after changing their lives, they were just focusing on practicing Stop, Trust, Omnipresent and the rest of the tools; they were doing their own thing, but in that process their whole life is transformed. There is no way that this result will not happen.

♥: I cannot explain how much I needed to be at this retreat. It really energized me.

**Sathyam:** Yes we all needed this retreat. Always remember that when you really need something, you would not know that you need it.

Actually, you would think that you do not need it! When we are thirsty, if we do not drink, after a while the feeling of thirst will subside, but the body still needs water. When you think you do not need the spiritual IV, immerse yourself in the Truth very quickly, one way or the other.

♥: I experienced a lot of love during this Divine feast, for me this retreat was like a Divine lovemaking; it deepened my understanding of Sathyam's grandeur and gave me an appreciation of all the love that She has been giving everyone.

**Sathyam:** Yes, and every one of you was a part of this Divine feast. This retreat was a beautiful expression of gratitude, and I never dreamt that each one of you would be ripened and satisfied enough to be able to actually give without having any thought of taking. And that is what I want. I want everybody to be satisfied with what they got (at the retreat). It takes so much practice to be able to embody it, so that the "giving" becomes the way of life without any questions or expectations left behind. We get far more when the container we bring is empty, rather than full.

♥: I think after this retreat, choosing the subject of "Sathyam" for the next newsletter is great, since I think we are all ready for it.

**Sathyam:** Yes, you are ready and in addition to that, even though during the retreat everyone showed their love and devotion to Me, this retreat was one of the deepest retreats and it was full of wisdom. Even if we had meditated for all of those four days, it would not have been as potent. The teachings have all been given and do not change! But there will be an opening for you to 'receive', when you put your love and wisdom into practice.

**A woman who was greatly concerned about how her mother would be looked after in her absence says:** My travel plans came together miraculously. This was the only trip that when I returned, I found my mother happy and well taken care of. She loved the people who were caring for her while I was at the retreat.

**Sathyam:** This was my prayer for everyone who participated and also their families. Now you know that if you are not there, the world will not turn upside down. If you put your Self as the highest priority and take care of your Self, the Self will take care of everything for you. That is the Promise that It instilled in our hearts at the moment of our birth. But if you do not place the Self as the highest priority, you will lose both. We have to have the right priorities.

At this retreat, everyone did all that they could wholeheartedly and without any expectations. The mother of one of the people who came was in the hospital, but that person left everything and came anyway. They received the highest grace that was possible to receive at this retreat. Of course, we all received grace, but in their case it was very obvious. Their mother was released from the hospital and they got every wish they had in their heart, one after another.

In this world we are taught that taking care of our responsibilities should be our top priority. Yes, that is true, but the Truth should be on top of the list. Everything else will be taken care of under such a top priority.

# Gratitude

**Sathyam:** *Appreciation is a form of happiness.*

**♥:** *Why is it that I cannot thank You enough?*

**Sathyam:** *When expressing love or appreciation is not enough for you, it shows the expansion of your capacity. It is like you have an ocean and pouring out a few drops will not be satisfactory for you. I had the same problem with Baba, but in a different way.*

*Time after time, one picks up the pen to write and becomes paralyzed, since one cannot fully express it. What can you write to communicate the grandeur? It is impossible!*

*But no matter what, express it! It is true that because of its greatness, you cannot say it and most of the time you take it to your silence and you should; but nevertheless, express it when you feel like you need to. Don't let the mind learn to tell you 'Whatever I say will not be sufficient, it is greater than all of this' every time that you want to express yourself. Do you see what I mean? Half the time, take it to silence and half the time express it.*

**♥:** *Of course, I think that You pick up this feeling that I have, but I think that expressing myself with words and telling You 'Thank You' is beneficial for me...*

**Sathyam:** *Listen, expressing it does not mean for you to come and tell me 'Sathyam, thank You for ...' You might be standing all alone in the room and suddenly cry out 'Wow, wow, wow...thank You...' or just fall to the ground and bow, etc.; I am sure you know what I mean. You can give thanks a thousand different ways. Taking it to silence has a certain benefit and doing it with words has another. Private Conversation, July 2012*



# Go Down

If something does not give you peace, don't think it, if it doesn't give you peace, don't say it and if it doesn't give you peace, don't do it. And use the Stop Meditation against the thoughts that are repeated. The Omnipresent Meditation, going Home in your meditation, going to the region of the heart, these all make the Attention learn like a dog that needs to bow down here to the Heart, rather than up there (points to Her heart and then Her head). It is your attention (that needs to shift), not the mind, the mind is fine.

It would be like this, just imagine you've gone to a movie theater and the movie that is playing is a comedy and you laugh and you laugh and you laugh; you are involved with a comedy. Then at the end of the movie, everyone starts shooting at each other, and you cry and you cry and you cry. When we send our attention upward, we are involved with every imagery and therefore we have no stability. So if we train our mind to go down again and again and again and again, our attention does not escape and the heart and the mind become one Pure Awareness.

The practice we need to do after we leave here (the retreat) is to consciously, vigilantly, consciously, not unconsciously, consciously bring your attention down, not your thoughts but your attention. Attention stirs things, if it is in the mind, it stirs the mind and if it is in the heart, it stirs the silence, which makes it spread all throughout your body. So the attention has to come down again and again and again and again and again.

If opening the suitcase of your memory in front of other people does not give you any peace, quit opening it. If the repeated thoughts bother you or if you have some concern in your life, take the attention downwards, that is where you are, this is your true Self, you must know your true Self. Go down...go down...go down...go down...go down...until it hardly comes up anymore.

It needs dedication, it needs thirst for peace. It is simple and yet it needs a lot of, a lot of practice. Every time that you watch yourself being involved with the imagery, every time you bring the attention to the region of the heart and find the stillness, you are one step closer to the elimination of a sorrowful life.

Otherwise the temptation and the images that fly in one after another would keep our attention until our last breath, with no peace, no peace of mind. So find a quiet place and make that discipline of diverting the attention and get to know your Self like never before and remember God is not in all forms, God IS, the form Isn't. That is the highest truth. Find that Is-ness, find that Is-ness. Of course, we all have found that Is-ness to a good extent.

How many of you do not see even a trace of who you were before? How many of you have more peace? How many of you have more love? (After looking at everyone's raised hands, Sathyam says) It is the right path!

*Lake Tahoe, The Retreat of Silence and Simplicity, Sathyam's birthday 8/18/13*

If you take the rarest of the rare in this world, the situation of people who work for Divinity is rarer! Among these, the situation of those who work for these teachings is even rarer.

Take it from Me; I am telling the truth, *this service that you are giving these teachings will liberate you, even if you do not do anything else!* Your situation is very rare but very fortunate, since this will free you in a very short time, of course you are already free, but you will feel the freedom.

Divinity is giving everyone who is sincere a chance to serve! Everyone is asking for more and more ways to serve. Why? Because the Self within them says 'This is the right thing, grab it and run with it; you will never have this chance again!'

What makes it the right path, a true path? It is when it does not harm and it does not rearrange, it just makes it beautiful! *July 2012*

# *An Imaginary Conversation among the Ausheghan in a Coffee Shop*

*(The conversation between Sathyam and Nilufar is actually real)*

**Panthea:** *Sepideh, please help me! I am drowning in my problems. I read my mind all the time; I get entrapped in the bazaar without even knowing it. And isn't it ridiculous that on top of all that, I want to understand the Truth too!*

**Sepideh:** *You have a bad case of an ego attack.*

**Panthea:** *What? Ego!!! What has reading the mind got to do with ego?*

**Sepideh:** *It sure does! Sathyam says 'That is exactly what ego is, reading a thought'. When the first thing that you do when you wake up in the morning is think to yourself 'I am Panthea' what else do you expect for the rest of the day! Of course you are going to go with the mind!*

**Panthea:** *So what do you suggest that I do? How can I get some peace? Ah... it is so noisy in this restaurant!! Why is it that the whole world is against me?*

**Sepideh:** *Are you paying any attention to me, or are you and your mind scattered all over the restaurant? Pay attention to what I am saying: Sathyam says that as long as your mind wants to grab your attention, there is no peace in the picture.*

**Panthea:** *I know, I know all this. I even know that Sathyam has said that you have to be in your State of Being, but how? Sometimes I just drown in it all and forget everything.*

**Sepideh:** *Why do you make things so complicated for yourself? You have all the answers! Why do you get yourself all twisted unnecessarily? Your monkey mind has gotten used to doing this. Just start everything with the right step.*

**Panthea:** *What is the right step then?*

**Sepideh:** *Sathyam says that if you do not know the first step to calm the mind, there is no way that you can abide in the State of Being.*

**Panthea:** *Gosh, I just lost all hope!!*

**Sepideh:** *I have good news for you though! Becoming familiar with the Truth will revamp your priorities. All you have to do is Stop paying attention to and believing the mind.*

**Panthea:** *I read my mind all the time and expect to see the Truth of my Being too! By the way, how is it that the mind of a self-realized person is so calm?*

**Sepideh:** *I am not sure, but Sathyam says that their mind does not get any of their attention. Anyway, a calm mind is a mind that all of its impurities have settled to the bottom, because it has not gotten any attention. It is obvious that in such pure water, you can see your reflection. Sathyam says that if the same water becomes stirred up and dirty again, you cannot see your reflection any more.*

**Panthea:** *So the way I get it is that the pure water is the mind with all its impurities settled at the bottom. Also, when I identify with my thoughts or body, I cannot realize the Truth and I cannot see my reflection in that pure water.*

*I have to admit that I get sucked into imaginary and phony bazaars and I want to find solutions for my problems too.*

**Sepideh:** *Sathyam says that we identify with our shadow and then we say that we are the Doer. She has said many times that we are so lucky that miraculously and with Divine Grace, we were able to find and become familiar with the tools and understand that we have to Stop identifying with our first shadow (which is in the day dream) and replace it with the Omnipresent Meditation.*

**Panthea:** *Thanks for reminding me of all this. This reminder is really a life saver. I don't know why I keep forgetting!*

**Sepideh:** *No problem, I am happy to help you. We should not let the water drip out of the palm of our hands or else we suffer. I have a question that maybe you can answer.*

**Panthea:** *With the state that I am in, I am not sure how much of a help I can be, but go ahead, shoot!*

**Sepideh:** *You have a problem with Stop and I am struggling with Trust. I don't know where to start.*

**Panthea:** *Wow! You are in luck! I actually just listened to an audio recording of Sathyam talking about this. Sathyam said that at the time of our birth, a promise*

*was instilled in our heart that if we do not take thoughts, everything will be taken care of.*

**Sepideh:** *Yes, I have heard that, but at times I still get very anxious and worried.*

**Panthea:** *Sathyam says that in those situations remember the promise and renew your pact with it. Pay attention to that dormant promise and let go of everything in that. You really need to do this; just focus and give it attention.*

**Sepideh:** *You are right! I sometimes forget where the salvation is.*

**Panthea:** *When my mind is killing me, Trust Meditation is what saves me. I let myself go in that promise, I lighten up and just for a moment I let go of my sense of Doer-ship. For me, Trust Meditation is always an invitation to silence. Try it with all your being. Of course recently the bazaar has been getting all of my attention and that is exactly why I am coming up short right now.*

**At this moment Sathyam and Nilufar walk into the coffee shop.**

**Panthea:** *Wow! So nice to see you all! What are you doing here?*

**Sathyam:** *We were walking and thought to come in and have some coffee. What are you two doing here?*

**Panthea:** *Well...we were reviewing Your teachings!*

**Sathyam laughs wholeheartedly. Nilufar adds two chairs to the table.**

**Nilufar:** *So what were you two talking about?*

**Sepideh:** *Well...I was telling Panthea that your first steps must always be the right steps. You must know the basics of calming the mind.*

**Nilufar:** *Let's ask Sathyam.*

*Sathyam, please tell us for the hundredth time what the first step is on this path?*

**Sathyam:** *Stop!*

**Nilufar:** *Does Stop come from the mind or the heart?*

**Sathyam:** *Neither! By the way, how do you Stop?*

**Nilufar:** *I Stop from the mind, but the heart is in there too.*

**Sathyam:** *How do you Stop from the mind?*

**Nilufar:** *Well, the mind says "Stop" and eventually, I stop.*

**Sathyam:** *Who is the one who Stops?*

**Nilufar:** *My mind.*

**Sathyam:** *Then you go and teach Stop Meditation!!!*

**Nilufar:** *I am wondering...is it all imagination?!!*

**Sathyam:** *Imaginations are the mind.*

**Nilufar:** *Well, the heart does not Stop, so...maybe the Self Stops.*

**Sathyam:** *Absolutely not! No way! What do you mean by the 'Self'? I have talked about this maybe thirty times already! It is interesting to realize that the Truth is so subtle and slippery that it is very difficult to remember it or to be reminded of it, despite the fact that it is so simple! Really, why is it that it is so hard for all of you to remember it?*

*Well, what is it that Stops then? What does Stop mean?*

**Nilufar:** *Nothing then. The mind spontaneously Stops by itself.*

**Sathyam:** *No, if it did spontaneously Stops by itself, you would already be fully self-realized. The mind will eventually Stop by itself, but not where you are standing at this moment.*

**Nilufar:** *I do not know the answer to Your question, but I do know how Stop happens for me.*

*(She continues with a giggle) I wake up in the middle of the night, with a thousand worldly thoughts and worries. I am not sure exactly what I do right that second, but the only thing that I can say I do is to say STOP. I do not actually say it. I say it in my mind or thoughts, but I say it with utter trust and belief. Right when Stop comes, I mean right when I take my attention to Stop, it stops by itself.*

**Sathyam:** *Yes, now we are talking! You said the crux of the matter yourself. It is the Attention; it is all about the attention. Stop is not about the mind and it is not about the heart. It is about where the attention is. Once your attention is in the right place, your eyes, your inner eyes would follow the attention. If your attention Stops going up (to the thoughts), and is going to the region of the heart, or to the silence, then you have done Stop Meditation. It is ALL about attention, then. You can say Stop all you want, but if your attention is on your thoughts, which is what usually happens, could you really Stop?*

**Nilufar:** No!

**Sathyam:** Therefore, you have to train your attention in a way that the moment you think of Stop, the attention is released from the mind, shifts and goes to serve another master, which is the Silence. This is true Stop. It is ONLY the attention. Remember, the length and the link for you being in the bazaar or not being in the bazaar is the 'rope of attention'.

**Nilufar:** Is it the same with the Trust or Omnipresent Meditation?

**Sathyam:** Yes, but the Stop is strictly to deny the mind, I mean not paying attention to the mind. Once you do Stop, the other meditations will be easier to do. But when you gain the mastery in doing any of them, the other ones become easier to do. They are all intertwined together.

**Nilufar:** So the Stop is the foundation for all of these.

**Sathyam:** It is Stop Meditation or UTTER trust, or UTTER Omnipresence. Whatever it is, it has to be complete to make the Stop happen.

**Nilufar:** So the Stop is not the only base then?

**Sathyam:** Those meditations would take you to Stop, but they have to be very strong and done with a 100% conviction to be able to do that. When you say 'Trust' it has to immediately create the Stop for you; I mean pull the attention to the Promise. When you ask 'Are you with me?' it has to pull the attention to the silence and free the mind. This is a bit hard because the mind is still active. So it is better to do the Stop Meditation first.

**Nilufar:** What about the Omnipresent Meditation where we say 'Since God is everything....'

**Sathyam:** This is the same thing too.

**Nilufar:** I think this one is different.

**Sathyam:** Omnipresent attracts your attention, so that you can see the greatness and also understand where you are. It also attracts the attention.

**Nilufar:** In one of the phone conferences someone asked You, 'When we say that God is everything, does this everything include the mind too?'

**Sathyam:** What do you mean? The mistake is when we say, 'Since God is everything....,' immediately we say '... so God is the mind too, it is the body too, it is

*a dog too; it is Hitler too...’ But we do not do that! We do not itemize and name everything and waste our time. When we say ‘Totality’ the mind Stops, where can it go from there? Totality is limitless, It is boundless. We do not categorize, because it is infinite. When we talk about ‘infinite’ you do not ask ‘Who is Nilufar?’ you ask ‘Who am I?’ You do not ask ‘What is my mind?’ you ask ‘Who am I?’ You’re not referring to your mind and body. You are referring to That reality which is infinite, then you ask ‘Who am I?’ not only do you see that you cannot be separate from That, you also give your attention to That which you are.*

**Nilufar:** *That Totality.*

**Sathyam:** *It is not the mind, it is not the body; if we say these we are bringing our attention to the maya (illusion). It is exactly like you sleep at night and in the dream you ask yourself ‘If God is everything, what can I be?’ When you ask ‘What can I be?’ you have to see yourself in the bed, you have to see the truth. You cannot ask, ‘Who is this or that person in the dream then?’ A Dream is a dream!!!*

**Nilufar:** *You mean that we cannot ask about the dream, rather we could only see the state of being awake.*

**Sathyam:** *No you can, but that is not the right way to meditate! We are not to solve ‘What is my mind?’ we are to solve what we are not, which takes place when we find ourselves in the all-encompassing Totality.*

**Sepideh:** *Sathyam, Thank God we saw You today, otherwise we would still be drowning in our problems. We got so lucky today!*

**Sathyam:** *I am very happy that we are here together.*

**Panthea:** *Thank God that everything is provided for us to have our freedom. I do not know why we keep forgetting. Our life is like breathing, with the inhale we go within and with the exhale we come back to the bazaar. Let us celebrate in this moment, since with this magnificent Guide that we have and the great path that we have fallen into, there is no way that we could get lost again!!!*

*Let’s honor this moment!!!!*

**Sepideh:** *Sir..., 4 decaf, skinny, lattés please!*

*(The Conversation between Sathyam and Nilufar is a private conversation from September 2013)*





## *The Self & the Trust Meditation*

**Sathyam:** *If the Trust Meditation is done at the depth where the promise is visible, it is incredible. By that I mean if you try to find that promise, not just say 'I know you are there, come to me', but by asking 'Where are you? Where are you?' Asking this question is like asking 'Who am I?', they are one and the same.*

♥: *It is as if the Self is knocking on the Self.*

**Sathyam:** *Yes, it is always the Self that knocks on the Self. Sometimes it knocks in silence and sometimes it seems like it is knocking from the outside, but there is no outside. It is again from within but in a different way. Knocking is knocking but in different ways.*



## *Stop & an Active Mind*

*With great hope and a strong will, let the mind say what it likes; do not respond to it. Do not even respond to it in a good way, do not even say 'Leave me alone, I will Stop now', or 'You cannot affect me'. Do not have any conversations with it, none whatsoever! Just go to the region of the Heart. Little by little, you notice that it is not there; it no longer exists.*

*After a while, it might come and go and come and go again, but be strong and know that your mind is not your enemy. It is a fraud; it does not have any reality for you to be afraid of it. Let it bring any thought that it wants to, even the worst thoughts about your kids! You just stay quiet and trust your heart. Your heart says 'I will*

*take care of everything in your life, in the best possible way', what else do you want?*

*Do not be afraid of your thoughts! Each time that you are scared of them, you get yourself stuck in a trap. So, be strong in not going with the mind and trust the promise of your heart. We will talk again after you do this for some time.*



## *The World & Omnipresent Meditation*

*We think that by doing the Omnipresent Meditation, we personally no longer judge. But NO! The whole world would have less judgment. The whole world...because this is who we are!*

*This is why if you go to an enlightened soul and ask them, 'How can I serve the world? How can I help the world?' They will tell you 'Serve your Self; Help your Self'.*

*(Excerpts from a Private Conversation, July 2012)*



## *Omnipresent Meditation and the Perfection*

*When you do the Omnipresent Meditation, you declare your Oneness & in Oneness there is Perfection, in Sathyam there is Perfection. What does Sathyam mean? It is not 'this' body (referring to Her body), it is the Truth and the Truth is perfect.*

*(Retreat with no Name, Reno, Feb 2012, page 196)*

# ALLAH MALEK

One night after the retreat, along with the Aushegan, we started our meditation with Sathyam's Allah Malek. Before reaching my silence, I had a new realization about Allah Malek and how it is directly related to the steps that we take on the path of self-realization, which is going back Home.

When the person comes on the path of spirituality, it starts with the "Ah, Ah, Ah" because of the devastation and the misery that she is going through. Then the person realizes that there is a God to call upon and seek help from, and starts calling out "Allah, Allah, Allah" asking for help. After a while, the person knows that surrender is the answer. Calling "Allah Malek, Allah Malek, Allah Malek" and crossing the bridge of surrendering to God.

After surrendering to God's will, the heart feels a great love for God and starts calling God with a lot of love "Allah, Allah, Allah" again but this time with love and devotion. Then relief comes to the heart and fills it with grace and bliss. And again we say "Ah, Ah, Ah", but this is because of the freedom that we feel.

Thank God I am free.

This is another one of Sathyam's many miracles.

With Love,

Tahmineh

## PEARLS OF WISDOM

There are two ways to go, which my Teacher talks about, either you get so small that you slip out of the chains that have bound you, or you become so big that you break the chains into many small pieces. Surrendering to God entails surrendering to something that is all-powerful, or at least much more powerful than you, yet still separate from you. That is when you have gotten so small that you slip out of the chains. The other side of the coin, which is the path of wisdom, is that you become so great because of your identification and your mergence with God, that you just break the chains easily.

*Permutations DVD, 9/27/0*

The mind that is  
under the obedience  
of silence is a holy  
mind, it is a Christ  
mind.

*Stop, Prioritize  
Meditation DVD,  
2/22/05*

When the dawn of wisdom comes, we realize that the whole Creation is not outside of who we really are. Yes, it is outside of the individuality, but it is in the body of the Omnipresent. Right now what we are grabbing is an image of God, an idea of God. God is not an idea or an image; it just IS.

*Permutations DVD, 9/27/05*

Keep the teachings as pure as you can. We have too many diluted religions; we do not need another one!

*Lake Tahoe, Aug 18, 2013*

**Sathyam:** When you are in the deepest moment of concentration, you are one with your Self.

♥: But at that moment you do not know it.

**Sathyam:** The Self does not know the Self, but it has peace. I mean it does not even know that it has peace; there is just no effort or struggle.

*Private Conversation, July 2012*

Once we hold on to our story, the future would be a continuation of that story.

*Stop, Prioritize  
Meditation DVD,  
2/22/05*

The inner voice means wisdom. Every time there is an expansion within you, it is that same inner voice. Do you understand? They are not two different things; it is one thing in two different forms.

When your attention is on the Self, everything becomes effortless and spontaneous. When your attention is on the mind, everything needs effort.

The words of the Guide should be written in gold in your mind and your heart because if you get it, it opens up an avenue of the Omnipresence.

When we do away with our ego, we have turned off that movie projector. Ego is the reflection on the colorless screen.

Never forget that at every moment in life, you are going with the Grace of the Self, so utterly Trust it!

During the 40 days that I would go to the mountains, when Divinity gave me the authority that you are such and such and this and that would happen, it did! Words of God became embodied in this form that we call Sathyam. When I say 'I am nobody and I don't know anything', I really mean it! More and more you realize that you are not the Doer. More and more you realize that you know less and less. More and more you realize that the body is very limited, but who you really are has nothing to do with the body.

When you give all of your love and attention to the Self, how can you not be touched by the Self?

*All quotes are from a private conversation in July 2012*

You are all very lucky, since most people for whom the Truth is revealed, do not feel like sharing it with others. What causes this flow of Truth from my Being is the interest, thirst and love for the Guide on the part of the listener. I have said it many times that the only thing that makes God or Guide open Its mouth and pour out wisdom is true love. *Private Conversation, July 2012*

We are not here to change our role, to change the role that was chosen for us, we are however here to play that role knowingly...playing the game knowingly makes it the most interesting game.

*Supply Meditation DVD,  
4-26-05*

Remember, the love, the Beloved and the lover is YOU. The search, the searcher and the object of searching is YOU. What is it that we are trying to strive for? Just Be!

*In the World not of It DVD,  
6-28-05*

There is only one love and it is towards that which is the Self.

There is no way that one can love without loving for the sake of the Self, because there is nothing but the Self...there is nothing but the Self.

*Lake Tahoe,  
Aug 18, 2013*

♥: So everything is happening in the dream?  
**Sathyam:** Listen, there is no everyone... There is one Dreamer and one dream which is happening. There is no 'everyone'!  
It is as if in your night dream we are all sitting in the restaurant and you say 'We are all in the night dream.' *July 2012*

Life is so spontaneous when you do not take thought, it is so perfect when you trust; it is so great and unlimited when you stay in silence.

*July 2012*

## It All Started By Eating An Onion!

♥: I think every day I understand more and more that I don't know anything.

**Sathyam:** Exactly, when there is nothing to know, there is an opening for wisdom. This is my personal experience; even religious and spiritual knowledge need to go.

'I don't know anything and I am no body'. Admit that you do not know. If we sit and really look at whatever it is that we think we know, we see that we really do not know anything. When we say 'I am no body', our body identification loosens up, and when we say 'I don't know anything', the concreteness of the mind loosens up. When we say these two phrases, there is an opening for wisdom.

All that we know is based on memory and past events. For example, a few nights ago I ate an onion and my stomach got upset. So I will not eat an onion today and tomorrow and I will remind myself that when I ate an onion the other night, I got sick, so for the rest of my life I will never eat an onion again, and that will become a set rule for me. But I don't even know if the reason for my stomach getting upset was eating an onion or vegetable stew! Then we become familiar with this rule, we believe it and we tell our neighbor who has stomach issues 'Do not eat any onions, since it will upset your stomach.' They believe this and would always think that if they ate an onion, their stomach will be upset. As time goes by, this will be proven to them and in turn they will pass this rule on to everyone they know.

This is the process for all universal beliefs, and all of us sit under this umbrella completely. We say, 'I am a person who has a stomach and I know that this onion will kill me.' But all of it from top to bottom was a lie to begin with! Nevertheless, this becomes a set rule and a fact for our life. Now how absurd is this! The onion had absolutely nothing to do with the entire thing; the neighbor's upset stomach had nothing to do with the onion. In addition, even though I do not really know anything, I am under the impression that I know something about the onion and this in turn will boost my ego and make me identify with my mind. And then desperate and filled with tears, we sit in the corner of the bazaar and look for a Guide.

The entire game began because of the eating of an onion!!!

*(From the book "Dar Hozzor", Bodrum Retreat 2012)*

# Creativity and Inspiration

If you want to be an instrument of inspiration and divine prompting, you have to be in this moment and never in the next moment. You can never tell yourself 'I cannot wait for this to finish, so I can do 'this' or that with it.' It is not like that at all, because remember anything that comes through is first and foremost for you. If you start to write or paint, it is not for other people, it is for you. And it has two bonuses in it: one, it will have a message in it for you and second, you feel the closeness with the Self when it is happening.

So keep doing whatever is happening creatively through you. Do not have any predetermined notions. For example, when '*Most Precious*' was coming through Me, I knew that it was going to be a book since that is what I was told. But I never thought any more of it. A 'book' to me was the compilation of whatever I was given, that is all it was. This way you keep everything for its own expression. As soon as you feel responsible for what was given to you and therefore not yours at all....

You can enjoy it, rejoice in it, jump up and down, etc. but do not make it into something. If you have an inspiration, do not make it into something, let it be free, free with you, until it is no longer with you and has another



expression! The mistake is when we have something, we want more of it. When you are being a vessel, you cannot want more, you have to be just a vessel. The vessel does not say 'Breath more into me" etc. It just is!

When we become possessive of our inspiration or prompting, we are having the wrong ownership. It is just like you sit in my car to go somewhere and say that the car is yours. No, it was a gift to you to go somewhere, that is all.

Now if we can stay like that, then we become the inspiration. In other words, you will never have a shortness of inspiration, because your flute is connected to that breath.

In reality whatever you own is a dream. They are not real, but they are also very much part of that which is eternal. So when we have it, we enjoy it, but how silly it is to own it! When you do something creative, enjoy it because it is a game. You are putting cosmetics on something that is just another thought. But once you begin to think that you might make a mistake, or 'What if this did not work or that went wrong?' then you are putting yourself right in the middle of the battlefield, they are shooting at you in every direction...

In this moment that we are sitting here, the world does not exist for us; we have no children, no husband, no family... the only thing that we have is the feeling of the Self. In this instant that we are here, we are feeling the Self, how? Through gratitude, which is one of God's shadows; through Love, which is God's heart and through Peace (Ananda), which is God's truth. This is all that we need!

*Private Conversation, Reno, July 2012*

# SELF-REALIZATION IS THE SILENCE OF THE THOUGHTS

♥: So the only remedy in both the day and night dream is to wake up?

**Sathyam:** What is 'waking up'?

♥: Being with the Self.

**Sathyam:** What do you need to do to be with the Self?

♥: Stop, not going with the mind and...

**Sathyam:** The fruit of Stop is self-realization.

Self-realization is the silence of the thoughts-only and only.

That is it, so by practicing our tools 100 times a day, we realize our Self and then we fall asleep again. We have to practice and repeat it so many times so that we could stay awake (continuously)....

♥: So we must just Stop and not go with the mind. There is no other way, correct?

**Sathyam:** Yes, you must stop reading the mind and to also know what you are replacing the thoughts with, when you do the Stop. All of the tools go hand in hand. They are two wings (that will help you fly); one is wisdom and the other is love. What is wisdom? Wisdom is the Stop Meditation, which is the same as Trust Meditation and Omnipresent Meditation is love. You empty the mind with Stop and then with the Omnipresent or 'Are You with Me?' Meditations, you take it (the mind) to the heart, so that it would take the color of your heart. But if you want to

practice only one of these tools, Stop is the one. You start with Stop and then fill it (the mind) up with wisdom. Stop Meditation means silence; whenever you Stop, you are in silence.

♥: You said that Stop calms the mind and then fills it up with wisdom. What is wisdom?

**Sathyam:** Wisdom is the expansion of the realization of 'I am not the body'. Every time that you practice the Omnipresent Meditation, you get one step closer to eliminating the belief of 'I am only the body', since in this meditation the question of 'Then who am I?' will come up. The question of 'If everything and everybody is God, then what am I?' will present itself. With this practice you destroy the concrete belief of 'I am the mind and body'.

♥: Then to the degree that we taste and are aware of this, our wisdom expands. Wisdom means awareness of the Self.

**Sathyam:** The result is not that you are with the Self, rather you become free of the self that you thought you were. Do you get it? We are under the impression that when with the help of this meditation we get in touch with Divinity, we start to know God better. But in reality, we know God better because our body identification decreases. Do you follow me? You cannot get to know It better, since this It is in reality your own State of Being. It is as if you are trying to taste yourself. When the layers fall away, That will remain!

♥: You said that being awake means silence of the thoughts. Is it possible to have silence of the thoughts while the body and mind are still there?

**Sathyam:** Very interesting question! The activity of the mind always exists; it is not under your control. The activity of the mind is automatic. The mind is always an 'avenue' but its priority changes; the way it interprets things changes. When the mind becomes clear, it will be able to help us a great deal along this path.

...Questions and answers are not important, what matters is practicing the tools. Practicing will remove the hurdle of 'I want to know'. The biggest benefit of Stop is loosening up the rigidity of the mind, so that its thirst and desire for 'knowing' would drop. It is not important how many times you get lost in the bazaar; it is important how many times you make your way out.

*In the silence we are awake,  
silence is God, God is existence,  
existence is freedom, freedom  
is Ananda (bliss), and we are  
all trying to wake up!*

*(All quotes are from the book "Dar Hozzor", Bodrum Retreat 2012)*

# The Self

*I always say that if you love Me, it is because of the Self.*

*Of course, the person who is on the path of Bhakti (love and devotion) would say, 'I have no Self, You are all there is.'*

*To that I will respond: This 'You' that you are talking about is that same Self; It is just that You are having this divine romance with this form (Sathyam's physical form).*

*When you sit down and have this divine dance with Sathyam, who receives it? The Self.*

*Who is rejoicing? The Self.*

*All the benefit is for your Self.*

*And then in the Beloved, you see the most beautiful expression of yourself, the one who is humble in Her greatness.*

*It is your own face that you are seeing, see how beautiful it is!*

*And recognizing this face requires a pure heart. I do not mean our emotional heart, and it does not have anything to do with our behavior and character. I mean our behavior and character could have ugly flaws, but there is something in us that does not go with that.*

*You cannot just fake this; it has to happen on its own. It might happen in this lifetime or not; it might be tomorrow or thirty years from now. But with this (Divine) lovemaking, suddenly you see that there is no Beloved!! Suddenly you look and see that there is only Sathyam!*

*This kind of love is agonizing and extraordinarily joyful all at the same time!*

*Where does the agony come from? The agony comes because any thought of separation gives you pain.*

*What is this agony for? It has to be there until you merge.*

*Even this agony is such an immense gift from God.*

*Ah, how perfect God is!!!*

*(Private Conversation, July 2012)*

# EVERY THING HAS ALREADY BEEN SAID

After a few minutes of conversation Sathyam asks: What is the name of this newsletter?

♥: "Sathyam"

**Sathyam:** As a matter of fact I wanted to call this newsletter 'Wisdom', which is the same as 'Sathyam'. (Sathyam is silent for a few moments.) Don't call it 'Wisdom'; call it 'Sathyam' in both languages, so that in the process of putting this newsletter together, you get to know your Inner Sathyam in a deeper way.

♥: What kind of articles would You like us to focus on?

**Sathyam:** Focus on the teachings and experiences that point to the heart. All of our meditations point to the heart and there are many articles, but all of them should be about Sathyam; Sathyam means Totality.

You all know that the process of being with the Guide is that at first the love and devotion help you receive the Guide's real teachings. They invite you to go within and once you do, it becomes love in action.

Be very careful when you choose material for this newsletter. Pure wisdom is great for people who are ready for it, but for the ones who are not ready enough, it would be too dry and cause confusion. Make sure that the material that is about Sathyam (wisdom) is interesting, so that it appeals to the people who are not used to turning their focus back to the Self. Parables and symbolic articles attract people more, because they will grasp and remember them much better than if I say the Truth to them in a straightforward manner. This is because at this time, the mind does not have enough of a capacity and the heart does not have enough expansion.

Look for the material in your journals and recorded conversations. By doing this, they will be reviewed for you and its process causes its result.

♥: Should we put our names at the end of our personal sharing?

**Sathyam:** One hundred percent! You should write your name. I will explain a very important point for you. People think that if they do not write their name, they are very humble and it is not important for them that other people know that they wrote that sharing. But this same act depicts 'I am somebody'. In other words, 'I have no name and I am no body', is the other side of the coin that says 'I have a name and I am somebody'. You should put your first name at the end of your personal sharing and let the reader think to herself that so and so wrote this. Know that our first name depicts our life's purpose and brings light for what we want to do. I will give you an example from my personal life, so that you could take note from it and know what to do. On the cover of the Farsi edition of '*Nazzanine*', the name 'Soussan' is printed. And on the cover of '*Most Precious*' the name 'Sathyam' is printed. Soussan or Sathyam are just names; they do not have individualized meanings for the reader, but it is important nonetheless.

♥: Should we focus on the Trust Meditation, which causes an expansion of love in our hearts?

**Sathyam:** I think since the subject is Sathyam or wisdom, Stop is one of the most important meditations...(Sathyam stays silent for a few moments) first write about Stop and then Trust. These two meditations are the same, but they also complement one another. Maybe, someone who does not understand Stop would understand Trust.

Please note that the newsletter is about the wisdom of the teachings, and not about Sathyam in this form. (Referring to Herself)

♥: Could we ask You questions about wisdom for the newsletter?

**Sathyam:** For sure, but right now we are at a place that there are no new questions or answers and everything has already been said. But if we do not review the Truth that is already said, and we are not lucky enough to review the material by working on one of the projects, all the Truth that has been spoken, will go into the filed archives in our mind. The benefit of working on the newsletter, from designing the cover to gathering and preparing the material, is that whatever has been said so far will be reviewed. I promise you that in the process of working on this newsletter, something is going to hit you hard and will cause you to understand something that you did not understand before. This is the benefit of working on the newsletter and also reading it.

I think the best way is for each of you to choose whatever has sat in your heart, you have practiced it and your life has been transformed by it. Or maybe it has sat in your heart and you are going to practice it along with the readers. Because this way when you talk about wisdom, you are talking about the Self and the Self is Sathyam. Now go and be happy; that's it!

♥: Anytime I have worked on the newsletter from my heart, everything came to me automatically and worked out. I did not worry about anything and



experiencing this was great. I think this time, once more we listened to You with love and from the bottom of our heart and Your words sat in our being, so I have no doubt that everything will happen automatically.

**Sathyam:** Yes one hundred percent, one hundred percent, one hundred percent it will be taken care of. This very same thing is a sign of the closeness of our hearts. For example, when we asked what the name of the newsletter is going to be, several people thought about 'Sathyam', and when we talked about the cover, the people who thought about it, said 'light'. This is experiencing the Oneness. Every one of you is on a roll, and if you want Me, it is for reemphasizing and pointing you to the teachings and also because you love Me.

(During this phone conference, there was a lot of noise on the line and a computerized operator kept talking. Right at the moment when Sathyam would ask if anyone had any more questions, the operator's voice would come on and disturb the conversation all over again. Sathyam used this to explain the following:)

What a beautiful demonstration; this noise keeps bringing in negativity, but it has no effect on us. Why? Because we are the Stop Meditation! The only thing that is affecting Me is that you do not have any more questions!

Goodbye, I kiss all of you; work on the newsletter with a heart full of love!

*(Excerpts from the "Sathyam" Newsletter Phone Conference, Aug 31, 2013)*



*"This picture was captured by Sathyam in Lake Tahoe-Summer 2013"*

**Compilation by the foundation of Divine Era**

I am one with My teachings; My teachings have merged with me. I have merged with the teachings that I am giving to you and I am not separate from them. This is why these teachings affect you; this is why you fall in love. Love is the first priority on this path, because if one does not have a foundation of love, Stop Meditation will be ineffective, wisdom will be ineffective and even faith and trust in the Promise will be ineffective. Those who fall in love take these teachings and run with them. They ingest and digest them, and they practice until these teachings become a part of their body.

**Sathyam, FDE, November 10, 2013**

# Surrounding the Heart and the Mind until Returning Home

The pure mind is the heart. What is a pure mind? It is a mind that thinks very little. A pure mind is no different from the heart. As long as the mind and the heart contradict one another, they cannot meet and they move in opposite directions. That is how the heart changes from a divine heart to an emotional heart, and the mind

starts to think, create stories, and build a life for itself. When the heart and the mind move in two opposite directions, the pure heart changes into an emotional heart. Why? The reason is that the mind begins to be reflected in the heart, and the heart begins to be reflected in the mind. When the mind and heart go in opposite directions, they both become more and more ignorant. But when we begin to walk the path of Truth, the mind's activity lessens through the practice of Stop and having a constant IV of the Truth. By practicing the Omnipresent Meditation, the heart gradually loses its emotions because it has found the Home and constantly visits it. On the one hand, love comes between the heart and the mind, and on the other hand, the inner Guru and the outer Guru come together. The Guide shows you where Home

is, and both your Truth and your own Sathyam exist there, which tell you, 'Don't take your eyes off of the Guide', while the Guide says 'Keep your eye on your Inner'. So what happens? Half of your gaze is on the outer Guide, and the other half is on the inner Guide. What happens when the Guide corrects someone? The inner and outer Guide put enough pressure on you until the illusion that 'I am somebody' is eliminated.

You may wonder if a correction by the Guide always has a purpose. A Correction by the Guide stems from obedience to a Source that nobody knows. This is the Source that you fell into when you said 'Yes' to the Guide, and the Guide will automatically do what is required for you specifically.

In this manner, the mind and heart are surrounded until they are purified. As they are purified, the heart and mind return to one another.

**Sathyam, October 14, 2013**

# DON'T BLAME GOD FOR YOUR FAILURE

Hoda: A while ago, my car stopped suddenly in the middle of the street, as I was driving. At that same moment a friend called me, who is familiar with car repair. I explained the situation to him and he said that he would be there in half an hour. I sat in the car and said 'God, I want this car to be fixed using the tools that I have. Otherwise, it is obvious that a repairman can easily fix it'. So I began to meditate, and each time that I felt the Truth and sat in my silence for a little while, I would turn the key in the ignition, but the car would not start. I did this repeatedly as I pleaded with God, with tears in my eyes.

I should say that the reason for my tears and my pleading was only because I wanted to solve the problem through contact with the 'Omnipotent', but I was not succeeding. So I continued to meditate and turn the switch in the ignition, each time more disappointed than the previous time. Other cars would pass me by and honk their horns. They were either yelling insults or offering to help me, but I would not even open my eyes. I just kept saying 'Oh God, You must solve this problem!' In the midst of all of this, my friend arrived. Upon seeing my friend, I had already accepted defeat, and with this acceptance, I began to cry. He came to the car window and said, 'Why is the switch on? Turn the switch off and turn it on again.' I did what he said and the car started, without him having to do anything. At that moment, it was as if I had been given the whole world. Although it was not the way I had anticipated, the car started without anybody helping me. But it was not the result that I had been expecting. Again I said, 'Oh God, You are Omniscient and Omnipotent, and I was making contact with You. So You could have started the car without my even turning the switch. Until today, for me this meditation and feeling meant making contact with God. If this tool does not work, it means that I have been wrong this whole time, and the feeling that I thought was contact with You really was not. Then what is actual contact? You are Omnipotent, so where is my mistake?'

At any rate, I loved this feeling of contact. I did not have anywhere to go except to return to my inner promise, nor did I even want to go anywhere else. But this experience brought up a huge question mark for me. I spent a few days with this question, and I finally shared the issue with my Guide. In a short phone conversation, She said the following to me:

*First of all, you must realize that the result of your practices was complete, because your car started without any help. In this manner, the Truth showed you its perfection and totality.*

*All of these experiences have to do with your own consciousness. Don't blame God for your failure. These experiences depend on the level of expansion of your consciousness. I have been in your same situation many times, and using these tools, my car has started. But the important point here is that the ones who have this awareness, don't ask God for anything and yet, everything happens for them automatically. What I mean is that a person with this awareness does not leave his house and say 'God, if you are with me, then provide me with bread and water and also start my car.' But by his awareness, the instant that there is any need, it will be met immediately. And during those times when the need is not met, there is a hidden advantage to it. This state is called "abandoning yourself to the Self". There is no need to beg and plead with God in that state of "abandoning yourself to the Self", but practicing the Omnipresent meditation is important. What does this mean? It means that you touch your inner Truth, and in that Truth there is totality and perfection. Otherwise, if you want to plead, it will work one time and not the next, and you will not get anywhere.; you are just begging. Our tools have been given to take us to a place where we don't need to want anything, and nothing needs to be proven to us, until our understanding expands. As soon as a problem arises, do the Omnipresent Meditation and know that there is no wanting in this meditation. Just sit and go to the depth. Do the Are You with Me?, and the Omnipresent Meditations. In meditation, **your consciousness should one hundred percent not accept the car trouble**, but this is not something that you can force. You can practice, but you cannot accomplish this by force. Do you understand what I am saying?*

Hoda: I told her that I am not sure if I understood it or not.

*Sathyam continued: Please listen to this phone conversation again, because I gave you many precious jewels today. I am so happy that this happened to your car. I am so happy your car started, and I am so happy that you shared this experience with*

*me. Contemplate on what I said to you, and you will have a big opening. All of these events were just for this moment!*

Hoda: From that day on, I had found solid reason for my practices. And my reason was to experience 'I am' as the Divinity that my Guide has pronounced and has also written about in 'Most Precious', 'undisturbed peace, stillness, unmoved, forever present, unaffected, ever-content and without a second-only One existence.' I want every cell in my being to testify to this, without any feeling of separation, without any pleading, and without being romantic with God, so I can live in that Truth that is talked about in 'Most Precious', which is, 'there has never been any discord or disharmony' in all of Creation or within me, which is the same as Creation.

From then on, my love for my Guide eliminates all rules and regulations, makes the lines drawn on my consciousness meaningless, and makes me desire-less, without any effort on my part. And this love fills all of my days and nights. This conversation was the answer to many of my questions, and the answer to many of my desires and searches, although one can discover a new understanding of these words each and every day.

Sathyam, July 2013

**Never ever get tired of practicing repeatedly. Don't allow it to get tiresome or old. It is the mind that says, Give me something new. Practice so much that its effect permeates every cell and even every speck of your being. Never ever get tired of it!**

Sathyam, FDE conference, September 8, 2013



# The Story Begins Automatically

Certain events in the night dream take one to the existence sleeping in the bed, and that causes him to look within. Even in the night dream, as long as we are entertained by the external stories and activities within the dream, we cannot remember that they are all taking place within the dream, and it is 'I' that is sleeping in the bed. Lets imagine that in the night dream, someone comes and gives us one of the tools, like Stop (not going with the thoughts). What will happen then? We will use that tool to go within, where the dreamer exists. As we continuously go within to meet the dreamer, one of those times, we will suddenly become aware that we are the dreamer and we were not, are not and never will be asleep. Also, we become aware that the dreaming itself is a part of the Truth. In reality it is the imagination of the Truth.

When you go to sleep, the dream begins automatically, independent of your form. It is like the story of the child who wandered away from his Home and got lost. When we fell asleep we didn't know that this story would begin for us but it did, and whose fault is it? In the night dream, there are different people, personalities and stories. But the dreamer, the different people and the dream itself are all in the same consciousness. It is the same in the day dream; the movement and activities of the love, the lover and the Beloved begin simultaneously.

**Sathyam, October 14, 2013**

# The Skyscraper

Reza: Writing and talking about the Truth, which is not known to the mind, requires a certain amount of fearlessness and can be very challenging. At this point, I am attracted to subjects related to the Truth, and I like to pose questions and discuss them. These questions no longer seem problematic for my mind.

During the Reno-Isfahan retreat, Sathyam asked us to contemplate on the following sentence: 'I don't know anything and have never known anything'. This sentence reminded me of the statement 'I am not the Doer'. My understanding was that the True 'I' exists in both statements, 'I am not the Doer' and 'I don't know anything'. On the other hand, the Omnipresent Meditation refers to God's Omnipresence, Omniscience and Omnipotence. So how is it possible that 'I don't know anything' and Omniscience are the same, when they appear to be contrary to one another? Then I remembered another sentence that Sathyam had said: 'Omnipotence, Omniscience and Omnipresence are attributes of an entity that has no adjectives to describe It'. I shared my understanding of this with Sathyam and She said the following:

Again we must look at where we are standing. What floor are we on? What is our view?

If you are on the first, second or third floor, the bazaar is still clearly visible. On these floors, the body and mind are not the Doer. 'That' is the Doer. Once these people let go, the Truth of their existence allows for that which is meant to happen, and they have peace. Now we arrive at the fourth, fifth, sixth,

seventh and eighth floors. The people on these floors have another remedy. They can say that they are in the world, but not of it. Now we reach the top floor, where you are alone and everything in your view appears to be very distant and small. From here, it is no longer important for you to go behind the curtain. And when you do, you see everything, but not as an individual. In that moment, you will understand 'That' is not the Doer either. There is no Doer-ship, because the images have no rhyme or reason. Then there is Silence, which has no reason to act.

For example, I came from a floor that, when I heard of the existence of karma, I felt like I had discovered America instead of Columbus. From the floor where I was standing, it was very important that I understand the laws of karma and reincarnation. As I ascended to higher floors, I realized that the view was not what I thought it was, but the understanding that I had at that time helped me to climb higher. And from the place where I am standing now, I see the bazaar and just shake my head all day long, and say, 'Are you kidding me?'

This is the story of the skyscraper, and its beauty is that this skyscraper is endless. At the same time, you eventually reach a place wherein it no longer matters to you where it ends.

**Sathyam, October 14, 2013**



## *The Most Important Meeting*

The greatest, most important and most valuable event is that first meeting with the Truth, which for me occurred in 1981. After that, every occurrence is the continuation of that meeting. After that meeting, you face the Self or what you really are, something that you have never faced before, and the rest of the path is like the wheels of a car that are set in motion. The most important moment is the first instant of that meeting. Those who have had such a meeting, if they remind themselves of that moment, will see that a huge and irreversible explosion occurred in their consciousness. The former life is over; prayers, tears, suffering, and the hearing and spreading of lies are all finished. I mean that all of these change with that meeting. Sometimes these changes take time and sometimes they happen right away.

Now, remember your first meeting for a few moments...

This meeting that each of us had with each other, and that I had with Sai Baba, is not a meeting that occurs outside of us. We waited for this meeting

for so, so long. This shows the Oneness, and also the value of the meeting.  
Let us be silent and relive this meeting now for a few moments.

I want all of you to bring your attention within, to the region of the heart and  
Just Be!

Just Be!

Just Be!

The value of that first meeting is the value of 'being', which comes after it. If not for that meeting, 'being' would not exist for any of us; not for me and not for you. This meeting is so valuable in this dream and it shows how lucky we are that our number came up. Our life changes with this meeting, and we find the Kingdom of God within ourselves. This is the only path to freedom. This is the only meeting that makes you not need any other meetings. Worldly meetings bring desires, but this meeting makes you desireless. This is the value of the outer Guide, when He or She is genuine, and has truly experienced the gift that He or She wants to give to you. And what is that gift?

**You are That!**

**You are That which you want to become!**

**Sathyam, FDE conference, October 13, 2013**

*My job is done and I feel  
happy that, today, I have been  
the instrument that I was  
supposed to be for you.*

*I hope that you also would be the  
instrument that you want to be for*







**December 2013 Newsletter**